



“येथे बहुतांचे हित”

Marathwada Mitra Mandal's

Shankarrao Chavan Law College, Pune

(Affiliated to Savitribai Phule Pune University & Approved by Bar Council of India and Government of Maharashtra)
[Accredited with 'A' Grade by NAAC]

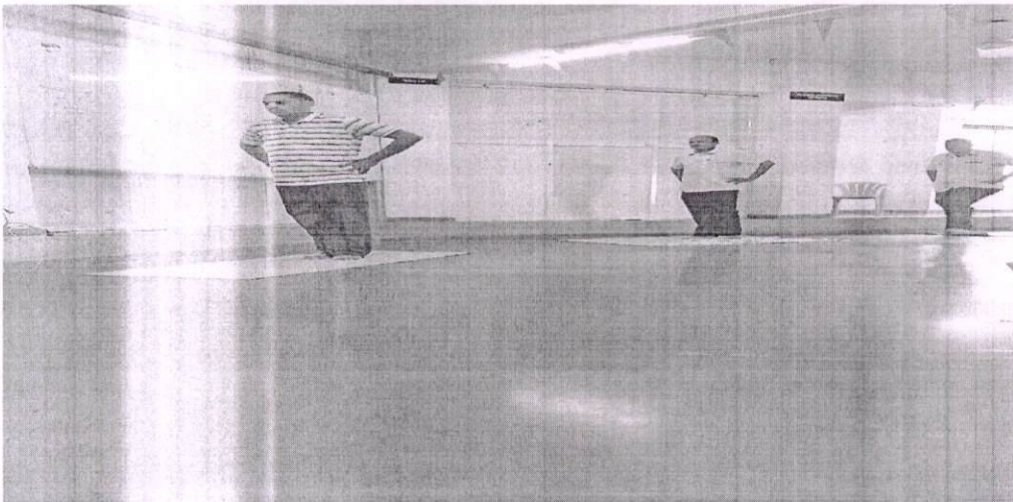
Date- 21.06.2021

Report on “International Yoga Day” - 21st June 2021

The NSS Department of MM's Shankarrao Chavan Law College, Pune is celebrated 'International Yoga Day' on 21st June 2021 in the college campus between 10.30 to 11.30 am. Due to Pandemic Situation of corona we celebrated Yoga Day through online mode with proper precautions. Principal Dr. Kranti Deshmukh madam along with all the teaching and Non teaching staff of Shankarrao Chavan Law College had participated in the 'International Yoga day'. Mr. Vishwajeet Randhir Yoga teacher from Art of Living Centre, Pune gave the information of about 'Yoga day' and Importance of Yoga in our day-today life. The trainer Ms. Nisha had given her valuable guidance to the staffs. Warm up exercises were taken and all the participants performed sitting and standing asanas. The importances of the asanas were explained simultaneously.

The exercises are good and useful to the staff. All the participants were excited and energetic. The Yoga teacher and Trainer encouraged us to practice regular yoga to remain fit and improve concentration. Regular practice of yoga will surely help us achieve a better life, physically, mentally and spiritually as well.

We all celebrated the Yoga day with a lot of eagerness and joy. It's a very interesting Day for all of us. The experience we got was really amazing and important.



Dr. Kranti Deshmukh
Principal



Report by

Asst. Prof. Gajendra Dhamal,
Faculty Incharge & NSS PO