

## BBA'S

**Bunts college of Higher Education, Night College- Juinagar , Navi Mumbai**

### **International Yoga Day - 2019-20**

#### **A Report**

**Date: - 21<sup>st</sup> June 2019**

BBA's Bunts College of Higher Education (Night College) celebrated fifth International Yoga Day with great joy and enthusiasm on 21<sup>st</sup> June, 2019. The aim of the day is to raise awareness among people worldwide about many benefits of practicing yoga in their life on regular basis.

The Program was conducted in the college premises under the guidance of Principal, Dr. S.S.Bhadari. Prof. Manoj Gurav led the entire program. Mr. Suraj Karpe, one of the yoga experts cordially invited for the program as a guest. The respected guest, Principal, teachers and all the staff members along with students lighted the lamp of goddess Saraswati. The Principal welcomed the guest and felicitated with flower plant.

The Hon. Principal, Dr. S. Bhandari highlighted the importance of yoga day as yoga teaches us to cure what need not be endured and endure what cannot be cured. Yoga an ancient but perfect science deals with the evolution of humanity. Yoga means union, the union of body with consciousness and consciousness with the soul. The Principal inform the students to adopt the practices of yoga to keep yourself fit, safe, happy, healthy and wealthy. Saraswati pujan by the Principal & Staff



(Yoga expert, Mr. Suraj Karpe felicitated by the Principal)

After the fruitful lecture of the Principal, Mr. Suraj Kapre conducted meditation and yoga session. All the students and teachers took part in the activities and performed yogic exercises. Students learnt positive impacts of meditation.

After warm up exercise, various asanas were performed such as 'Tadasan', 'Vrukshashan', 'Vajarasan', 'Pad-Hastasan', 'Ardha Chakrasan', 'Trikonasan', 'Ardha-Ushtasan', 'Shashkasan', 'Vakrasan' and 'Pranayama'.

After performing all the asanas, the word 'Omkar' was recited five times to blend the soul and mind. The program ends with few tips given by Yoga expert, Mr. Suraj Kapre to the students.

Students performing yoga



The Principal appreciated Mr. Suraj Karpe and the students for conducting and performing yoga in beautiful manner. The program was concluded with the vote of thanks by Prof. Gokul Chaudhary. A rousing rendition of the National Anthem culminated the celebration. Students were also given snacks.

