



Sandip Institute of Technology and Research Centre , Nasik

National Service Scheme (NSS)

Report on 4th International Yoga Day

Date:21st June 2018

‘Yoga embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change.’

Indian Prime Minister Narendra Modi

Description of 4th International Yoga Day Celebration 21st June 2018 at SITRC Campus

4th International Yoga day celebrated at Sandip Institute of Technology and Research Centre , Nasik on 21st June, 2018, Thursday. It was a matter of joy for all Yoga Enthusiasts that the “Vishva Yoga Divas- WORLD YOGA DAY” got declared to be celebrated on June 21st. relaxation. Program started sharp at 10 AM and ended at 11.30 AM.

Total Participants: 50 Students and 20 Staff

Photographs

