



MVP'S
Art's & Commerce College Vadner Bhairav,
Tal-Chandwad, Dist-Nashik

International Yoga Day, 2018

Report

21st June 2018

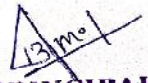
Maratha Vidya Prasark Samaj's And Savitribai Phule Pune University, Pune affiliated Arts and Commerce College, Vadner Bhairav, Tal. Chandwad, Dist-Nashik. Celebrating International Yoga Day at 21 June, 2018.

On this occasion Dr. Jagtap S.P. told that how practicing Yoga daily improve our health. It is also improve our physical and mental strength. After that, Dr. Jagatap S. P. demonstrated various yoga asanas and pranayam. All the students, participants and presences followed by her. Warm up exercises were taken and all the students performed sitting and standing asanas, importance of these explained simultaneously. She encouraged practicing regular yoga to remain fit and improve concentration. All the presences responded very enthusiastically for this International Yoga Day.

For this Programme, MVP'S Taluka Director, Chairman and Members, College Development committee, principal, all teaching and non- teaching staff were present.

Thus, the programme successfully concluded.




PRINCIPAL
Arts & Commerce College
Vadner Bhairav
Tal.Chandwad (Nasik)

Programme card

Anchoring: Prof. Dr. S. P Jagtap

Inauguration: National Anthem

Introductory Speech: Prin. A. L. Bhagat

Resource Person: Prin. A. L. Bhagat

Vote of thanks: Prof. S.S. Lokhande



On this occasion Dr. Jagtap S.P & Student Exercise



On this occasion Dr. Jagtap S.P & Student Pranayama





Participated all teaching & Non Teaching staff





Participated all faculty members & Students

