

Yoga Day Celebration

International Yoga day is celebrated worldwide on 21st June 2023. In line with spirit of the world, We, at Seventh Day Adventist Arts and Science College also celebrated Yoga Day to spread awareness about the importance of the physical, mental and spiritual health and wellness.

In order to develop correct understanding of what is Yoga, the college had invited experts from **Bhartiya Yoga Sansthan**. Mr. _____ -- explained the importance of yoga and pranayama in day to day life. All the students participated and performed various asanas for 40 minutes under the guidance and supervision of yogic practioners.

After the celebration, students as well as the staff recognized the importance of Yoga in day to day life and pledged to inculcate the practice in their routine for holistic development.









