

Report on 4th International Yoga Day Celebration

Theme: Yoga for Harmony & Peace

Venue: Sir Visvesvaraya Auditorium

Day & Time: Thursday, 21st June, 2018 at 10.30 a.m. to 12.30 p.m.



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4th International Yoga Day was celebrated in MGM CET on 21st June, 2018 at Sir Visvesvaraya Auditorium Hall at 10.30 a.m. to 12.30 p.m.

Mr. R. P. Yadav, President of Patanjali Yog Samiti, Panvel District was invited as a chief guest.

The teaching, nonteaching staff and students were invited.

The session was inaugurated by lamp lightening ceremony, Saraswati vandana then yoga prayer.

Mr. R. P. Yadav was address the audience about importance & benefits of yoga was given by and after this demonstration of yoga session started by Mr. R. P. Yadav & his team.

Initially standing postures like Tadasana, Vrikshasana, Trikonaasana were demonstrated followed by sitting posture like Vajrasana, Bhujangasana, Pawana Muktaasana then finally Pranayama.

Audience was impressed by expertise of Mr. R. P. Yadav indifferent Pranayama. He demonstrated Kapalbhati, Bhramari , Agnisar, Sinha Mudra. Simultaneously he was given health tips which were definitely helped audience.

Everyone felt that two hours were insufficient for learning yoga from Mr. Yadav. The session was concluded by Shavasana and Sankalpa.

Everyone participated with great enthusiasm and made the event successful.

The chief guest Mr. R. P. Yadav was falcited by Director General Dr. K. G. Narayankhedkar and His team members were falcited by respected Principal Dr. S. K. Narayankhedkar.

Dr. Hindurao Waydande was falcited by Dr. Sandhya Agarwal (HOD BME)

Vote of thanks was delivered by Yoga coordinator Prof. Ashwini Tidke.

Everyone has thankful to MGM CET for giving an opportunity to perform Yoga on International Yoga Day.























