



Vidya Prasarak Mandal, Thane's
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NSS Unit (SF 03)

Report of International Yoga Day

On the Occasion of 2nd International Yoga Day, NSS cell of Maharshi Parshuram College of Engineering arranged one week practice session of 'common yoga protocol' for students and staff. Mr. Anand patange conducted these practice sessions from 13th June to 18th June 2016. Every practice session covered prayer, loosening practices, yogasanas, kapalabhati, anuloma viloma, dhyana and sankalpa. Most of the staff members participated actively and got benefited.

On International Yoga Day 21st June 2016 Program started with welcome speech and Mr. Anand Patange introduced audience about yoga. He also showed video messages of Prime Minister Mr. Narendra Modi, Union Minister of External Affairs Smt. Sushma Swaraj and Union Minister of State (I/C) Mr. Shripad Naik on yoga day.

Principal Dr. Shilpa Kamat explained health benefits of Ujjayi pranayam while demonstrating. Video message of Director of MPCOE on yoga day was shown. Common yoga protocol practice was conducted by Mr. Anand Patange. Session ended with vote of thanks by Mr. Vinod Salunkhe. All the staff members and students including NSS Students attended this program.

This program was made successful under the guidance of respected Director Dr. Desai and Principal Dr. Kamat and coordinated by Mr. Audumbar Patkar and student team of NSS.



Participants doing yoga practice



Participants listening information about yoga



Dr. Shilpa Kamat explaining Ujjayi pranayam

Audumbar Patkar

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NSS Programme Officer