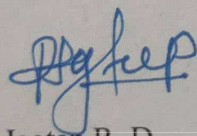


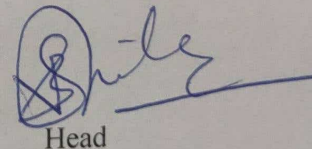
**Anekant Education Society's
Tuljaram Chaturchand College of Arts, Science and Commerce, Baramati.
Autonomous
Department of Psychology and Yoga**

International Yoga Day Celebration Report 21st June 2019

International Yoga Day is celebrated worldwide on the 21st of June every year to promote the physical, mental, and spiritual benefits of practicing yoga. This year, our community joined the global celebration by organizing a special event at Gymkhana ground. Total 140 staff from teaching and non-teaching dept. were participate actively. Dr. Murumkar C. V. Principal also present for the event. The event aimed to raise awareness about the importance of yoga and encourage people to adopt a healthier lifestyle. The day began with an invigorating morning yoga session led by experienced yoga teacher Dr. Jagtap R. D. Participants gathered at Gymkhana ground as the sun rose, creating a serene and harmonious atmosphere. The session included various yoga asanas, pranayama, and meditation techniques, catering to practitioners of all levels. Dr. Jagtap share their insights on the benefits of yoga. They emphasized the role of yoga in promoting physical fitness, mental well-being, and stress management. Participants gained valuable knowledge about incorporating yoga into their daily lives. The success of the International Yoga Day celebration was evident in the overwhelming participation of Teaching and Non-teaching staff. The International Yoga Day celebration at Gymkhana ground was a resounding success, promoting the timeless practice of yoga and its manifold benefits.



Dr. Jagtap R. D.



Head

Dept. of Psychology and Yoga





International Yoga Day Celebration 21st June 2019 Inauguration



International Yoga Day Celebration June 2019 Practicing Asanas

