



Event Name:- Yoga Training Camp
Date:- 21st June to 24th June 2023

On the occasion of international yoga day we organized a 4 day yoga training camp in our college.

We conducted this camp in the College Library in the morning from 7.30 am to 8.30am. For yoga training we had invited yoga trainers Mrs. Minita Kushwaha, Kartik sir and Raut Madam. The camp started with prayer and motivational Speech by our principal ma'am Dr. Barkha Shamnani. After that training session started with some basic yoga exercises ex. Tadasana, Vrikshasan, Bramhamudra, and many more.

On the second, third and fourth day of yoga camp our students learnt various exercises of yoga. Every day the training session was concluded with chanting of gayatri mantra. In the yoga camp around 30 students participated. With guidance of our program officer Ms. Seema Ughade and Mr. Jagdish Rajane and support of our principal ma'am camp was conducted successfully.

