



**SHAYONA**  
**PRESIDENT SCIENCE COLLEGE**

### International Yoga Day Celebration

The NSS Committee at President Science College organized a vibrant celebration to commemorate International Yoga Day on 21st June 2023. This global event aims to promote physical and mental well-being through the practice of yoga. The report highlights the efforts put forth by the committee and the faculty members Dr. Aarti Thakkar and Dr. Khyati Patel in organizing a successful and engaging event. Faculty members and the Principal Dr. Shivangi Mathur of the President Science College designed an immersive experience in conjunction with the shloka recitation, a speech about the importance of yoga day, yoga sessions, and meditation sessions to mark International Yoga Day.

The report emphasizes the significance of International Yoga Day and its impact on fostering balance and harmony in individuals' lives. The event served as a platform to raise awareness about the numerous benefits of yoga, including stress reduction, improved flexibility, and enhanced overall wellness.

The event curated interactive sessions that allowed participants to learn and practice different yoga postures and breathing techniques. These activities aimed to empower attendees with the knowledge and skills to incorporate yoga into their daily routines for long-term health benefits.

The International Yoga Day celebration at President Science College showcased the commitment of the institution and the NSS Committee to promoting holistic well-being among students and the wider community. By organizing such events, the college encourages individuals to prioritize their health and cultivate a balanced lifestyle.

Through this report, we highlight the successful organization of International Yoga Day at President Science College, fostering a culture of wellness and providing students with an opportunity to experience the transformative power of yoga.













*"A little progress each day adds up to the big result!!"*