


**Report
On
International Yoga Day
Celebration**

**Held on,
21/06/2021**




Director
Shri Sharda Bhavan Education Society's
Institute of Technology and Management,
NANDED



Shri Sharda Bhavan Education Society's
INSTITUTE OF TECHNOLOGY & MANAGEMENT
VIP Road, Nanded-431 602(M.S.), INDIA
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Department of Computer Science

REPORT ON

International Yoga Day Celebration

Every year on June 21, the world celebrates International Yoga Day to bring attention to this age-old discipline and to recognize the benefits yoga has had on people's physical and spiritual well-being. Yoga is a practice that is effective for calming the body and mind and enhancing one's immune system.

The International Yoga Day was observed at SSBES's ITM, Nanded on June 21, 2021. The theme for the Yoga Day was "Yoga for Wellness". All the faculty members and students actively participated in it.

The program began with warm-up activities and practised both Asanas and Pranayam. At the end Director Dr. S. B. Thorat, motivated all the participants regarding practicing Yoga for the wellness.





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NOTICE

All the faculties and the students of SSBES's ITM, Nanded are hereby informed to attend the International Yoga Day celebration organized by SSBES ITM, Nanded on 21/06/2021 at 11:00 am in seminar hall.

Students are requested to take benefit of this event in majority and make it convenient to attend the same.

HOD,

Dept. of Computer Science,
SSBES's ITM, Nanded

H. U. D.

Comp. Sci. Dept.

SSBES's

Institute of Tech & Mgt

VIP Road, Nanded





A handwritten signature in black ink, appearing to be 'H. U. D.', is written above the printed text.

H. U. D.
Comp. Sci. Dept.
SSBES's
Institute of Tech & Mgt
Vadgaon, Nanded

