



HOPE Foundation's
**Finolex Academy of Management & Technology,
Ratnagiri**
**Department of Electronics and Telecommunication
Engineering**

International Yoga Day Celebration

Department of Electronics & Telecommunication Engineering (EXTC) of F A M T, Ratnagiri organized a Practical Session on "Yoga for Self and Society", as a part of the International Yoga Day Celebration on 21th June 2024. The purpose behind celebrating this day is to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world.

The Session began with a brief introduction on International Yoga Day by Dr. S. V. Chougule, the Head of EXTC Department and by welcoming the Resource Person Prof. Giri. S. Kulkarni, EXTC Department, FAMT. She explained briefly the objectives of organizing the Practical Session on Yoga which plays an important role in relaxing the mind and body and boosting people's immune system.

Prof. Giri. S. Kulkarni explained the importance and misconceptions regarding Yoga, the necessity of practicing daily and how Yoga is helpful in maintaining harmony between body and mind. After a few warm and simple Asanas were performed by the faculty enthusiastically and the importance of these Asanas was explained simultaneously.

This Session served the following objectives:

1. To promote awareness of the benefits of practicing yoga for mental, physical, and spiritual well-being.
2. To inspire individuals worldwide to adopt healthier lifestyles through the practice of yoga.

The session was successfully coordinated under the guidance of Dr. S. V. Chougule and the encouragement of Honorable Principal Dr. Kaushal Prasad. The session was concluded with a vote of thanks by Prof. Milind N. Tagare, Electrical Department, FAMT. The participants showed intense interest in attending such sessions in future too.



Prof. Giri S. Kulkarni demonstrated a few warm-ups and simple Asanas



Resource Person with all Faculty participants