



**MET's BHUJBAL KNOWLEDGE
CITY INSTITUTE OF PHARMACY
ADGAON, NASIK - 422003**



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REPORT ON

" INTERNATIONAL YOGA DAY 2022 "

Date: 21/06/2022

MET's Institute of PHARMACY, Bhujbal Knowledge City has celebrated International Yoga Day with NSS Unit dated on Date: 21/06/2022 Physically. The expert for this session was Prof. Nitin Sonawane and Prof. Madhuri Pawar on 11:00 am at common Institute gym. For this workshop approx. 93 plus participants was present and taken advantage of guidance of resource person with appreciable feedback.

The aim of this workshop was (Personality Development and Stress Relief through Sahajayoga and Meditation).

SCHEDULE AND DURATION

The session was between 1 hours, comprises of

1. Welcome: 05 minutes
2. Brief Introduction to Yoga: 10 minutes
3. Guided Meditation and Yoga workout: 45 minutes.

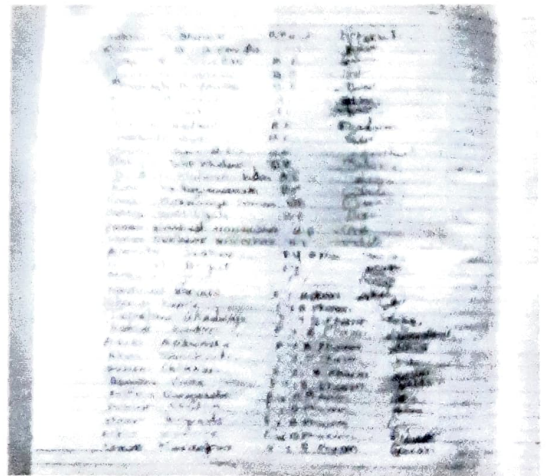
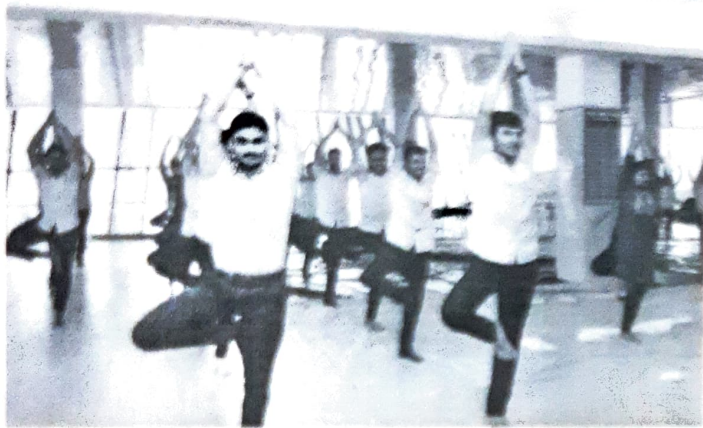


21 JUNE



INTERNATIONAL
YOGA DAY

MET Bhujbal Knowledge City



This activity was guided by Dr. Sanjay J. Kshirsagar (Principal, MET IOP), Prof. Rahul R. Sable (NSS Officer) And Dr. Anjali Tajanpure

Rahul R. Sable/Dr. Anjali Tajanpure
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