

INTERNATIONAL YOGA DAY - 2023

NSS unit of MVJCE organized International Yoga Day on 21st June 2023 at 3:00pm in drawing Hall-148, and about 45 students and 5 teaching staff members participated in this program. Dr. Sunil Waddar, Associate Professor from Mechanical department, welcome to all the participants and addressed the importance of yoga. Yoga is a practice that originated in ancient India and has gained immense popularity worldwide due to its numerous physical, mental, and spiritual benefits. Here are some of the key reasons why yoga is considered important to promote physical health, mental wellbeing, emotional balance, stress reduction, mind body connection, flexibility, strength, and spiritual growth. It is a versatile practice that can be adapted to suit individual needs and preferences, making it accessible to people of all ages and fitness levels. Later sir demonstrates few warmup exercise followed by various asanas, like Mudrasana, Vrikshsana, Suryanamaskar and Sarvangasana, etc.



Dr. Sunil Waddar, Associate professor, MVJ college of Engineering, welcomes to all the participants and explains importance of yoga.



Dr. Sunil Waddar, Associate professor, MVJ college of Engineering demonstrate various asanas during Yoga Day



Staff and students are participating during Yoga Day