

## Yoga For Humanity: Glimpses of International Yoga Day 2022 Celebration.



On the occasion of International Yoga Day, Jagran college organized a vibrant and invigorating event to celebrate the ancient practice of yoga. The event commenced with a serene session of guided meditation, fostering a sense of tranquility and mindfulness among participants. Subsequent yoga asanas led by experienced instructors empowered attendees to explore the physical and mental benefits of the practice, promoting holistic well-being. The event not only emphasized the importance of incorporating yoga into daily life but also served as a platform for fostering community unity and promoting a healthy lifestyle.