



Mula Education Society's  
**ARTS, COMMERCE & SCIENCE COLLEGE SONAI**  
Tal. Newasa, Dist. Ahmednagar - 414105. Ph./Fax : (02427) 231384  
E-mail : sonaicollege@yahoo.co.in Website - www.acssonaicollege.com  
Affiliated to Savitribai Phule Pune University (I.D.PU/AN/ASC/031/1989)  
NAAC REACCREDITED 'A' GRADE and ISO 9001 : 2008 CERTIFIED

## 5<sup>th</sup> International Day of Yoga Celebration in Sonai College

**Place: College Premises**

**Date & Time: 21/06/2019, 6.30am**

On the occasion of Yoga Day on 21<sup>st</sup> June 2019 Yog Day has been celebrated in Mula Education Society's Arts, Commerce and Science College, Sonai. It is celebrated in 195 countries across the world. Considering the value of Yog *Sadhana* Prime Minister Shri. Narendra Modi established separate Ayush Mantralaya and Convenced the importance of Yog *Sadhana* to the world through scientific attitude. This yog day was meant for Heart. The programmes are being arranged in accordance with it across the world.

As a part of the movement Yog Day was celebrated in Mula Education Society's Arts, Commerce and Science College, Sonai through N.S.S., N.C.C., Sports Persons, Teaching Faculties and Supporting Staff. It was arranged at 6.30am.

College of Agriculture, College of Pharmacy, Shanishwar Junior College, Mula Public School, Yash Academy also participated in the activity. Joint Secretary Dr. Vinayak Deshmukh. Total No. of 2048 participants including teaching & non-teaching staff with students availed the benefits of Yoga. Prof. Tuwar Patil, Yoga Teacher and Dr. Santosh Gursal guided the participants by giving demonstration of *Yogasan* and *Pranayam*. Dr. R.B. Khandare, Physical Director made efforts for the smooth organization of the programme.



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**Dr. Shankar Laware**  
**PRINCIPAL**  
Mula Education Society's  
Arts, Commerce & Science College,  
Sonai, Tal. Newasa Dist. A'Nagar-414105