

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 21st 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

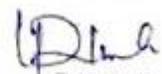
Participants: 80

Photographs:



NSS Officer
Prof. Nilkanth M. Deshpande




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