

The Berar General Education Society's

**SHRI. K. N. GOENKA ARTS AND COMMERCE COLLEGE, KARANJA**

Organised by

Department of Physical Education & Sports

**International Day of Yoga**

21<sup>st</sup> June 2018



The Theme of Fourth Yoga Day: **"Yoga for Peace"**



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**SHRI K.N.GOENKA ARTS AND COMMERCE COLLEGE, KARANJA**

Department of Physical Education & Sports

**International Day of Yoga 2018**

**21st June 2018**

International Day of Yoga was celebrated on 21st June 2018 by Department of Physical Education and sports.

Teaching and Non- teaching staff were attended this programme. Considering the health of the employees and teaching staff of the college, yoga was conducted for them. Yoga Experts Shri. Kiran Lawarwar of Art of Living Pariwar, Karanja, had given the demonstration of different Yoga Asanas and Pranayam. The conduction of the program was done Anjali Barde, Director of Physical Education. The President of the Programme was held by College's Principal Respected Dr. V.R.Kodape and he had given the valuable speech.

**The Theme of this Yoga Day:** The fourth international Yoga day's theme was "Yoga for Peace"