

**Name of Success Story: Yoga Day**

**Objectives:**

1. To develop the yoga habits amongst students.
2. To enhance the physical ability of students through yoga.
3. To enhance the mental ability of students through meditation.

**Outcome:** Students Able to understand importance of physical, mental ability through yoga.

**Description:**

Yoga Day is celebrated in the institute on 21<sup>st</sup> June 2024 in the morning 8.30 am. On this our students and faculty members have performed yoga through online mode. We had a very good trainer of yoga with his yoga expert team. They guided us with different yoga and meditation techniques

**Participants:** 80

**Photographs:**



**NSS Officer**

**Prof. Nilkanth M. Deshpande**



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