



SVB'S SARASWATHI COLLEGE OF EDUCATION & RESEARCH,
DOMBIVLI (E)



INTERNATIONAL YOGA DAY REPORT

The International Yoga Day celebration took place on 22nd June, 2024. This year marks the 10th International Day of Yoga with the theme “Yoga for Self and Society.”

The venue selected for the Yoga Session was a spacious common Auditorium , accommodating a large number of participants.

The program aimed to promote the holistic benefits of yoga, create awareness about its practices, and encourage individuals to embrace a healthy and balanced lifestyle through regular yoga practice.

Objectives of the Yoga Session were as follows:

- Promote the physical, mental, and spiritual benefits of yoga.
- Provide practical guidance and instruction on various yoga techniques.
- Create awareness about the significance of International Yoga Day.
- Encourage participants to incorporate yoga into their daily routines.

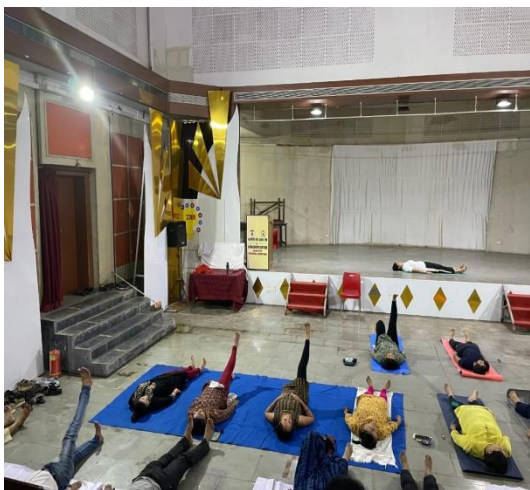
On 22nd June 2024 from 11.00 am – 01.00 pm Yoga Session was conducted. It was started with inaugural speech conveyed by Principal Dr.Mary Devakumar. Yoga Instructor, Mrs. Maya Nayak was introduced by Asst. Prof. Rosy James.

Mrs. Maya Nayak very well demonstrated and explained each and every Relaxation Technique, Pranayama (Breathing Exercises), Yoga Philosophy and Lifestyle with its health benefit.

The Yoga Session organized in celebration of International Yoga Day proved to be a resounding success. Participants were provided with a comprehensive understanding of yoga's physical and mental benefits, and they were inspired to incorporate yoga into their daily routines. The event served as a platform for fostering a sense of community and promoting the practice of yoga as a means to achieve a balanced and healthy lifestyle. By bringing people together and spreading awareness about the transformative power of yoga, the Session contributed to the overall well-being of the participants and reinforced the significance of International Yoga Day.

The Yoga Session was concluded with vote of thanks by Coordinator Dr.Rachana Patil.





Cultural In-charge

Dr. Rachana Patil

I/C Principal

Dr. Mary Devakumar