

Ref.No.COE/ESTT/2018

Date: 21/06/2018

## 4<sup>th</sup> International Yoga Day

TPCT's College of Engineering Osmanabad has been successfully celebrating International Yoga Day every year. 4<sup>th</sup> International Yoga Day was celebrated on 21<sup>st</sup> June 2018 from 6.30 to 8.30 a.m in the college premises. Though being the formal vacation period and University ongoing evaluation process the day witnessed good number representation from faculty and staff. As many as 75 employees participated in the Yoga training. One of our office staff Mr. Bhalaker Hanumant Machindra, a very good yoga guru who has been practicing Yoga from Art of living school of Sri Sri Ravishanker Yoga Peetha, many years conducted the yoga session on the eve of international Yoga Day. The contents of the Yoga training included the following:

The yoga session were conducted as Art of Living Yogabhas. Following were the yoga followed according to the sequence under the guidance of Mr. Bhalaker. The session started with prayer Asatoma Sadghmaya, Omkaar, Jogging, Joint rotation, Ardakati chakrasan, tadasan, vruksha, padahastasan, ardachakrasan, triconeasan, uthkatasan, badhacone san, margerasan, sashankasan, vajraasan, yogmudra, suktavajrasan, ardaushtrasan, ustrashan, mayurasan, vakraasan, padmasan, suptapadmaasan, mashashan, padmasarvangasan, parvatasan, paschimavatasan, dandasan, padanushtasan, makarsana, shalvasan, bhuanjagasan, vipreetnaukasan, dhanurasan, shavashan, nauksan, pawanmukthasan, sarvangasan, halasan, karanpeeda asan, setubandhasan, charkasn, natrajasan, prayanam, kapalbathi, analom-vilomb, bharambi, bhastrika, tribhanda, suryanamaskar, meditation for 10 minutes at the end of the session





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Approved by A.I.C.T.E. & Affiliated to Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.

President

**Hon. Dr. Padmasinhaji Patil**  
Ex. Member of Parliament.

Principal

**Dr. N. S. Biradar**  
B.E., M.E., Ph.D. (IIT Bombay)



At the end of Yoga session fruits and milk were distributed to all the employees. The day was filled with energy and relaxation of body and mind. After the yoga session tree plantation program was in the campus under the leadership of Dr. N. S. Biradar, Principal. More than 100 trees were planted throughout the campus making the campus more green and eco friendly. All the faculties and staff took active participation in planting tree with interest and committed to care the respective three they have planted with their hands round the year.

Conclusively, 4<sup>th</sup> International Yoga Day celebration was successful and memorable.



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