



**HOPE Foundation's  
Finolex Academy of Management & Technology,  
Ratnagiri  
Cultural Committee**

**Celebration of International Yoga Day**

FAMT celebrated 5th International Yoga Day. As a part of this celebration, a Session on Yoga was organized for the faculty and staff members of FAMT, on 28<sup>th</sup> June 2019. Prof. G. S. Kulkarni, FAMT, who is a certified Yoga Trainer, conducted the session.

Prof. Kulkarni explained the body system, its functioning and the types of Yoga. He also focused on the importance of a regulated human life with the help of Yoga and Meditation. He explained the necessity of Yoga in our daily life to keep us mentally, physically and spiritually relaxed and fit.

The Yoga Session made the attendees aware and conscious about the physical and mental health and care with the help of Yoga. Some physical exercises like *Suryanamaskara*, *Tadasana*, *Vrikshasana* were practically learnt by the attendees during the session. The session ended with a vote of thanks. Prof. D. M. Bapat coordinated the session.

Photographs:



Prof. G. S. Kulkarni delivering a talk on Yoga



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Faculty members performing *Suryanamaskara* under the guidance of Prof. G.S. Kulkarni