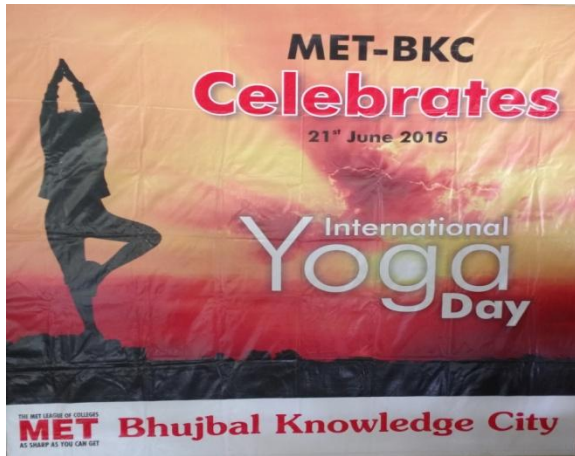


International Yoga Day celebration in MET



The **International Yoga Day**, 21st June, 2016, was celebrated under "eMAS", to create awareness among students of MCA department, both the divisions about Yoga Day. Yoga is a physical, mental and spiritual practice or discipline that originated in India. Also demonstration of some Aasana and Yoga were given by Mr. Sonawane Sir and Mrs. Pawar Madam.



The overall event was very useful and enthusiastic. The students need the confidence to face today's hectic competition, hence this event was very useful to build confidence and how Yoga is best practice of meditation. It was also useful to staff as mediation and relaxation therapy.