

INTERNATIONAL YOGA DAY 2024

Date: 21ST June, 2024

Venue: Sunbeam Women's College Varuna

International Yoga Day was celebrated by the students & Professors in College with great enthusiasm. Students with great passion performed different Asanas of Yoga i.e., **Tadasana Padmasana , Uttanasana , Bhujangasana** and more. Warm up exercises were taken and all the students performed sitting and standing asanas, the importance of these were explained simultaneously. Students were encouraged to practice regular yoga to remain fit and improve concentration. Yoga is a spiritual discipline that focuses on harmonizing the mind & body.



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Our NSS volunteers gathered at Shastri Ghat to celebrate International Yoga Day, aiming to promote yoga to the community. Participants of all ages joined the session, with the serene riverside location enhancing the experience. Volunteers provided guidance and support to newcomers, highlighting yoga's physical and mental benefits. Passersby were inspired to join and try yoga themselves. The event fostered a sense of community and well-being, making it a successful effort to encourage public participation in yoga.

