



Maharashtra Academy of Engineering and Educational Research, Pune's  
**M.I.T. GROUP OF INSTITUTIONS, PUNE**  
**2<sup>nd</sup> International Day for Yoga**



While addressing 69<sup>th</sup> session of United Nations General Assembly on 27<sup>th</sup> September 2014 Hon'ble Shri Narendra Modi urged the world community to adopt an International Yoga Day and making this day a record making event. The day devoted to Yoga was observed on Tuesday, 21<sup>st</sup> June 2016 at Maharashtra Institute of Technology.



Over 2500 students, teaching and non teaching staff assembled on MIT ground with full determination.

The dignitaries Shri.Shrikant Badve (Managing Director of Badve Group of Companies), Tomio Isogai (Managing Director of Sharp India Ltd) also participated in the event held at Maharashtra Institute of Technology with great enthusiasm.

Prof. Dr. Vishwanath D. Karad (Founder, Executive President & Managing Trustee, MAEER's MIT Group of Institutions) in his address advised that 'people should practice Yoga and give importance to yoga every day to make life peaceful and healthier'.

Entire staff performed various 'Asanas' for one hour under the guidance of Yogacharya Shri Padekar Guruji. He said that 'Yoga links the mind and body and boosts the energy and speed up our body's recovery. It is not only about exercise but to discover the sense of oneness with ourselves and nature.



All the staff gained an unforgettable, overwhelming and mesmerizing experience by celebrating International Yoga Day and rejuvenating every one's mind. They have committed to practice yoga regularly.

Dr.Sanjay Upadhye (Executive Director, Vishwa Shanti Sangh, World Peace Centre, MAEER's MIT,Pune) extended a very hearty vote of thanks to the participants for making this program a great success.

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