

REPORT

Yoga for Life: A Celebration of International Yoga Day - 21st June 2024.

International Yoga Day was celebrated with great fervor in the college on June 21, 2024. Embracing the nationwide spirit of promoting yoga, the college organized a special session dedicated to this ancient practice.

The event was conducted under the expert guidance of Dr. Madhavi Goyal and Mrs. Karuna Singh, with Dr. Ashima Sharma, Ayurvedic Medical Officer, Government of Punjab, gracing the occasion as the Chief Guest. The program commenced with a pledge-taking ceremony, emphasizing the collective commitment to well-being and mindfulness.

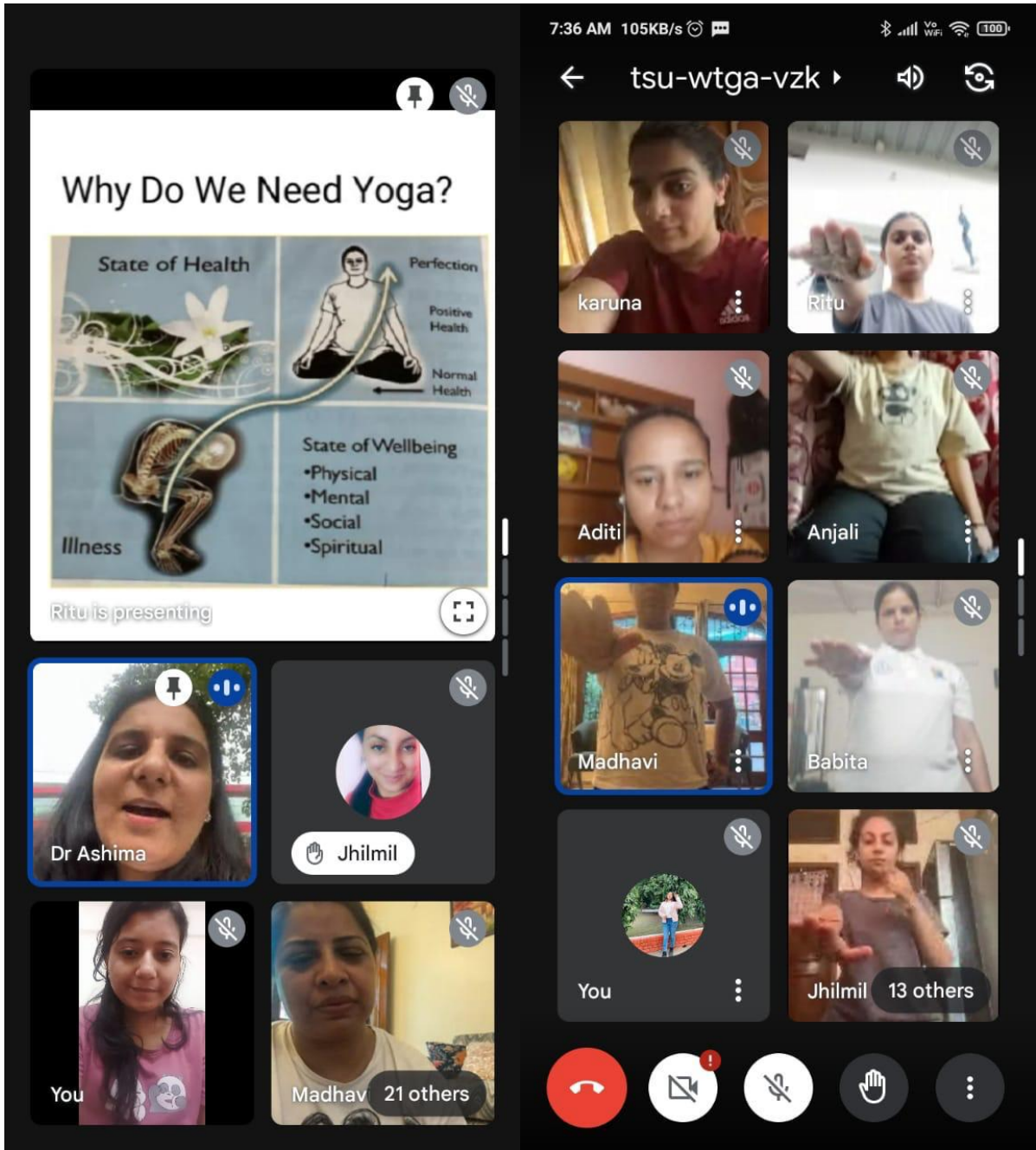
Following the pledge, participants actively engaged in performing a series of sitting and standing asanas. Each asana was accompanied by a detailed explanation of its benefits and relevance to maintaining physical and mental health in daily life. Dr. Ashima Sharma highlighted the profound impact of yoga on achieving harmony between body and mind. She elaborated on the lifestyle of yogis, the significance of consuming sattvic food, and adopting yoga as a holistic approach to living.

The hour-long session witnessed enthusiastic participation from NSS volunteers, faculty members, and students alike, reflecting the college's dedication to fostering a culture of health and wellness. The event not only inspired participants to integrate yoga into their routines but also reinforced its importance as a tool for holistic development.

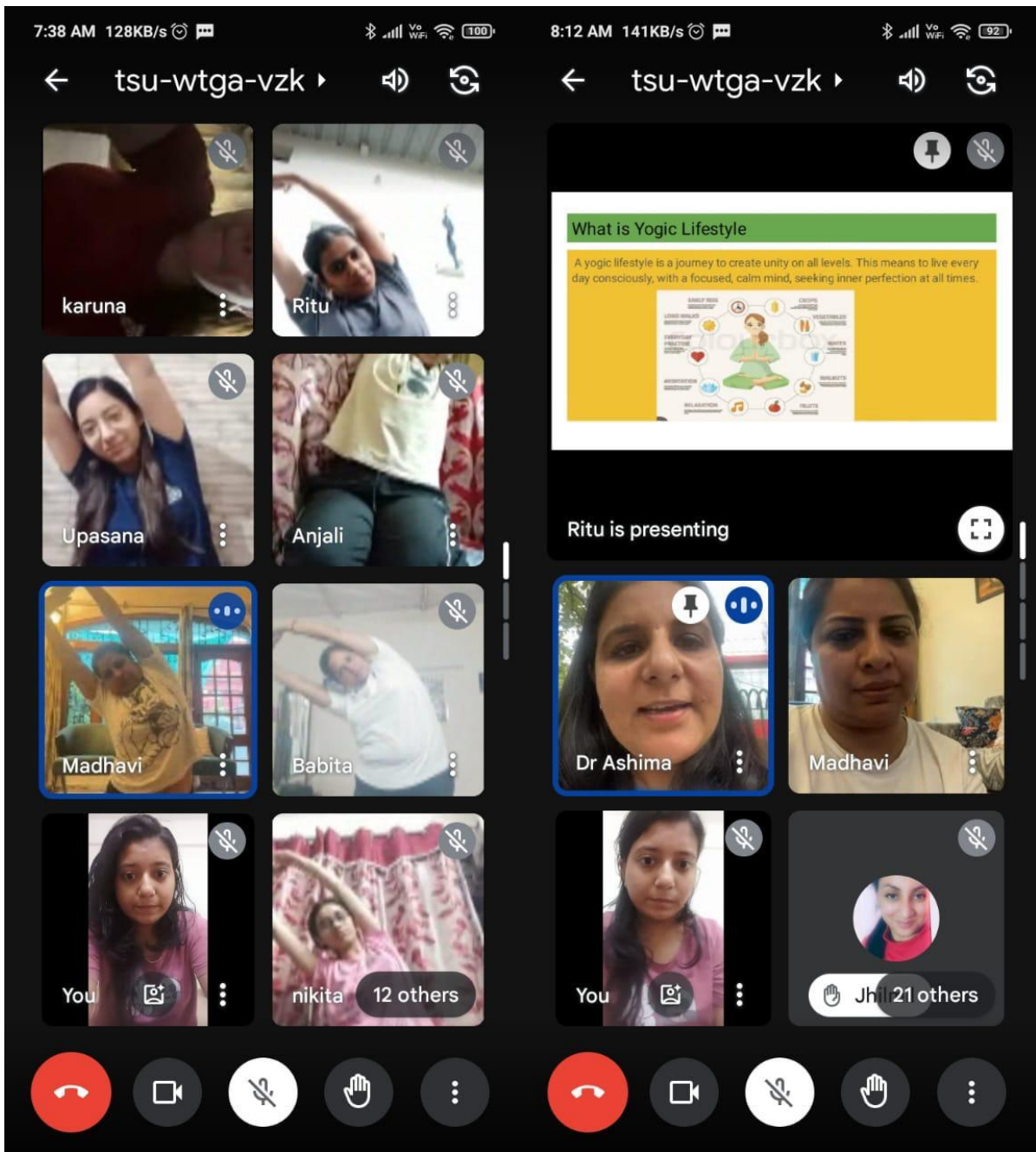
The celebration of International Yoga Day in the college was a resounding success, serving as a reminder of the timeless wisdom of yoga and its relevance in contemporary life.

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