



*Mula Education Society's*  
**Arts, Commerce and Science College, Sonai**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORTS**

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**9<sup>th</sup> Celebration of International Day of Yoga**

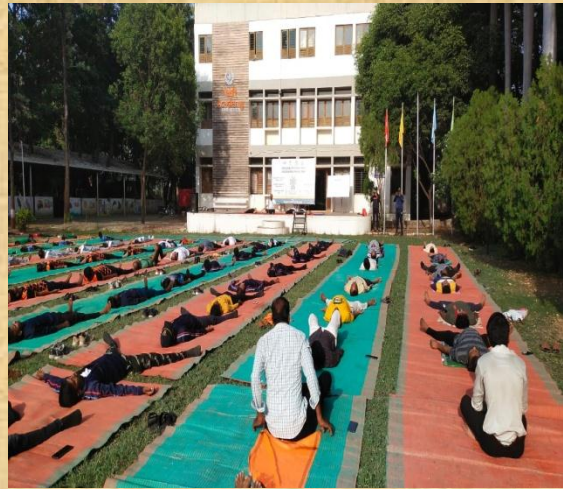
**Place: College Premises**

**Date & Time: 21/06/2023, 7:30am**

Mula Education Society's Arts, Commerce and Science College, Sonai organized 9<sup>th</sup> International Day of Yoga on **Wednesday 21/06/2023**. The occasion was graced with the presence of Principal Dr. Shankar Laware and Vice Principal Dr. Dnyandev Zine, Students, Teachers and Spotting Staff.


The college started organizing International Yoga Day since 21 June 2015. This is the 9<sup>th</sup> International Yoga Day celebrated with enthusiasm. The theme of the yoga was "Yoga for Vasudhaiva Kutumbakam" which is beautifully captures our shared aspiration for, One Earth, One Family and One Future"

Total 96 participants including parents, Yoga teachers, Professors, admins and students availed the benefits of Yoga. Shri. Patil Tuwar, Dr. Santosh Gurasl and Dr. Raju Ghatole (Yoga Teacher) guided the participants by giving demonstration of Yogasana and Pranayama. The program was organized in a disciplined manner Dr. R.B. Khandare, Physical Director made efforts for the successful conduct of program. Total forty (40) students and employees of Mula Education Society participated in the event on the occasion of inauguration of Yoga Day.



MES. Arts, Commerce and Science College, Sonai Principal Dr. Shankar Laware and Vice Principal Dr. Dnyandev Zine and others students



  
Dr. Shankar Laware  
PRINCIPAL  
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