



International Yoga Day Celebration(2016-2017)

The NSS volunteers conducted a two-day yoga workshop on 20th of June'17 and 21st of June'17 celebrating International Yoga Day. Mr. Aashim Samarth, Mrs. Deepika Samarth from the Vyana yoga centre and Mrs. Rinki Bhosale were the instructors who guided all the attendees of the programme. Faculty members, NSS volunteers and other college students interested in learning more about Yoga were a part of the programme.

The session started at 9am with a short meditation course. Power yoga was taught, and different Asanas were demonstrated which helped everyone relax the spinal cord, knees, head, sinus and other body parts. The instructors spread calming thoughts in their speeches. The attendees were taught how to develop inner peace by increasing one's concentration. The instructors conversed with everyone and listened to the audience's problems and recommended proper treatment for the same.

