

International Yoga Day

(21st June 2019)



The purpose of International Yoga Day is to promote yoga and endeavor towards making it a part and parcel of everyone's daily routine. The benefits of a yogic routine are many, hence, motivating everyone to practice yoga is a must on this International Yoga Day. Yoga is a mystic and ascetic Hindu discipline by which one seeks to achieve liberation of the self and union with the supreme spirit or universal soul through intense concentration, deep meditation, and practices involving prescribed postures, controlled breathing, etc.

As per the directives of Government of India, NSS Unit of Rajendra Mane College of Engineering and Technology, Ambav (Devrukh) organized 5th International Yoga Day on 21st June 2019. It was celebrated with 22 active participation of students and faculty members. Our Principal Dr. M. M. Bhagwat guided all the participants about various Yogasanas. He shared views about the importance Yoga in keeping healthy life. He also congratulated the NSS Unit for successful organization of the event and expressed gratitude towards the participants. All the NSS members' viz. Mrs. V. W. Parulekar (Asst. Prof.), Mr. Belekar R. D. (Asst. Prof.) took great efforts for the effective organization of the event. .