SHRI CHINAI COLLEGE OF COMMERCE & ECONOMICS

Andheri (East), Mumbai-400069

21st June 2023

REPORT ON 9th International Yoga Day

Shri Chinai College of Commerce & Economics organized 9th International Yoga Day in the college campus on Wednesday 21st June, 2023 at 10:30 am in the college premises. The programme started at 10: 30 am with the welcome speech addressed by our Principal Sir Dr. B.B.Kamble. We have invited our very own former Student Mr. Pratham Sharad Ghag as a yoga instructor for the day. The activity was conducted for all B.COM & Self Financing students.

The Agenda of the event:

- To create and spread awareness about Yoga.
- To highlight the significance of yoga.
- To recommend remedial measures as in how to cope up with stress.

Our Yoga instructor Mr. Pratham Sharad Ghag had an interaction session and also cleared all the necessary doubts of our students.

The programme wrapped up around 11:30 am the vote of thanks was given by Prof. Bharat Shirgaonkar.



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9th INTERNATIONAL YOGA DAY

Dated: 21st June 2023

























