

## **Report on Yoga Day Celebration (21/6/2018) at GHRCE Nagpur.**

### **The 4th International Yoga Day celebration on 21st June 2018 at G. H. Raisoni College of Engineering Nagpur**



The recent decades are full of stress and pressures in various aspects of life. Yoga is one of the remedy to keep our body healthy and to power our healthy mind .The cosmic energy that we are getting from mother earth is necessary to enhance our strengths in various forms. G. H. Raisoni College of Engineering, Nagpur is Flag ship Institute of Raisoni Group. Institute received huge response for 4<sup>th</sup> International Yoga Day. 21<sup>st</sup> June is marked as International Yoga Day all over the world. Carrying the tradition forward to celebrate the day as International Yoga day, more than 130 staff members participated in the international yoga day. More than 300 Students of various branches were more enthusiastic to join the yoga parade and performed all the asanas. Initially warm –up sessions were conducted and then actual Yoga session demonstrated in front of participants. The staff and students performed Tadasan , Sarpasan , Mendukasan, Vrukshasan, Padmasan etc. along with neck and back-bone exercises. The Yoga sessions were conducted by Mrs. Urmilatai Juwarkar, Mahamantri, Mr. Chajuramji Sharma, Jilha Prabhari & Mr. Rajendra Juwarkar, Yogshikshak, Patanjali Yog Samiti, Nagpur. They also urged the staff members to practice the yoga daily which embodies unity of mind and body. The staff members thanked the director of the institute Dr. Preeti Bajaj, for providing an opportunity to witness the event and by actually

performing the yoga which is going to reap the benefits for whole lifetime. The program was well co-ordinated by National Service Scheme (NSS) & Students Representative Council (SRC). As the Institute has many General Proficiency courses, Yoga and Pranayam is one of the choices which the students opt willingly. The Program was great success and was applauded by all the participants and students at large.

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