



# MARATHWADA MITRA MANDAL'S COLLEGE OF ARCHITECTURE, PUNE.

organizes

# YOGA

Way to  
Healthy Mind  
and Body

# 02

DEC 2023  
SATURDAY

TIME: 8.00 AM TO 9.00 AM



Mr. Vinod Sagar is a Civil Engineer and the district coordinator for Patanjali Yuva Bharat in Pune. He is an expert in Patanjali yoga and has trained over 2000 students to date, in addition to leading workshops and sessions for various institutions. Along with this he has also participated in various YOGA competitions and possess a record of 1200 suryanamaskars in 6 hours.

**Mr. Vinod Sagar**  
Patanjali Yoga Expert

**Ar. Smita Patil**  
Faculty Coordinator

**Dr. Ujjwala Palsuley**  
Principal, MMCOA