

**International Yoga Day
21st June, 2024**

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. No doubt it is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system. It is observed that yoga encourages people to remain active and have a balanced state of mind. Thanks to Prime minister of India Shri Narendra Modi Ji who open the eyes of the world towards Yog Vidya.



Bombay Bunts Association's Bunts College of Higher Education, Night College celebrated 10 International Yoga Day on 21st June, 2024 with great enthusiasm. The program arranged in the college basement between 6.00 pm to 8.00 pm. On this special occasion, the special trainer of Yoga, Mr. Umakant Mishra was invited to present the demo of yoga. The function began with lighting the lamp of goddess Saraswati. All the teachers, staff and students joined the prayer. Prof Maya Bodke introduced yoga trainer and also highlighted the importance of Yoga day.



The Principal, Dr. S. S. Bhandari felicitated the chief guest with Tulsi plant. He wished everyone to join yoga. The Principal highlighted the origin and the actual practice of Yoga in our daily life. Mr. Umakant Mishra demonstrated various Asanas and other practices of yoga. He also explained the value and the benefits of every Asana for our physical and mental fitness.



Teachers, non-teaching staff and the students took part in this yoga festival. No doubt it helps the students to understand how to maintain harmony between body and mind. The function ended with the vote of thanks by Prof. Anand Shelar.

Students were also given refreshment.

Dr. S.S.Bhandari