

## NOTICE

### **International Yoga Day Celebration**

On the occasion of 4<sup>th</sup> International Day of Yoga, MPCOE organized following events. All the students, faculty and staff are informed to participate.

**Yoga practice session:** One-hour practice session is open to all on 20<sup>th</sup> June and will start at 09:40 am. (Venue: Seminar Hall, First Floor, Ganesh Daivadnya building).

**Program on 21<sup>st</sup> June:** The details of the program on 21<sup>st</sup> June are given below.

09:30 am	Gathering
09:40 am	Welcome speech by Mr. Anand Patange
09:45 am	Introduction to yoga by Dr. Shilpa Deorukhakar
09:50 am	Principal's address to all
10:00 am	Yogasana and Pranayama demo by Mr. Anand Patange & team
10:55 am	Vote of thanks

**Venue:** Seminar Hall, First Floor, Ganesh Daivadnya building

**N.B.:** Participants should come with own yoga mat/mattress/blanket for the practice session.  
Light and Comfortable cotton cloths are ideal to facilitate easy movement of the body.  
In a case of chronic disease/ pain/ cardiac problems, consult with a physician.

Dr. Avinash M. Chincholkar

**Copy to:** Faculty and Staff – for circulation – by email  
Notice board (Date of removal: 22/06/2018)