



G. H. RAISONI ACADEMY OF ENGINEERING & TECHNOLOGY

[NAAC ACCREDITED]

(Approved by AICTE, New Delhi, recognized by Govt. of Maharashtra & Affiliated of RashtrasantTukadojiMaharaj Nagpur University)

Shardha park, B- 37/39, MIDC, Off. Hingna- Wadi Link Road, Nagpur-440028, (INDIA)

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RAISONI GROUP
— a vision beyond —

INTERNATIONAL YOGA DAY CELEBRATED AT GHRAET, NAGPUR

To mark the occasion of Third International yoga day, NSS team of G. H. Raisoni Academy of Engineering and Technology organized a session of yoga for its Students,



teaching and non-teaching staff members under the banner of NSS. Chief Guest of the occasion, Mr.Sanjay Khonde, Chief Yoga Trainer, Patanjali Yog Samiti, Zilla Yog Vistarak, Nagpur inaugurated the event &

Dr. Sanjay Haridas, Principal GHRAET welcomed him with a sapling. Apart from telling the benefits of yoga for sound mind, body and spirit; he demonstrated some asanas & pranayam which were practiced by all students & faculty members. He said that yoga is not just important for enhancing personality but is also very effective in keeping the body & soul healthy. All faculty members & students willingly participated in the session. On this occasion Chief Guest Mr. Sanjay Khonde asserted the importance of yoga in life. He said, “To stay tuned to life activities yoga is a must. Health is the real wealth which can be maintained by yoga”.



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Dr. Pankaj Agrawal, Vice Principal; Dr.Achal Shahare, HOD Mechanical; Prof. Sonali Bodkhe, HOD CSE; Prof. Akhilesh Ugale, FY coordinator; Prof.Deepa Telang, HOD Civil were among the others present on the occasion. The event was coordinated by Prof. Vaidehi



Bhedi, Asst.Prof., Civil. The event was successfully organized under the guidance of Dr. Sanjay Haridas, Principal, GHRAET, Nagpur.

Dr. D. W. Deshmukh
NSS Co-ordinator
GHRAET, Nagpur