



Sharda Education Society's

Anand Vishwa Gurukul College Of Law

NAAC Accredited 'B' Grade

Affiliated To University of Mumbai

Approved By Bar Council of India

LL.B - 3 Years | LL.B - 5 Years | LL.M

Diploma in Labour Law and Labour Welfare | Post Graduation Diploma in Cyber Law

Office Address: Near Mental Hospital, Opp. ACC Cement Colony, Thane (W) – 400604

Tel.: 9967589008 • Email : avgcollegeoflaw@gmail.com

YOGA DAY REPORT 2024



SHARDA EDUCATION SOCIETY'S
ANAND VISHWA GURUKUL COLLEGE OF LAW

NAAC Accredited 'B' Grade 1st Cycle

(Affiliated to University of Mumbai)

(Approved by Bar Council of India)

I N T E R N A T I O N A L

YOGA DAY



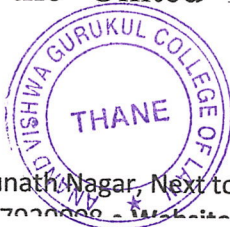
21 JUNE 2024

"Yoga is not only for one, it's for everyone;
Yoga is not for a day, it's for everyday."

Prof. Suyash Pradhan
(I/C Principal)

Dr. Sushama Satpute
(Co-ordinator)

As proclaimed by the United Nations, 21st June of every year is



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ANAND VISHWA GURUKUL COLLEGE OF LAW, THANE

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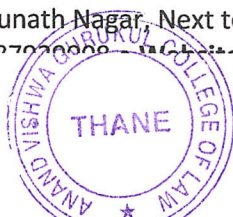
recognized as the International Yoga Day, in order to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that Yoga has brought to the World.

The Sharda Education Society's, Anand Vishwa Gurukul, College of Law, Thane, celebrated the International Yoga Day, with great enthusiasm. Our College believes that education does not mean mere imparting of knowledge or facts but it encompasses an all round development of an individual and thus this initiative was accomplish. The celebration of International Yoga Day was an exuberant event with the enthusiastic participation of all the Teaching staff along with the non-teaching staff. The event was held in the supervision of the respected **Principal, Adv. Suyash Pradhan** and was coordinated and guided by the **Coordinator of College, Prof. Dr. Sushama Satpute**.

The program commenced with the recitation of Shloka, followed with warm-up exercises, during which all the faculty members actively participated. Further, they were guided through various sitting and standing postures of asanas, with simultaneous explanation of their significance. The asanas performed by the attendees included Padmasana, Tadasana, Vrikshasana and many more. They also had a Dhyana-mudra session. Overall the session lasted

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for over an hour, witnessing energetic participation and engagement from all the attendees. The attendees were educated on various ways to cope up with stress and its management through the practice of Yoga. The Gathering held a constructive discussion highlighting the significance of Yoga, which summarized that, "Yoga as an Art and Science of health and harmony has vast potential for physical, mental, emotional, social and spiritual well-being." It seemed, that the session was the celebration of wellness, unity and wisdom of ancient India.

Towards the end of the event, the attendees were encouraged to embrace yoga and practice it regularly, which can be rightly said as the success of initiating the event in true sense. The event's success can be attributed to the meticulous planning, active participation, and the dedication of the organizing team, as it was concluded with smiling faces and peaceful minds carrying the message that –

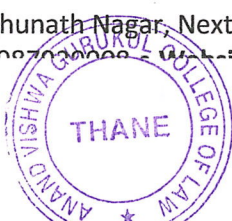
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YOGA IS NOT FOR A DAY, IT'S FOR EVERYDAY."

International Yoga Day Sessions:

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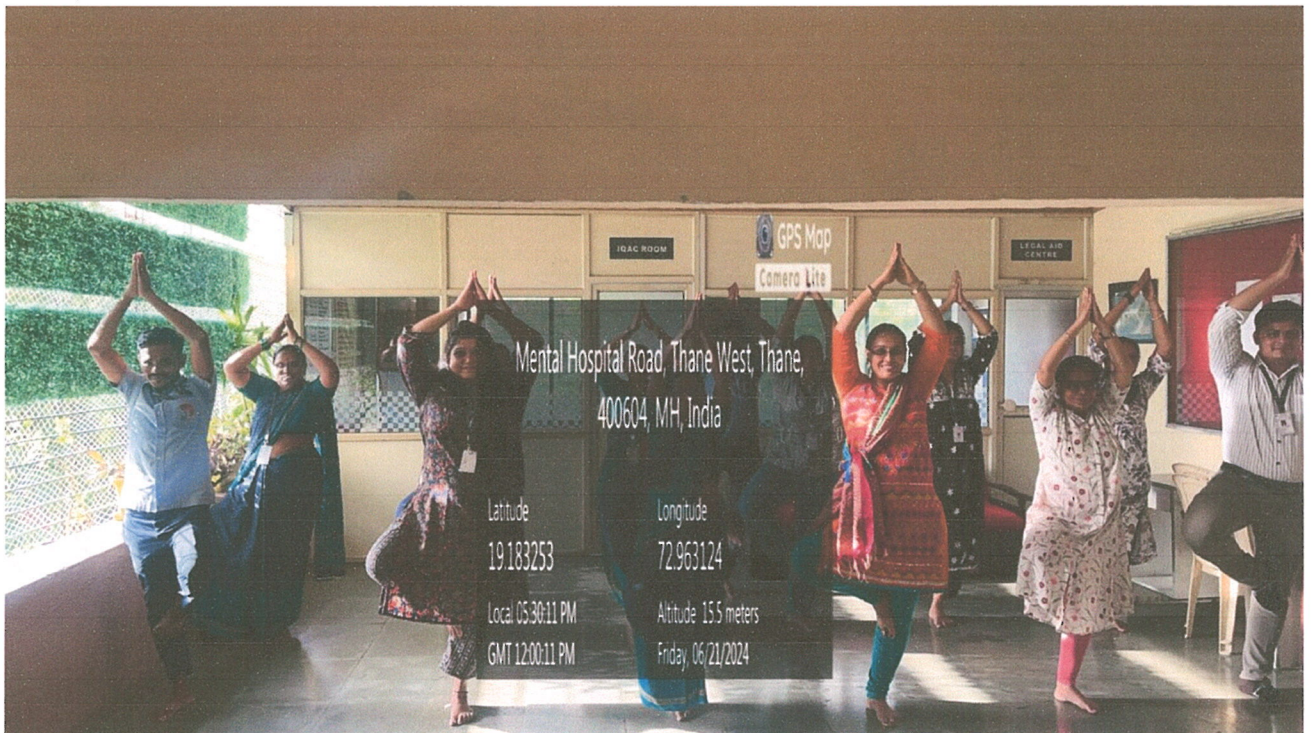
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THANK YOU




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