

B.L.D.E.A's S.B.Arts and K.C.P.Science College, Vijayapur

Report on Yoga day

The 5th International Yoga Day was celebrated on 21 /06/2019 carrying out with the asanas in the college premises. Chief Guest and Yoga teacher Suman Kulkarni shared her valuable thoughts regarding yoga practice. She posited, the secret behind a stress free life was with the practice of Yoga daily. The relish of Meditation and its after effects were explained here.

A comparison with the western exercises and results of reliability of Yoga was analytically explained. Principal, Dr. K. G. Pujari in his Presidential Remarks said that India has introduced Yoga to the world and the day for celebration has now apprehended on International acclaim. Yoga has become the ambassador of Health and Consciousness to the entire world. Professor G R. Ambali Welcomed and Introduced the Guest. Dr. U. S. Pujari proposed Vote of Thanks. All Teaching Faculty, Office Staff and Students of the college were present on this occasion.



Performing yoga by the faculty
and students

IQAC, Co-ordinator
S.B.Arts & K.C.P.Science College,
Vijayapur.

Principal,
S. B. Arts & KCP Sc. College,
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