

International Yoga Day
21st June 2018

Report

Modern College has conducted 5 different activities on the occasion of International Yoga Day on 21st June 2018.

1. A Session on Kriya Yoga Meditation Path :

A session on '**Kriya Yoga Meditation Path**' was arranged by **Yogada Satsanga Society of India** for all students, teaching and non-teaching staff members on the occasion of **International Yoga Day 21st June 2018** in the College.

More than 100 students and 25 staff members were present for the session.

The session was inaugurated at the auspicious hands of our honorable Principal Dr. R. S. Zumjarrao. The session was conducted by Mr. Dhananjay Brahme and Mrs. Purnima Dubey from Yogada Satsanga Society of India.

Both of them explained the benefits of Yoga and Meditation and introduced the participants to yoga Meditation that ultimately leads to Kriya Yoga Meditation Path. All participants have practiced guided meditation of watching the breath and calming the mind.

All Participants were benefitted by the session and they really experienced energy, peace and happiness.

2. Yoga Demo and practices Session : This session was conducted by NCC cadets and NCC officers from 7.00 am to 8.00 am. The chief guest was Commanding Officer 36 MAH BN NCC , Col R D S Billawaria. This session conducted off campus i.e. in NCC Headquarter, S B Road, Pune. 20 students from our College participated in the event

3. Rally, Yoga Demo and practices Session : This session was conducted by NSS Students and NSS officers from 7.00 am to 8.00 am. The chief guest

was Dr. Nitin Karmalkar, Vice-Chancellor, Savitribai Phule Pune University, Pune This session conducted off campus i.e. in Savitribai Phule Pune University. The rally was driven to show the importance of Yoga, A Demo session on Yoga was conducted for the students and one session on Yoga practices was conducted. 11 students from our College participated in the event.

4. Book Exhibition and sale was organized by Value Based Education Committee of the College. Many students visited the stall and purchased the books.
5. Book Exhibition and sale was organized by College Library. Many students visited the stall and purchased the books.

Dr. R. S. Zunjarrao
Principal.