



Dr. J. J. Magdum Trust's  
**Dr. J. J. Magdum College of Engineering, Jaysingpur.**  
**National Service Scheme**



## **Celebration of international Yoga Day (World health Day)**

Every year we are celebrating International Yoga Day on 21st June of every year.

Yoga is a mental, physical and spiritual practice that needs to be carried every day. This was a great opportunity to catch the value of this discipline. The session was attended by a limited number of faculty and students. Many students unfortunately could not attend the event with the Pandemic situations of COVID-19.

**Yoga Instructor:** Prof. R. D. Mane, a Yoga instructor with 6.5 years of experience addressed audience. He approached to conduct the session on the occasion of International Yoga Day. Prof. R. D. Mane regularly conducts sessions with various organizations.

**Event:** On the day of the event, some faculty members and students assembled at college. Mr. Prashant More, one of our N.S.S. volunteer welcomed everyone and then handed over to the Yoga Instructor.

Instructor started the session with a prayer and explained how yoga embodies unity of mind and body. The participants thereafter performed various Yoga activities between 07.30 pm to 08.40 pm. All yoga postures and activities were introduced and explained neatly before being performed. Finally, the session ended with meditation and prayer.

The participants got benefit from the session and expressed their heartfelt thanks to Prof. R. D. Mane sir for conducting the session on the occasion of International Yoga Day. The college is further planning to make yoga a regular affair for all faculty and students in the forthcoming academic session.

