



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

**International Yoga Day, 2019**

**Report**

**21<sup>st</sup> June 2019**

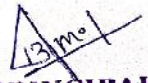
Maratha Vidya Prasark Samaj's And Savitribai Phule Pune University, Pune affiliated Arts and Commerce College, Vadner Bhairav, Tal. Chandwad, Dist-Nashik. Celebrating International Yoga Day at 21 June, 2019.

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 Link:**

<https://www.facebook.com/groups/1021418164690022/permalink/1343285795836589/>

## **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. N. D. Wadghule





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



**Participated all teaching & Non Teaching staff**





**Participated all faculty members & Students**



**Participated all faculty members & Students**

