

MES ABASAHEB GARWARE COLLEGE, PUNE
Department of Physical Education and Sports
International Yoga Day
21 June 2022

REPORT

MES Abasaheb Garware college, not only focuses on the growth of students in the sector of education, but also in extra curriculum activities, one such activity which MES Abasaheb Garware College enthusiastically celebrated “15th Day Yoga” from 7th June 2022 to 21st June 2022 with practical programme Mr. Manoj Sali and speech by Mr.Amit Kulkarni on 21st June 2022, Evening 4.30pm to 5.30pm.on the occasion of “International Yoga Day” for all the faculty members, Teaching, Non-Teaching staff and students through online & offline platform.

As Yoga brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxed.

Theme of 8th International Day of Yoga 2022 was- “Yoga for Humanity”

Total 151 students, 25 Teachers and 19 people from administrative staff participated in this “15th Day Yoga Program” through online & offline platform. Photos and Schedule of this activities are attached with the report.

Thanks, and Regards

Prof. Dr. Asha V. Bengle
Director of Physical Education and Sports

Prof. Dr. P.B. Buchade
Principal

