

REPORT FOR 5TH INTERNATIONAL YOGA DAY

The Department of Physical Education, University of Mumbai organized the 5th International Yoga Day on the 21st June 2019 at the Department of Physical Education, University of Mumbai, Sports Complex, Kalina, Mumbai – 98. Event was organized in two session in the morning from 7:30 am to 9:30 am and in the evening from 4:30 pm to 6:30 pm. Around 50 participants were present during the morning session while around 20 were present in the evening. The morning session was conducted by Mr. Datta Gaikwad a yoga expert and the evening session was conducted by Mrs. Nutan Pakhare yoga practitioner. Both the experts followed the protocol set for the international yoga day. The driving force for the entire event was Dr. Manohar Mane Head of the Department of Physical Education, University of Mumbai. During the morning session 20 students along with staff from the neighboring schools were invited, also members of the university security were a part of this event on request from the Head of the Department Dr. Manohar Mane. The participants were provided with Tshirt and breakfast after the session.

