

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 2021



The Theme of this Yoga Day: **"Yoga For Wellness"**



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The theme of this Yoga Day: This International Yoga day's theme was "Yoga for Wellness"

In the session 2021-2022, International Day of Yoga was celebrated on 21st June 2021 on online mode due to Covid-19 lock down period by Department of Physical Education and Sports.

Teaching, Non- teaching staff and students were attended this programme. The President of this programme was held by Res. Principal Dr. V.R.Kodape. Yoga Expert Dr. Kiran Waghmare had given the demonstration of different Yogasanas and Pranayam by Google meet.

Principal Dr. V.R.Kodape had given the valuable speech. About telling on international yoga day theme, he had told that yoga is very important for our mental and physical health.

The conduction of the programme was done by Prof. Anjali Barde and she thanked everyone.

