

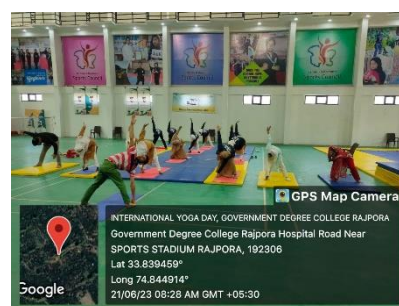
REPORT ON INTERNATIONAL DAY OF YOGA



International Day of Yoga is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that Yoga has



brought to the world. It coincides with the longest day of



the year in the Northern Hemisphere. It incorporates various postures (Asanas), meditation techniques and breathing exercises (Pranayama) to promote overall wellbeing and

harmony. The theme of International Yoga Day 2023 is “Yoga For Vasudhaiva Kutumbakam” which beautifully captures our shared aspiration for “ One Earth One Family and One Future”.

NSS Unit, Health and Hygiene Committee in collaboration with Department of Physical



Education and Sports observed International Day of Yoga,

2023 in the nearby Indoor Sports Stadium on 21 June from 08:30 AM to 09:30 Am. The target audience

was NSS Volunteers of the college. During the inaugural speech

Principal Prof. (Dr.) Gazala Gaiys Madam emphasized the importance of Yoga in day-to-day life. Following this speech PTI of the college performed different sitting and standing Asanas with the students. Principal Mam and NSS



PO also participated in these sessions. PTI of the college also explained the importance of these Asanas.



The celebration concluded with the Yoga Pledge, Where in students vowed to make Yoga a part of their daily life style.