



Dr. Babasaheb Ambedkar Technological University
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YOGA DAY CELEBRATION

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. Among the most well-known types of yoga are Hatha yoga and Rāja yoga. International Day of Yoga is a worldwide event, which is observed by the people of many countries. To raise the awareness about yoga among the people of India, Indian Govt. has also decided to observe and celebrate this day as a National event.

As a part of it, Dr. Babasaheb Ambedkar Technological University, Lonere NCC Unit organised 4th International YOGA DAY on 21st June, 2018, Thursday between 7:00 to 9:30 AM at the Auditorium Hall of the IoPE Institute. The event was organized by the NCC and NSS UNIT, DBATU, Lonere. Hon'ble Vice-Chancellor, Dr Vilas G. Gaikar of DBATU was the Chief Guest for this function and The Principal of 'S. S. NIKAM SCHOOL' Mr. Deshpande was also present. The faculties and staff members and Security Guards, NSS students and NCC cadets of DBATU Lonere and Students from S. S. Nikam School with teachers participated in this grand event.

The yoga instructors and with Yoga video everyone practiced yoga. Hon'ble Vice-Chancellor has addressed the gathering and emphasized the need for yoga practice for a healthy and a holistic lifestyle and also explained about the history, different types and benefits of yoga. After their innovative and inspirational speech everyone got motivated. After the program fruits and Lemon juice was served to all the yogis and event was concluded.

The program was successfully conducted and thought provoking YOGA session. All felt rejuvenated and took the vow to incorporate Yoga into the daily life helps to reap the health and social benefits.

Photos attached herewith