

International Yoga Day Celebration(2014-15)

19th June '15 was marked with heavy rains, but it surely did not hamper the practice yoga session at SIESGST. The NSS unit of SIES GST organized a two-day yoga program under the guidance of Dr. Manasi Karkare (Dean FE, SIES GST), ahead of the World Yoga Day on 21st June. The teaching staff along with the NSS volunteers assembled for the gathering. It began with the instructor explaining the origin and the benefits of yoga followed by the practice of the different 'asanas'. At the end of the 2hr session each day, few teachers shared some thoughts on their experiences. On 21st, NSS volunteers from SIES GST as well as other colleges assembled at Sports Complex, Kalina Campus, University of Mumbai at 7 a.m. The event scheduled at 8:15 a.m. was inaugurated by lighting the lamp followed by the yoga session. The yoga practice was succeeded by inspirational speeches by eminent personalities like Madhoo, Ellie Avram and a national level swimmer Hrehaan. Kaivalyadhama Health and Yoga Research Centre, an organization supporting yoga, also proposed a three-day free yoga training at lonavala for the students who had assembled for the event. It concluded on a note of joy and contentment. The World Yoga Day Celebration was indeed a grand success witnessing a participation of 50 teachers and 125 students.

