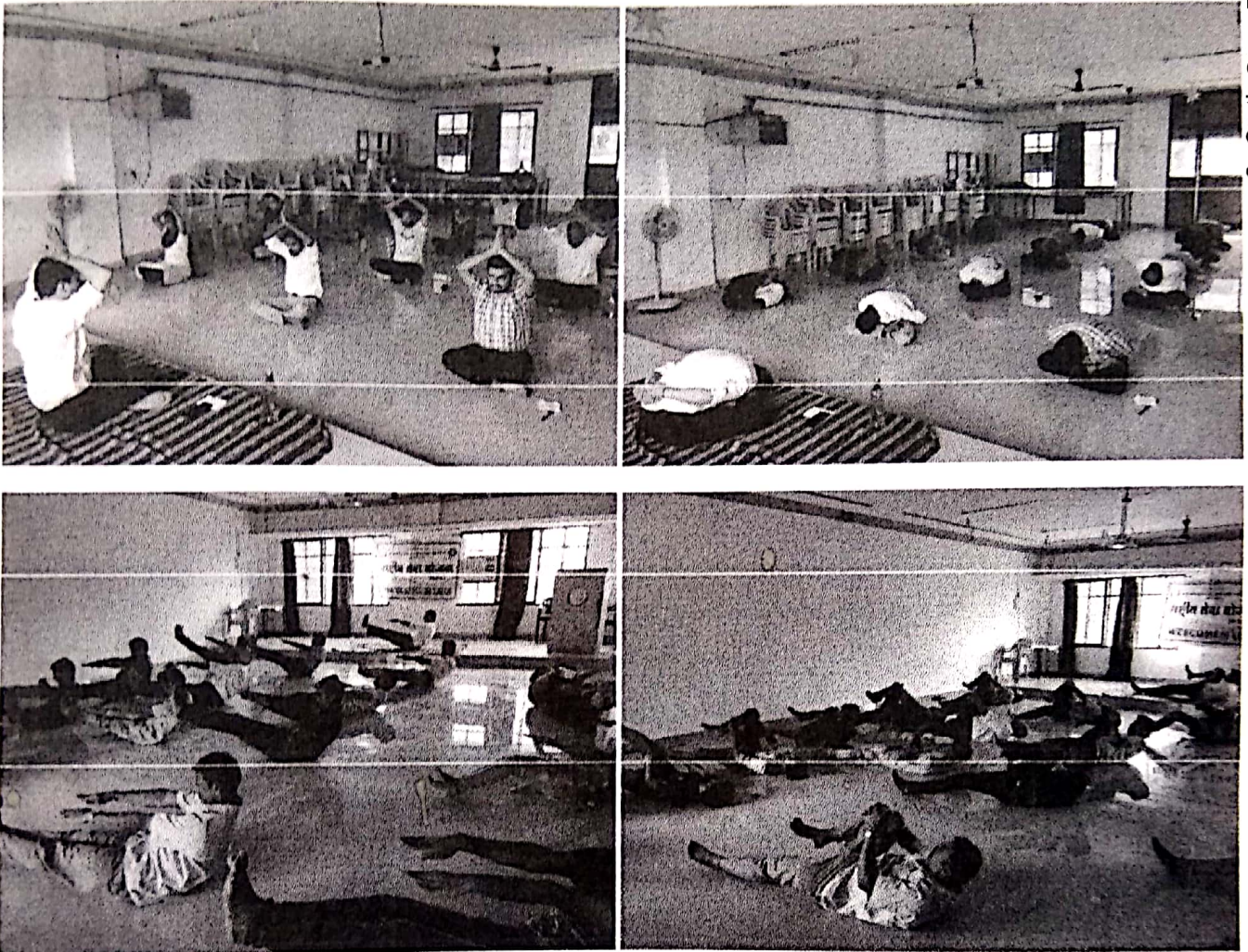


International Yoga Day

(21st June 2019)

2019-7-10 15:26



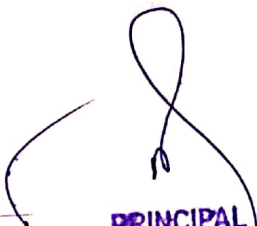
The purpose of International Yoga Day is to promote yoga and endeavor towards making it a part and parcel of everyone's daily routine. The benefits of a yogic routine are many, hence, motivating everyone to practice yoga is a must on this International Yoga Day. Yoga is a mystic and ascetic Hindu discipline by which one seeks to achieve liberation of the self and union with the supreme spirit or universal soul through intense concentration, deep meditation, and practices involving prescribed postures, controlled breathing, etc.



As per the directives of Government of India, NSS Unit of Rajendra Mane College of Engineering and Technology, Ambav (Devrukh) organized 5th International Yoga Day on 21st June 2019. It was celebrated with 22 active participation of students and faculty members. Our Principal Dr. M. M. Bhagwat guided all the participants about various Yogasanas. He shared views about the importance Yoga in keeping healthy life. He also congratulated the NSS Unit for successful organization of the event and expressed gratitude towards the participants. All the NSS members' viz. Mrs. V. W. Parulekar (Asst. Prof.), Mr. Belekar R. D. (Asst. Prof.) took great efforts for the effective organization of the event. .



[Mr. Belekar R. D.]
NSS Program Officer



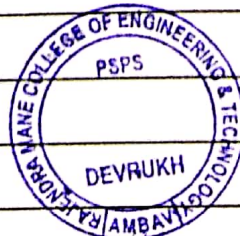
PRINCIPAL
Rajendra Mane College of Engineering
& Technology Ambav, Devrukh.
Tal. Sangameshwar Dist. Ratnagiri,
Pin : 415804 (Maharashtra)

2019-7-10 15:26

Date - 21st June 2019

International Yoga Day

Sr.No.	Name	Sign
1]		
2]	Pratik Pravin Ghogale	Sogalee
3]	Aniket Namdev Dhonukshe	Dhonukshe.
4]	Ankush Mangesh Bhandarkar	Bhandarkar
5]	Hrutik. A. Bhosale	H.Bhosale.
6]	Omkar Pradip Sapat	Sapat
7]	Mukesh Pradip Bagwe	Bagwe
8]	Kiran Marappa Harkur	Harkur
9]	Ajit P. Chavhan	Chavhan
10]	Sunil K. Mhade.	Mhade.
11]	Satish Sawant	Sawant
12]	Swanand Joshi	Joshi
13]	Dongare Sanjeev	Sanjeev
14]	Kshirsagar P.R	P.R. Kshirsagar
15]	Ray K A.S	Ray K A.S
16]	A.R. Suware	Suware
17]	A. R. Machankerr	Machankerr
18]	M. G. Gore	Gore
19]	G. B. Padhye	Padhye
20]	Mrs. Mangale S.R.	Mangale
21]	S. D. Rawool	Rawool
22]	R. D. Belkar	Belkar



2019-7-10 16:18