



Finolex Academy of Management & Technology, Ratnagiri

Cultural Committee

FAMT celebrates International Yoga Day

The Cultural Committee of FAMT organized a session on the topic- '*Niramay Jeewanasathi Yogabhyas*' by **Mr. Pritish Dixit**- a third year student from the Electrical Engineering Department of FAMT. It was organized to celebrate International Yoga Day on 21 June 2022. Mr. Pritish Dixit who is a National Champion of Yoga explained the importance of Yoga for a healthy life. He also demonstrated a few *aasanas, pranayama and meditation*.

The programme began with National Anthem. Principal Dr. Kaushal Prasad graced the occasion with his words regarding the greatness of yoga. The need and importance of Yoga were also shown through a video provided by AICTE.

Prof. D. M. Bapat anchored the programme. The programme ended with a vote of thanks. 13 faculty members attended it.



Principal Dr. Kaushal Prasad felicitating Mr. Pritish Dixit



Mr. Prithish Dixit explaining the importance of Yoga for healthy life



Mr. Prithish Dixit demonstrating *asanas*



Audience attending the session