



SYMBIOSIS SCHOOL OF PLANNING ARCHITECTURE & DESIGN, NAGPUR

Symbiosis International (Deemed University)

International Yoga Day

21/06/2022

Symbiosis School of Planning, Architecture and Design, Nagpur had organized an International Yoga Day celebration on 21st June 2022 for all the staff and students at SSPAD. The event was organized in Exhibition hall of SSPAD and the events began with the brief introduction by the Deputy Director Dr. Nandini Kulkarni and by welcoming all the teaching, non-teaching staff and students of SSPAD.

Warm up exercises were taken first and then various asanas introduced and importance of these were explained simultaneously by the Dr. Purva Mange Ma'am H.O.D of Design. The celebration concluded with the speech by the Deputy Director Ma'am. She encouraged students and staff to practice yoga on regular basis to improve their concentration.

All Faculties, Staff and students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The staff and students discussed the importance of yoga and also share their experiences about the health benefit due to daily practice of yoga and students shown interest to conduct this event on regular basis to get attached with soul of our body through this practice.

The event then concluded with votes of thanks by Dr. Purva Mange.

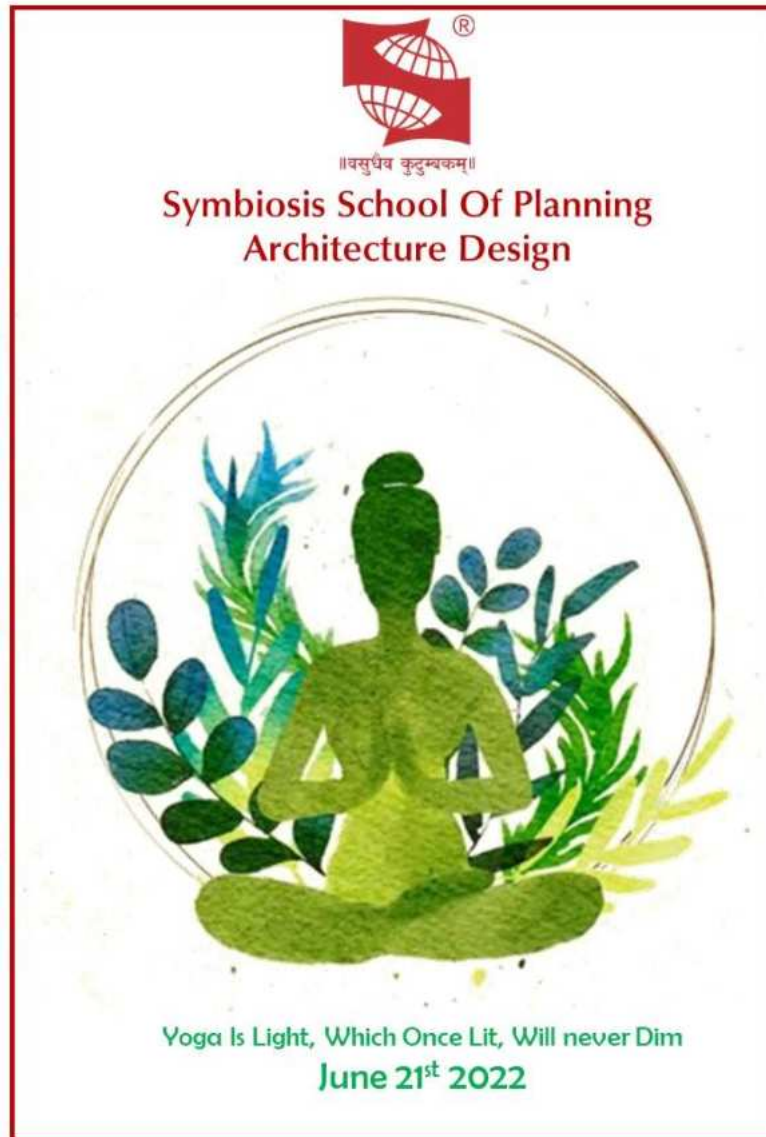



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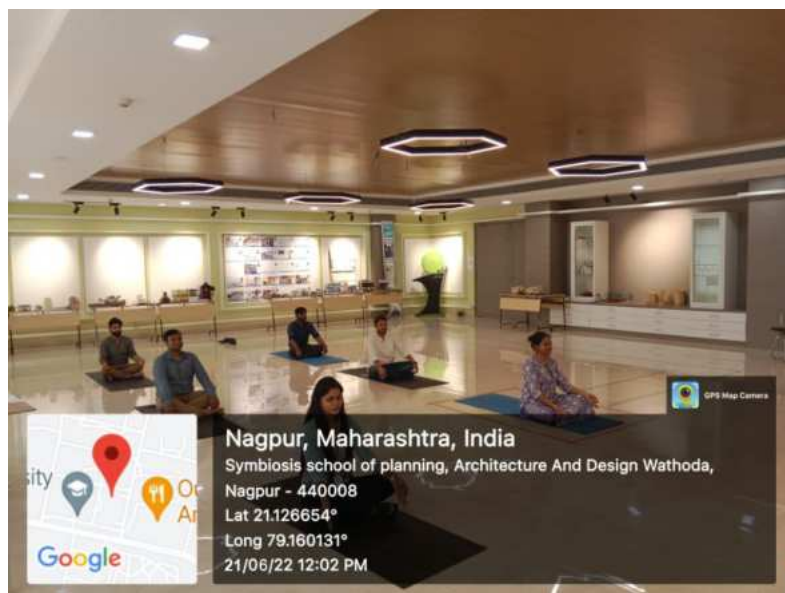
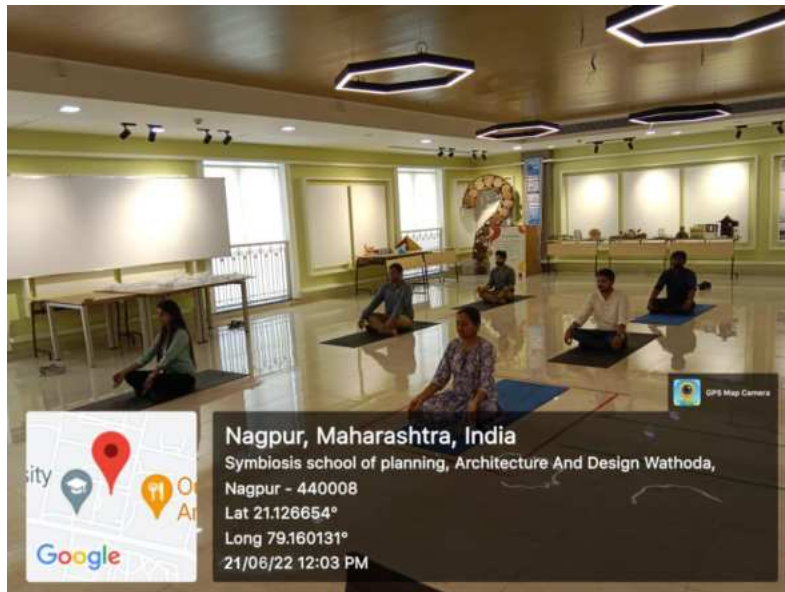
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