

**ADARSH VIDYA PRASARAK SANSTHA'S
ADARSH COLLEGE OF ARTS & COMMERCE
KULGAON-BADLAPUR**

REPORT OF INTERNATIONAL DAY OF YOGA

IQAC, Department of Philosophy of Adarsh College organized the Special Session on Yoga on the occasion of International day of Yoga i.e. on 21st June 2017. The program was organized in association with Divine India Youth Association (DIYA), Mumbai. Principal Dr. Vaidehi Daptardar welcome the resource person Mrs. Jayshri Shimpi, Mr. Hitesh Joshi, Mr.Pradeep Mishra and D.B.Bhisen Dr. Vaidehi Daptardar in her introductory speech talked about the importance of yoga and fitness in our daily life and she also mentioned that yoga is an integral part of our Indian Culture. Mr. Hitesh Joshi talked about the importance of good & nutritious diet as well as good positive thoughts in our life along with the regular yoga asanas. He said youth should be educated, healthy, courteous and must do something for the society, Then yoga asanas were taught to students which was followed by meditation. Students gave a very good response and they enjoyed the yoga session. Along with 130 students, Principal Dr. Vaidehi Daptardar and other staff members also actively participated in the program. Vote of Thanks was given by Dr. Sangeeta Pande, IQAC Co-ordinator.
