



K J's Educational Institute

K J College of Engineering and Management Research

S.N. 25 & 27, Near Khadi Machine Chowk, Kondhwa Annex, Pune-411048

Website: www.kjei.edu.in/kjcoemr

Activity Report

Title of Program:		INTERNATIONAL YOGA DAY	
Program Expert:		Dr. B.S.Waghe	
Date:	21/06/2021	Time	09.00 am to 10.30 am
Mode		Online	


About program:

Yoga day celebrations were held at K J College of Engineering and Management Research, Pune on June 21. The session was held in online mood . Students from first year engineering took part in the celebration. The inaugural speech was given by the Principal, who emphasized the importance of Yoga and physical exercises in daily life.

Our yoga teacher Dr. B. S.Waghe sir showed us some simple and beginner asanas which we did for about 90 minutes.

Students performed several asanas. They also performed standing and sitting asanas. One could understand by watching their performance that they have been practicing yoga for the last few years. About its history, a century of origin, how it helped the common people. They even told us that yoga helps increase concentration. Yoga day was celebrated with great enthusiasm. Program was beneficial for students and they also suggested arrange such types of programs in future. Program is well organized and appreciated by students.




Dr. Suhas S. Khot
Principal
**K J College of Engineering &
Management Research**
Sr.No. 25 & 27, Kondhwa-Saswad Road
Bundar Chhat Pune - 48.