



Rajgad Dnyanpeeth's

Rajgad Institute of Management Research & Development, Pune-43

Approved by AICTE, Recognized by DTE (Govt. of Maharashtra), Affiliated to Savitribai Phule Pune University

Academic Year – 2019-20

Name of Programme	Celebration of International Yoga Day
Day and Date	21st June 2019
Venue	Recreational Room
Name of Cell	Social Souls Cell
Name of Coordinator	Prof. Shreyaschandra Gaikwad Prof. Snehal Sadavarte

Objective of Programme:

- To celebrate International Yoga Day in the institute
- To spread awareness and importance of Yoga among all staff and students

Description of Programme:

The purpose of International Yoga Day is to promote yoga towards making it a part and parcel of everyone's daily routine. International yoga Day was celebrated on 21st June 2019, in the premises of RIMRD. It was forty five minutes session, started at 9.00 am and ended at 9.45 am. All the faculty and non-faculty members participated enthusiastically in the program. Program started with pranayama as a warm up, followed by Surya namaskar and ended with divine and peaceful meditation. It was all together a rejuvenating experience for the participants.

All teaching staff and non teaching staff enjoyed doing physical and Yoga Exercise.

Glimpse of the Yoga Day Celebration:







