

International Yoga Day Celebration

Date: - 21/6/22

Description: - The International Yoga Day was celebrated on 21st June 2022 with great eagerness and enthusiasm at SIES GST, Nerul and was attended by around 58 staff and students from 10:30 am to 12:30 am

Principal Sir and the NSS officer welcomed everyone and 2 Unit Members introduced the Chief Guest, Mr. Anand Sahasrabuddhe.

Mr. Anand Sahasrabuddhe has done MA in yoga science, advance PG diploma in yoga and many certified courses in yoga. He has been imparting free yoga and value education to school children, college students and the public free of cost for the past 36 years in succession. He was appointed as the coordinator to celebrate International Yoga Day at SIES GST.

Mr. Anand sir gave an enlightening talk on Stress Management. In his speech he stated that, stress is due to external pressure and the inability to cope with it. He educated the gathering on various ways to cope up with stress and its management, thus making a way to live a healthy life.

Before the demonstration, he explained the meaning of Yoga, illustrated Pranayama and elaborated on its importance and benefits. He also demonstrated numerous Asanas and stressed on the need of practicing them every single day. He constantly focused on the point that regular yoga practice led to the better mental, physical and intellectual health; how it positively changes the lifestyle of the people and increase the level of well-being.

Finally, the session was concluded delivering a vote of thanks to our guest for this successful workshop.

Total no. Of units	Name of the activity	Total students participated.	No. of teachers/other s participated	Total no. of participants.
1	International Yoga Day Celebration	26	32	58

Photographs:











