



Sou. Sushila Danchand Ghodawat Charitable Trust's Sanjay Ghodawat Group of Institutions

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Report

on

“International Day of Yoga”

21st June 2019

Place: SGI, Atigre

International Day of Yoga is celebrated worldwide on 21st June every year. Sanjay Ghodawat University, Kolhapur celebrated International Day of Yoga in the Campus. Yoga demonstration and practice was conducted for all the staff, students and well-wishers. We invited “Art of Living” Course Teacher Mr. Mahesh Prakash Takale to conduct the one-day program to demonstrate the different Yogasana postures, pranayama, meditation etc. Dr. V.A. Raikar, Vice Chancellor, SGU Kolhapur, the staff and students participated in this program with full enthusiasm and practiced yoga.

Mr. Mahesh Prakash Takale highlighted the importance of meditation in stressful life. He demonstrated simple asana for healthy body and pranayam and meditation for peaceful and relaxed state of mind. The students and NSS Volunteers with the staff members of the University participated with the full enthusiasm and interest.





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**NSS
Programme Officer
SGI, Atigre**