

Celebration of "Azadi Ka Amrit Mahotsav" at 11:00am, 15 August 21

Principal <principal@vit.edu.in>

Sun 8/15/2021 9:21 AM

 1 attachments (886 KB)

Independence Day Poster.jpeg;

Wish you **Happy Independence Day!**

On 75th Independence Day, we invite you to join, Vidyalankar Institute of Technology's "Azadi Ka Amrit Mahotsav" Celebration.

Joining Link: <https://youtu.be/jxmU7rfVAtU>

Co-ordinated By: Prof. Ambadas Deshmukh

Principal



Vidyalankar Educational Campus
Vidyalankar College Marg, Wadala East,
Mumbai - 400 037.
Tel No. 022 - 2416 1126
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Republic Day Wishes!

Varsha Bhosale <varsha.bhosale@vit.edu.in>

Wed 1/26/2022 11:08 AM

VIT Wishes you **Happy Republic Day!**

Republic Day is celebrated on January 26 every year to remember the day when the Constitution of India came into effect (January 26, 1950) after India gained independence after a very long freedom struggle.

A salute of 21 guns and the unfurling of the Indian National Flag by Dr. Rajendra Prasad heralded the historic birth of the Indian Republic on that day.

Thereafter 26th of January was decreed a national holiday and was recognised as the Republic Day of India.

Varsha Bhosale

Associate Professor, Department of Information Technology



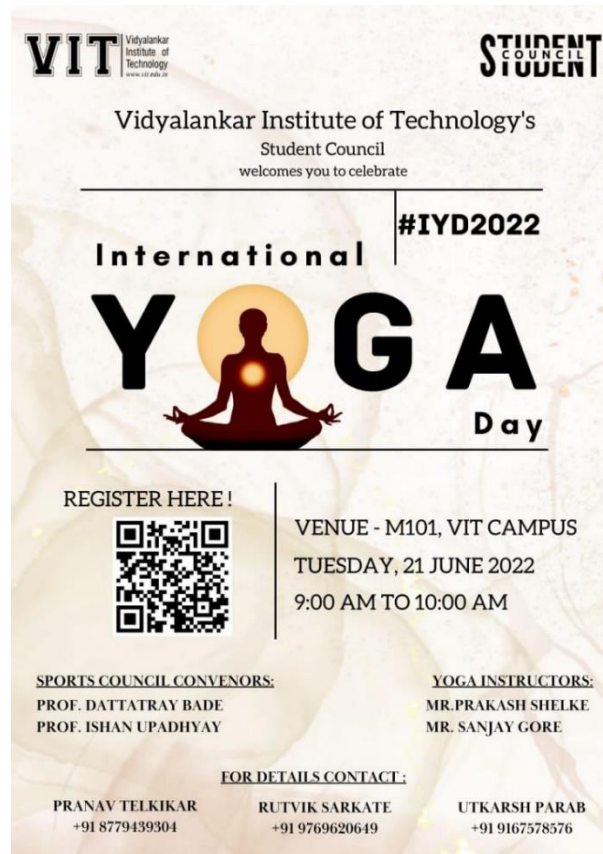
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Event Name	International Yoga Day 2022
Event Schedule	21 st June 2022
Event Venue	M - 101
Edited by	Soham Pal

"Yoga adds years to your life and life to your years."

The Sports Council of Vidyalankar Institute of Technology, took upon the initiative of pompously and vigorously celebrating the International Yoga Day thus, contributing to the global cause of honing and withholding the ancient and serene practice of physical wellbeing in conjugation of mental serendipity.




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STUDENT COUNCIL

Vidyalankar Institute of Technology's
Student Council
welcomes you to celebrate

International **#IYD2022**
YOGA
Day

REGISTER HERE!


VENUE - M101, VIT CAMPUS
TUESDAY, 21 JUNE 2022
9:00 AM TO 10:00 AM

SPORTS COUNCIL CONVENORS:
PROF. DATTATRAY BADE
PROF. ISHAN UPADHYAY

YOGA INSTRUCTORS:
MR. PRAKASH SHELKE
MR. SANJAY GORE

FOR DETAILS CONTACT:
PRANAV TELKIKAR +91 8779439304
RUTVIK SARKATE +91 9769620649
UTKARSH PARAB +91 9167578576

The event was conducted in the M-101 room hosting approximately **60 participants** which included a mix of students and faculty members alike. There were two instructors invited for the occasion and the duo consisted of Mr. Prakash Shelke & Mr. Sanjay Gore. A special video screening of our Hon. Prime Minister, Shri. Narendra Modi Ji conducting the yoga session at Mysuru Palace was also streamed for the participants.



The event initiated at 9:00 am with the participants enthusiastically following the instructions. A myriad of asanas & pranayamas were conducted throughout the hour-long session. The environment in the conduction room was very tranquil and peaceful. What came in as a bonus, was the theoretical knowledge statin the benefits of every asana we performed, thus providing a more dynamic knowledge about the ages – old practice.



During the latter part of the session, "Surya namaskar" one of the popular stances of Yoga was performed and the session ended with chants of "Om" and some breathing exercises. The event was spearheaded by the Sports Secretary Rutvik Sarkate under the guidance of the convenors Prof. Dattatray Bade & Prof. Ishan Upadhyay. The event received great response from everyone and had overwhelming feedback.



Due to the event receiving such a great response by students and faculty alike, the college confidently looks forward to increasing the number of the sessions conducted in the future.



Documentation Head



Sports Secretary



Prof. Dattatray S. Bade
Sports Convenor



Prof. Sachin Deshpande
Student Council Convenor