

# **MET's Institute of Engineering**

## **Bhujbal Knowledge City**

**Adgaon, Nashik - 422003**



### **Report on International YOGA Day**

**Date: 21/06/2019**

On the occasion of International YOGA Day, which is celebrated every year on 21<sup>st</sup> June, the students of Bachelor of Engineering have performed the Yogasan and celebrated the International YOGA Day at the Campus Sports Centre. The resource person who is faculty from our campus Mr. Sonawane and along with his two companions has guide the students for various Asans and also explain the benefits of each Asan for health. The activity is done with due care and those who has issue with muscles has told not perform the specific Yogasan. Total 125 students and staff had performed the Yogasan. Everyone those who had performed the Yogasan was feeling very refreshed and energetic. Few of the participants said that they will adopt Yogasan as their lifestyle. The management encouraged the students and staff for being healthy life.





