**Report on International Yoga Day**

**Friday, 21-June-2019**

As per the directions of Union Government and advice of our Chairman, Dr. Nissar Ahmed; our Principal Dr. Pradeep Kumar Shinde guided the staff and Students to celebrate International Yoga Day (21-June-2019). Dr. Arun Prem, the Yoga Trainer of our College performed Yoga Asanas and the same had been observed and performed by our Staff and Students. More than two dozen Asanas that are essential for our daily dose of exercise were taught; the participants were enthused to perform the same. All the participants had realized that for our health, peace and harmony, yoga is the most important aspect everyone should impart in their daily life.



