



## Report on International Yoga Day

Date:26.06.2023

Our NSS unit with Prajapita Brahma Kumaris conducted Yoga session on 21.06.2023 for all the students to commemorate the International Yoga Day. International Yoga Day is observed every year on 21st June in order to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world.

Yoga Day is celebrated among the youngsters to make them understand the importance of Yoga in their life. It helps the students understand how to maintain harmony between body and mind. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system.

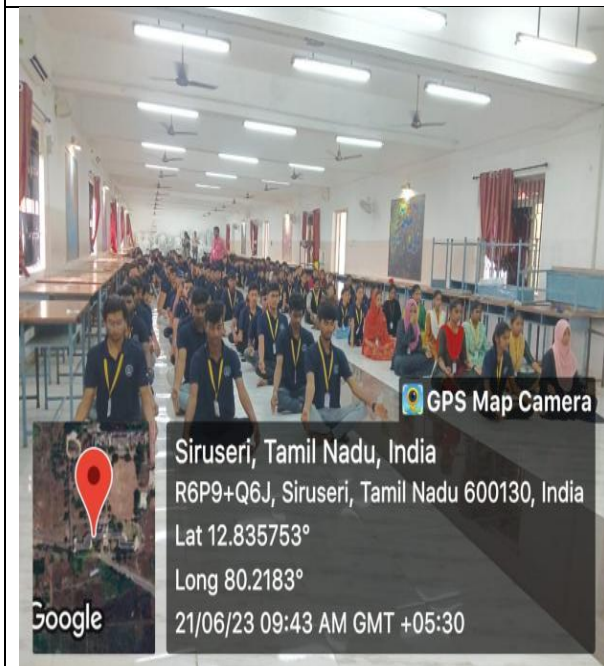
Prajapita Brahma Kumaris sisters explained the importance of Yoga in the life of youngsters. She explained that regular practice of Yoga will help the students achieve better mental and physical health. She started Yoga demonstrations with the Yoga prayer. After which a few warm up and simple Asanas were performed by the students and the teachers enthusiastically and the importance of these Asanas was explained simultaneously by another sister of Prajapita Brahma Kumaris.

The different asanas that were performed by the students are

Padmasana or Lotus Position Pose, Parshvottanasana or Intense Side Stretch Pose, Tadasana or Mountain Pose, Vrikshasana or Tree Pose, Surya Namaskar or Sun Salutation Pose, Sarvangasana or Shoulder Stand Pose.

The session was concluded with some breathing techniques and the students were encouraged to practice regular yoga to remain fit as they showcased a very energetic and spirited performance. The Yoga session was organised by Ms.Usha , Mr.Steephen raj and Mr. Simon Jeyasundar NSS Program Officers. Mr.Yogesh of B.Tech Information Technology First year coordinated the master of ceremony and delivered vote of thanks to conclude the session in a pleasing manner.

## Photographs of Yoga day:



## Yoga demonstration and practice session



**Students and Faculty with Yoga Masters**



**Honoring the Masters from Brahma Kumaris**