



*Adarsh Shikshan Mandal's*

## **KONARK IDEAL COLLEGE OF SCIENCE & COMMERCE**

(Affiliated to University of Mumbai) (Hindi Linguistic Minority College)

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### **REPORT ON INTERNATIONAL YOGA DAY**

**DATE:** 21st June,2023

All over the world 21st June is celebrated as International Yoga Day since its Inception in 2015.

Our Konark Ideal College of Science & Commerce, Kalyan (E) in its full swing to celebrates joyfully, peacefully & spiritual Yoga Day. On this occasion Mr. Nitin Pawar & his team from "Sahaj Yoga Foundation" also present with us. They take one hour session on mediation with our students as well teaching and non-teaching staff. 133 students attained the session. All students get motivated from this session. They said benefits of meditation & had given information about five elements i.e. Earth, Space, Fire, Water, Air & also told about the three Nadi i.e. Pingala Nadi, IDA Nadi & Sushumana Nadi. In this session our Principal Ms. Dr.Shirin Gonzalvez & Registrar Mr. Sanjay Tiwari were present.

International yoga Day celebration ends with a huge success under the supervision of the Asst. prof. yojana mali.

**INCHARGE,**

Asst. prof. yojana mali.

## CELEBRATING INTERNATIONAL YOGA DAY WITH SAHAJ YOGA FOUNDATION













