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## NSS Unit (SF 03)

### Report of International Yoga Day

On the Occasion of 3<sup>rd</sup> 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 14<sup>th</sup> June to 20<sup>th</sup> June 2017. 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 21<sup>st</sup> June 2017 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.

Dr. Shilpa Kamat explained health benefits of different yoga asanas while demonstrating. Common yoga protocol practice was conducted for all by Mr. Anand Patange. Session ended with vote of thanks by Ms. Ramadevi Rudra. All the staff members and students including NSS Students attended this program. This program was made successful under the guidance of respected Principal Dr. Avinash Chincholkar and coordinated by Mr. Audumbar Patkar, Mr. Anand Patange, Ms. Ramadevi Rudra and student team of NSS.



*Audumbar Patkar*  
 Audumbar Patkar

NSS Programme Officer