

# National Youth Day

National Youth Day was celebrated by Kriya Sharik Department on 12<sup>th</sup> Jan 2022. 12<sup>th</sup> January is the birth anniversary of Swami Vivekanand. On this occasion 'Yoga mudra' practice was performed by college students. Importance & Benefits of practicing Yoga mudras was explained to students. The programme was conducted by following all covid protocols. Yoga Teacher Dr. Yogesh Tulshar was guided for the Yoga mudra practice. Dr. Meena Anand, principal, BMM, Nandanvan, Nagpur was inaugurated the programme. The guidance for this programme was given by Hon. Secretary BCTRE & BMCET, Shri Rajendraji Murak & Administrative Dean Dr. Mukund Dive. Huge response was given by faculties & students.

No. of students participated = 35  
No. of faculties participated = 03  
No. of non-teaching staff participated in programme = 02

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