

KDK COLLEGE OF ENGINEERING
BRIEF REPORT
INTERNATIONAL YOGA DAY ON 21ST JUNE 2019

Date: 22-06-2019

1. A International Yoga Day was celebrated in KDK College of Engineering on 21st June 2019 under the guidance of Yoga Teacher from Janardanswamy Yogabhyasi Mandal Dr.G.H.Agrawal.
2. In morning the staff and students joined the gathering of yogsadhak at Yashwant Stadium morning 06.00 am to 07.30 am organize by Janardhanswamy Yogabhyasi Mandal, Nagpur.
3. At 12.30 115 students , 13 teaching staff and 05 Non teaching staff perform the yoga at Sri Visvevarrya Seminar Hall in building A of KDK College of Engineering.
4. The following Yogasan are included in the above program.
Ishwar pranidhan b) Uthith vivekasan c) Sharir Sanchalan d) Tadasan e) Utkatasan f) Katichkrasan g) Gomukhasan h) Ustrasan i) Janushirasan j) Kativakrasan k) Yognmanasan l) Suryanamaskar m) Pranayam n) Onkar sahdana.
5. Students ask the difference between Yoga and Gym. Students promised to perform yoga in their daily habits.

Some photograph of event are -



A Notice circulated is also attached with this report.

Dr.G.H.Agrawal
Dean, KDKCE

KDK COLLEGE OF ENGINEERING
NOTICE
INTERNATIONAL YOGA DAY ON 21ST JUNE 2019

Date: 19-06-2019

With reference to letter No. 3019 dated 13th June 2019 of Maharashtra Government International Yoga Day to be celebrated on 21 June 2019. KDK College has also decided to organize the following activities on International Yoga day.

6. On 21st June Friday KDK College teaching staff, non teaching staff and students can join the gathering of yogsadhak at Yashwant Stadium morning 06.00 am to 07.30 am organize by Janardhanswamy Yogabhyasi Mandal, Nagpur.
7. On 21st June Thursday at 12.30 pm a program is arranged at KDK Electrical Seminar Hall in Building A . All the Students ,teaching and non teaching staff are requested to attend both the programs. For further details please contact Dr.G.H.Agrawal. Please wear loose dress and bring yoga mat/ bed sheet of size 3x6 feet.

The following Yogasan are included in the above program.

- a) Ishwar pranidhan b) Uthith vivekasan c) Sharir Sanchalan d) Tadasan e) Utkatasan f) Katichkrasan g) Gomukhasan h) Ustrasan i) Janushirasan j) Kativakrasan k) Yognmanasan l) Suryanamaskar m) Pranayam n) Onkar sahdana.

Dr.G.H.Agrawal
Dean, KDKCE

Principal
KDKCE

Copy to : Vice Principal, HOD (C/M/E/EN/CT/IT/FY),N.B, BOYS & GIRLS HOSTEL.