NOTICE

International Yoga Day Celebration

On the occasion of 3rd International Day of Yoga, MPCOE organized following events. All the students, faculty and staff are informed to participate.

1. **One week yoga practice session:** This daily one-hour practice session is open to all from 14th June to 20th June and will start at 09:15 am. (Venue: Seminar Hall, First Floor, Ganesh Daivadnya building).
2. **Yoga Competition:** Some best yoga performers will be selected from participants and will be awarded a certificate/cash prize.
3. **Special Program on 21st June:** The details of the program on 21st June are given below.

09:20 am Gathering
09:30 am Welcome speech by Mr. Audumbar Patkar
09:35 am Introduction to yoga by Dr. Shilpa Kamat/Anand Patange
09:45 am Principal’s address to all
09:55 am Yogasana and Pranayama demo by Mr. Anand Patange & team
10:20 am Certificate Distribution to best yoga performers
10:25 am Vote of thanks by Ms. Ramadevi Rudra

**Venue:** Seminar Hall, First Floor, Ganesh Daivadnya building

**N.B.:** Participants should come with own yoga mat/mattress/blanket for the practice session. Light and comfortable cotton cloths are ideal to facilitate easy movement of the body. In a case of chronic disease/pain/cardiac problems, consult with a physician.

Dr. Avinash M. Chincholek

**Principal**
**VPM’s Maharshi Parshuram College of Engineering, Valsheshwar**

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Notice board (Date of removal: 22/06/2017)