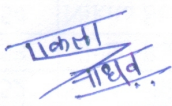


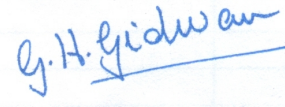
St. Mira's College for Girls, Pune
INTERNATIONAL YOGA DAY, 21st June 2018

The 4th International Yoga Day was celebrated at St. Mira's College for Girls today to bring peace, harmony, happiness and success to every soul in the world. This programme was attended by the staff and students. It was conducted by the College Sports Team. The Chief Guest was our Senior-most Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurbans Kaur. The programme was started with a brief introduction of Yoga, their importance in day to day life, followed by Yoga Pyramids of Sports Students and different yoga postures like Vrikshasana, Tadasana, Ardha Chakrasana, Vakrasana, Vajrasana, Shashankasana, Paschimottanasana, etc. ended with Pranayam and Meditation. The protocol as given by AYUSH Government of India was strictly adhered to.

Yoga is the gift of India to the world. It is a physical, mental and spiritual practice. It aims to raise awareness worldwide of the many benefits of practicing yoga. To bring in good health for the present generation this programme was organized so that students have an insight for their good health.


Ms. Ekta Jadhav
Director of Physical Education




Dr. G.H. Gidwani
Principal

