

Date: 21st June 2019

5th International Yoga Day celebrated at COEP

The 5th International Yoga day was celebrated at the college campus today on Friday, 21st June 2019. Various programmes were organized as a part of the celebration.

It started with the faculty, staff and students of COEP performing the yogic exercises demonstrated by the Yoga coach, Mr. Sagar Deokar. He also delivered a talk on the purpose of International Yoga Day. He emphasized the benefits of a yogic routine and endeavor towards making it a part and parcel of everyone's daily routine. Dr. P. R. Dhamangaonkar, Dean Student Affairs, Dr. (Ms.) S. S. Bhavikatti, VP, Gymkhana; Deans, HoDs, Faculty and students of the institutes along with the participants from DTE, Regional Office, Pune making about 115 enthusiastic participants had participated in the yoga session. Copies of Yoga Protocol were distributed amongst the participants.

Photographs are attached herewith.

Sr. No.	Name of the College	Location of the college	Programmes held	Whether all activities with audio/ video/ photographs have been uploaded as per enclosed NIC communication
1	College of Engineering Pune (COEP)	Shivajinagar, Pune-411005	1. Yoga Session of one hour- performing yoga exercises. and Sahaj Yoga 2. Talk on the benefits of yoga by Mr. Sagar Deokar	Photos uploaded on the college website www.coep.org.in