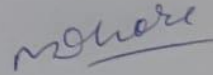


Shri Shivaji Education Society, Amravati's  
Science College, Congress Nagar, Nagpur

## NOTICE

Date: 20/06/2019

All the staff members and students are hereby informed that on account of International Yoga day, Yoga program is organized on 21 June 2019 in room C10 at 06:00 am.



(Dr. M. P. Dhore)

Principal

Science College,  
Congress Nagar, Nagpur

## **International Yoga Day Celebrated In Shri Shivaji Science College, Congress Nagar, Nagpur**

Yoga is physical, mental and spiritual practice originated in India. International day of yoga commonly referred as YOGA DAY is celebrated annually on 21<sup>st</sup> June, since it's inception in 2015.

Every year International Day of Yoga celebrated in Shri Shivaji Science College, Congress Nagar, Nagpur. This year also YOGA DAY was celebrated on 21<sup>st</sup> June 2019 to raise awareness among people about the benefits of yoga in daily life. Total 40 teaching and non-teaching staff members were present on the occasion.

Yoga exercises were demonstrated by Dr. S. R. Pande and Dr. P. S. Utale. All present staff members had performed the yoga.

Dr. M. P. Dhore, Principal of Shri Shivaji Science College, narrated the importance of yoga. He stated that yoga brings balance between the body, soul and mind. It helps us to understand the purpose of life and how to survive in the changing environment.



Prof M.P. Dhore , Principal paying floral tribute to the portrait of Yog Guru Janardan Swami



Faculties relaxing before performing yoga



Faculties performing yoga



Faculties performing yoga

