



Birla Institute of Technology & Science, Pilani

K K Birla Goa Campus

Student Welfare Division

BITS Pilani Goa Campus observed 3rd International Day of Yoga

BITS, Pilani K.K.Birla Goa Campus, observed '3rd International Day of Yoga' on 21st June 2017. Faculty, staff and students of the campus participated and practiced Yoga under the guidance of Yoga Guru Mr. Namdev Chopdekar at the Students Activity Centre of the campus.

Director of BITS Goa Campus, Prof. Raghurama G inaugurated the Yoga day by lighting a traditional lamp in presence of Prof. D.M. Kulkarni, Dean - Administration and Dr. C.K. Ramesha, Associate Dean - Students Welfare Division (SWD). Mr. Chandu Lamani, Physical Education Instructor of the campus introduced Yoga Guru Mr. Chopdekar to the participants.

On this occasion Yoga Guru Mr. Chopdekar advised participants that '*in today's world of mechanical life and polluted environment, Yoga is very essential to maintain physical fitness and mental health*'. He also explained the benefits of Yoga to the participants.

Director of BITS Goa, Prof. Raghurama G stated that '*Yoga has its own history, it is a gift to the world from the Indian culture. Foreigners are learning and practicing Yoga, but Indians are not. It has been scientifically proved that regular Yoga practice can lead to a disease-free life*'.

Prof. D.M.Kulkarni, Dean Administration, spoke about the benefits of yoga in daily life and urged to keep ourselves and society in good health and spirit.

The program was organized by the SWD, under the Chairmanship of Dr. C.K.Ramesha and coordinated by Mr. Chandu Lamani.

The photographs of the aforesaid program are enclosed herewith.



Asana's performed by the entire participant's in group



Group photo after the function