

REPORT
4th INTERNATIONAL YOGA DAY 21JUNE 2018

Maratha Vidya Prasarak Samaj's Arts And Commerce College, Satara, has celebrated World Yoga Day on 21st June, 2018 in the campus of Arts And Commerce College. Event was started at 07:30 A.M. All the teaching and non teaching staff members were present in this event. Initially Prin. Dr. Yashwant Patne delivered Inaugural Speech and welcomed all the participants and explained the importance of Yoga for healthy life. Mr. Sandip Patil, Physical Director clarified the objectives of the Programme and celebration of International Yoga Day

Whole event was divided in to 6 parts as follows:

In the first part shloka was recited for two minutes.

Second part included warming up session for relaxation (neck, shoulder etc.).

In third part,

a) Yogasan (standing position) was performed, which included Tadasan, Vrikshasana, Padhastasan, Ardhchakrasan and Trikonasan.

b) Yogasan (seated position) was done, which included Bhadrasan, Shanshakasan, Urdhstrasan and Vakrasan.

c) Yogasan (stomach position) which included Bhujangasan, Shalabhasan and Makrasan was done.

d) Yogasan (laying down position) including Srtubandh Sarvangasan, Pavanmuktasan and Shavasan were performed.

In fourth part we have performed 3 rounds of Kapalbhathi

5th part includes Pranayam for 5 minutes.

And in last 6th part, we all had Dhyan-mudra session for 6 minutes. All participants felt relaxed and fresh after completing yoga session . All are agree to make this as routine practice. We are very much thankful to our Prime Minister Shri Narendram Modi to take such kind of initiative. As Yoga is good for all and it cures all types of diseases. Finally all students and staff had left campus after taking pledge to keep mind in balanced position and to complete our task/liability towards world's unity, health, society, work, family and ourselves.



Physical Director,
Arts &Commerce College,
Satara.



Principal,
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Arts &Commerce College,
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Principal
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Satara Maratha Vidya Prasarak Samaj, Satara



ARTS AND COMMERCE COLLEGE, SATARA

(National Assessment and Accreditation Council (NAAC) Re-Accredited, 'C' Grade with
CGPA 1.71)

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Prof. Sandip B.Patil
Physical Director

Principal Dr. Yashwant Sambhajirao Patne
M.A., B.Ed., M.Phil. Ph. D



A&CC/ / Gymkhana / E-Mail/2018-19

Date- 15/06/2018

T0,
Hon. All the members of teaching and non teaching staff,
Arts and Commerce College,
Satara.

Gymkhana

Notice of International Yoga Day



All the members of teaching and non teaching staff are informed to attend the 4th INTERNATIONAL YOGA DAY on 21ST June 2018 at 08.00 am. All are requested to remain present at 07.30. am sharply in uniform. The opening of Yoga Day will be done at the hands of Hon. Principal Dr Yashwant Patane.

Place: hall No16

Physical Director,
Arts &Commerce College,
Satara.



Principal,
Arts &Commerce College,
Satara.