



Department of First Year Engineering

Report

On

Yoga Day

08-08-18

Yoga day is organized by first year department under First Year forum Induction Activity For newly admitted first year students on 08-08-18. The resource person and Instructor for yoga was Ms. Sushma Chaudhari, Rajya Karyakarini sadasya, Patanjali Yog samiti, Nagpur. She emphasized students to include yoga in their daily routine because practising Yoga can improve attitude towards life and mental health

