

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

21st June 2019



The Theme of Fifth Yoga Day: **"Yoga for Heart"**



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Department of Physical Education & Sports

International Day of Yoga 2019

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

International Day of Yoga was celebrated on 21st June 2019 by Department of Physical Education and sports.

Yoga Day conducted considering the health of the college employees. The President of the Programme was held by College's Principal Respected Dr. V.R.Kodape. Shri. Kiran Lawarwar & Shri. Ajay Madankar, both Yoga instructorshad given the demonstration of different Yogasanas, Meditation and Pranayam for specially heart.

Respected Principal Dr. Kodape Sir gave speech on the theme of Yoga Day- Yoga for Heart and told how the heart will be strong by doing Yoga,Pranayam.

The conduction of the program was done Anjali Barde, Director of Physical Education.

