



Prerna Sewa Mandal's

## **PRERNA COLLEGE OF COMMERCE**

Reshimbag Square, Nagpur - 440009.

### **INTERNATIONAL YOGA DAY (2018-19)**

#### **(Department of Computer Application)**

International Yoga Day was celebrated in Prerna College of Commerce on 21<sup>st</sup> June 2018 at 8:00AM. Computer department had organized the event to make the students aware about the benefits of Yoga for good health. Dr. Roopa Dande, a faculty member, compeered the programme. Mrs. Savita Anasane, a guest yoga instructor and Dr. Bharti Deshmukh, HOD Computer Application and also a trained Yoga instructor, from Patanjali Yog Samiti, Nagpur were the guests for the programme. Various *Yogasanas and Pranayamas* were performed by the staff under the guidance of Dr Bharti Deshmukh, Mrs Savita Anasane, Ms. Bhagyashree Tijare, faculty member and Ms. Vidya Mulmule, staff member.. Total 41 teaching staff and non-teaching staff participated and practiced yoga. At the end of the programme vote of thanks was proposed by Prof. Durgesh Kshirsagar, HOD Dept of Languages. All the faculty members took efforts to make program successful.



Dr. Roopa Dande introducing the guest in her introductory speech.



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Teaching and Non teaching Staff performing Tadasana