

## Report on “International Yoga Day -2019”

To spread the benefits of Yoga, fifth International Yoga Day was celebrated at ASM’s Institute of Professional Studies, Pune with full of zeal and enthusiasm on the college premises. All efforts were made to spread awareness about the benefits of yoga in life.

All the participants performed the Asanas and Pranayam. Our Sports Teacher guided the students with different ASANAS and explained their importance in daily life. Dr. Lalit Kanore, Dean ASM’s IPS, Coordinators, teaching & non-teaching staff as well as students were full of exuberance and participated wholeheartedly to make this event a huge success.







