

#### **4. First International Day of Yoga**

The First International day of yoga was celebrated at Parel campus of Bombay veterinary College . The event was organized by Department of Animal Genetics and Breeding and NSS unit of the college .The pre yoga day session was held on 20<sup>th</sup> June 2015 in college amphitheatre. During this session a promotional Film on a lecture “Introduction to yoga” by His Holiness Sri Sri Ravishankar was shown followed by a mediation session guided by him through audio visual aids. The lecture on basic yogic practices was given by Yogacharya Shri. Durgadas Savant, organiser of Diploma In Yogic Education, Yoga Vidya Niketan, Mumbai with the help of a demonstrator of the said yoga institute. The actual practical sessions for participants on basic Yogic practices was conducted by Dr. Uday Umrikar , Professor Animal Genetics and Breeding Department on 21<sup>st</sup> June, 2015. The staff & students of the college actively participated in both the sessions.

#### **Photos of 1st International Day of Yoga at Bombay Veterinary College, Parel-12**



Yogacharya Durgadas Savant gave lecture cum Demonstration of basic yogic practices on 20<sup>th</sup> June 2015 at Bombay Veterinary College



Dr. Uday Umrikar conducted basic yogic practice session on 21<sup>st</sup> June 2015 at Bombay Veterinary College



Meditation session conducted at Bombay Veterinary College on 20<sup>th</sup> June 2015



Welcome address by Dr. R. J. Chaudhary , NSS Incharge on 20<sup>th</sup> June 2015



Dr U. D. Umrikar teaching various yogic posture



Dr U. D. Umrikar teaching and inspecting the various yogic posture