



MARATHWADA MITRA MANDAL'S COLLEGE OF COMMERCE

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DR. M. D. LAWRENCE
Principal

REPORT OF INTERNATIONAL YOGA DAY 21st JUNE 2018

Marathwada Mitra Mandal's College of Commerce (MMCC) observed the International Yoga Day on 21st June, 2018. Principal Dr. M. D. Lawrence welcomed all the teachers, students and non-teaching staff of the college and briefly outlined the objective of the International Yoga Day and also applauded the Government of India and the UGC in particular for ensuring that the college is focused on dissemination and popularization of yoga among all the stake holders of each college.


At MMCC International Yoga Day commenced with few brief talks by local yoga experts followed by open forum question and answer sessions later the college in collaboration of local Art of Living, Pune chapter had presentation of various Yoga Assan focusing on

1. Asana, 2 Breath 3. Meditation 4. Wisdom

One unique feature of the programme Yoga experts 1. Hrishikesh Dandekar 2. Vaijanti Vaval

Dr. M. R. Gaikwad, Director of Physical Education anchored the programme.




Principal
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