

9TH International Yoga Day observed at BITS Pilani, Goa Campus



BITS Pilani, K K Birla Goa Campus observed the 9th International Yoga Day at its Student Activity Centre (SAC). Mr. Sharad Chopdekar, an enthusiastic Yoga instructor conducted the yoga session which was held in presence of the Dean of Administration, Prof. Meenal Kowshik, Associate Dean – Students Welfare Division, Prof. Angshuman Sarkar, Senior Prof. D. M. Kulkarni, Physical Education Instructor & SAC In-charge, Mr. Ajay Kewat. The event was attended by students, research scholars, faculty and staff members.

Mr. Chopdekar demonstrated Yoga and meditation practices which were beneficial to all the attendees. He emphasized on making Yoga a way of life, which could help one to realize happiness in multiple ways. The hour-long event, marking the importance of Yoga amidst people's busy schedules, had a calming and positive effect in the minds of all those who participated. The event was hosted by Ram Surendra Singh and Vaishali Kashyap, doctoral research scholars.