



Finolex Academy of Management & Technology, Ratnagiri

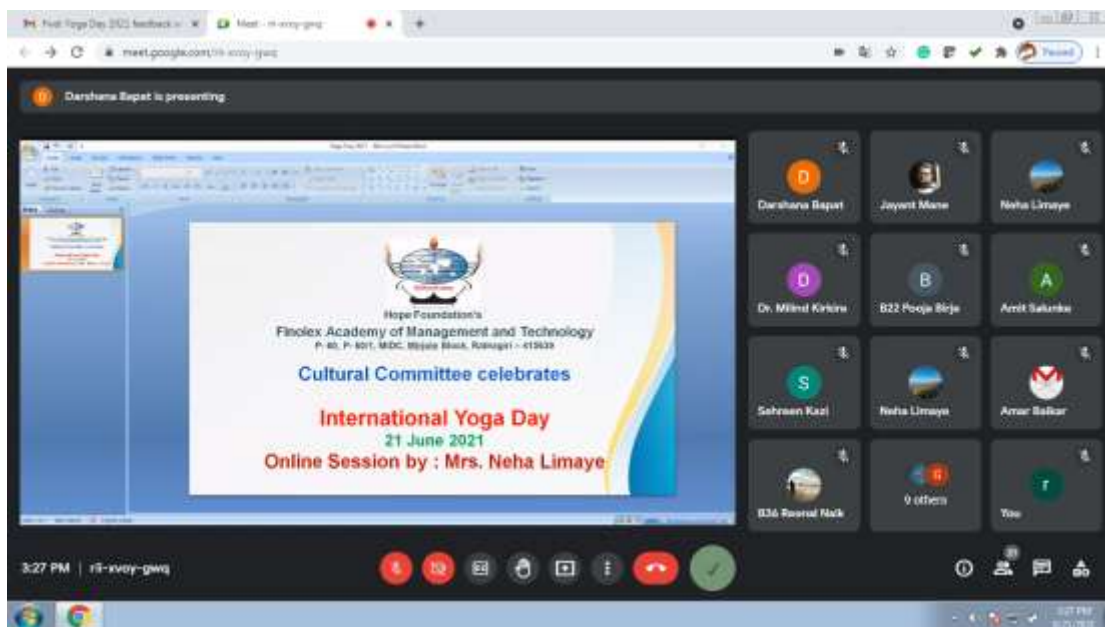
Cultural Committee

Celebration of International Yoga Day 2021

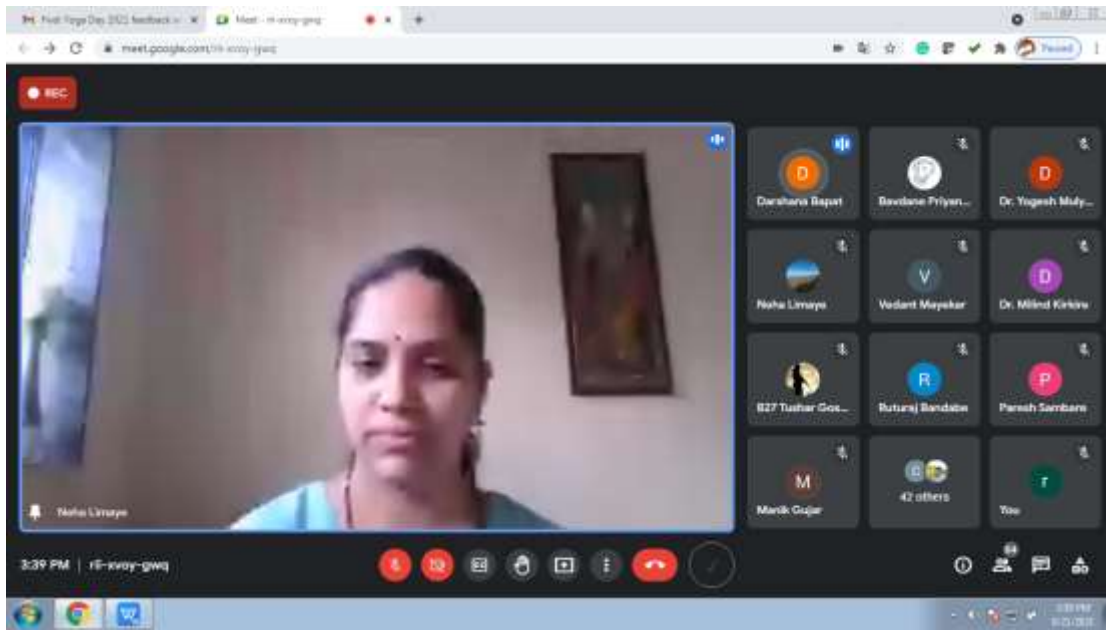
Cultural Committee of Finolex Academy of Management and Technology celebrated International Yoga Day on 21 June, 2021 at 3.30 p.m. The objectives of the programme were to highlight the need and importance of Yoga in today's life and to provide detailed information regarding the rich Yoga Tradition of India.

The online Yoga Session titled 'योग : काल, आज आणि उदय' was conducted by Mrs. Neha Limaye- a certified Yoga Trainer from Ratnagiri. She was accompanied by Ms. Arya Kelkar for the demo part of the session. Mrs. Limaye stated the importance of Yoga in today's life and explained about the past, present and future of Yoga. She also demonstrated various *asanas* and *pranayama* which are needed to be practised in our daily life.

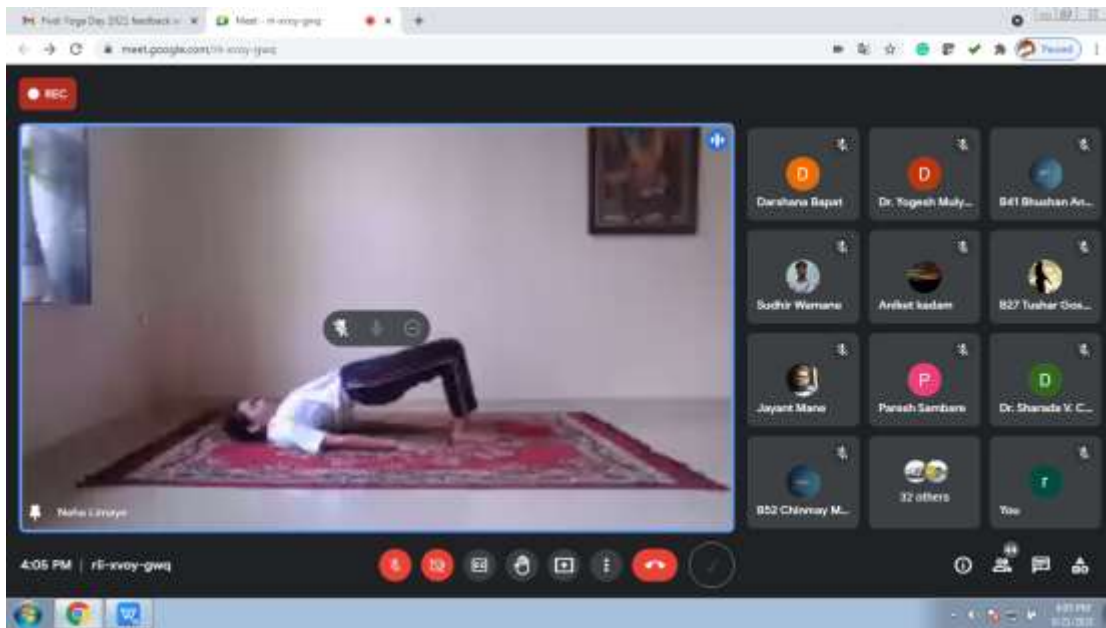
The programme began with an address by Dr. Y. G. Mulye- IQAC Co-ordinator and HoD- First Year Engineering, FAMT. The programme was anchored and coordinated by Prof. D. M. Bapat. Prof. Rahul Kotawdekar worked for the successful arrangement of the programme. It was organized under the guidance of Prof. D. D. Joshi- Faculty In-charge Student Affairs and Dr. Kaushal Prasad- Principal, FAMT, Ratnagiri.



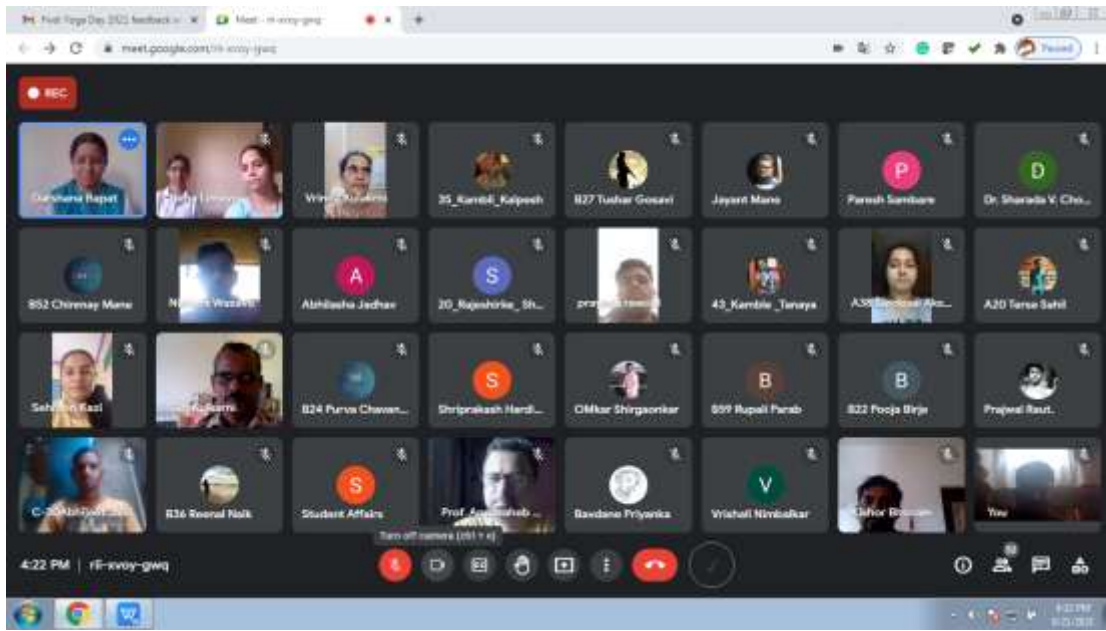
Online International Yoga Day Celebration at FAMT



Mrs. Neha Limaye delivering the online talk



Ms. Aarya Kelkar performing demo of *aasanas*



The participants of the Online Yoga Session