

INTERNATIONAL YOGA DAY CELEBRATION

at

GOVERNMENT COLLEGE OF ENGINEERING AURANGABAD, MAHARASHTRA

21st JUNE 2022

Interactional yoga day was celebrated with Yoga Session at Govt. College of Engineering Aurangabad on 21st June at 8:00 am. Dr. Anita Arun Bhole, Associate Professor, Winner of FIT INDIA challenge I & Ambassador of AICTE conducted the Yoga Session as per the protocol of Ayush Mantralaya for International Yoga day celebrations.

Yoga practice started with OM chanting and prayer. After Chalan kriyas / loosening practices, Asanas in different positions were conducted like Tadasan, Vrukshasan, Vajrasan etc. Shuddhikriya, Pranayama and Dhyan also were conducted. Session ended with Prayer and Sankalp.

Principal Dr. U.J. Kahalekar, Dean QA Dr. A.S. Bhalchandra, Dean SA prof. S.P. Atipamulu, Dr. R. V. Shetkar, Dr. S.M. Shinde and many more were present which includes students, faculty members and non-teaching staff.







