

Celebration of International Yoga Day



On 21st June 2023, College joyously celebrated International Yoga Day. Embracing the essence of wellness and mindfulness, our college community of students and teachers came together to commemorate this Global Day of Unity and peace. With the rising sun as our witness, we gathered on our beautiful campus to practice various yoga asanas, guided by Mr. Gaurav Sharma. The atmosphere was filled with tranquility, harmony, and positive energy, fostering a sense of inner peace and serenity among all participants.

The celebration not only allowed us to deepen our physical and mental well-being but also served as a reminder of the incredible benefits that yoga brings to

our lives. It helps to cultivate flexibility, strength, and balance, while simultaneously nurturing our mind-body connection.

On this International Yoga Day, we acknowledge the universality of yoga, transcending boundaries and bringing people together from diverse backgrounds. It is a beautiful reminder that no matter where we come from, we can all find solace and unity through the practice of yoga. We extend our heartfelt gratitude to all the participants, instructor, and the entire college community for making this celebration a resounding success. Together, we have created a memorable experience that will continue to inspire and uplift us on our journey to holistic well-being. Let's spread the love and light that yoga brings to our lives.