



Mula Education Society's
ARTS, COMMERCE AND SCIENCE COLLEGE, SONAI
Tal. Newasa, Dist- Ahmednagar – 414105



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Affiliated to Savitribai Phule Pune University, Pune (I.D.PU/AN/ASC/031/1989)
NAAC Re-accredited with 'A' Grade, DBT Star College Scheme, ISO 9001: 2015 Certified, AISHE Code – C-42096

5th International Day of Yoga Celebration in Sonai, College

Place: College Premises

Date & Time: 21/06/2019, 6.30am

On the occasion of Yoga Day on 21st June 2019, Yoga Day was celebrated in Mula Education Society's Arts, Commerce and Science College, Sonai. It is celebrated in 195 countries across the world. Considering the value of *Yog Sadhana* Prime Minister Shri. Narendra Modi established separate Ayush Mantralaya and Convened the importance of *Yog Sadhana* to the world through scientific attitude. This Yog day was meant for Heart. The programmes are being arranged in accordance with it across the world.

As a part of the movement Yog Day was celebrated in Mula Education Society's Arts, Commerce and Science College, Sonai through N.S.S., N.C.C., Sports Persons, Teaching Faculties and Supporting Staff. It was arranged at 6.30am. Total 63 students out of 2048 of Arts, Commerce and Science College, Sonai participated in the event.

College of Agriculture, College of Pharmacy, Shanishwar Junior College, Mula Public School and Yash Academy also participated in the activity. Total No. of 2048 participants including teaching & non-teaching staff 300 with students 1748 availed the benefits of Yoga. Prof. Tuwar Patil, Yoga Teacher and Dr. Santosh Gursal guided the participants by giving demonstration of *Yogasan* and *Pranayam*. Dr. R.B. Khandare, Physical Director made efforts for the smooth organization of the programme.



The celebration of Yoga Day. Students performing different asana during the event

