

## INTERNATIONAL YOGA DAY – 21/06/2025

The NSS Unit of Sardar Patel College celebrated **International Yoga Day** on **21st June 2025** in the NSS Room. The program was organized to promote the importance of yoga in maintaining physical and mental well-being, to create awareness about its benefits, and to encourage regular practice of yoga for improved fitness, concentration, and inner peace.

The event began at **8:00 AM** with a brief speech on the significance of International Yoga Day delivered by the NSS Programme Officers. Later, the Principal Ma'am addressed the gathering and highlighted the importance of adopting yoga as a part of daily life.

A yoga session was then conducted by the trained Yoga Instructor, **Sanskrit Sir, Rajshekar Sir**, who demonstrated various asanas such as **Tadasana, Vrikshasana, and Bhujangasana**. The participants enthusiastically performed all the asanas with dedication and interest.

The session concluded with a short meditation, followed by a vote of thanks proposed by the volunteers. The active participation of students and guidance from faculty members made the event a grand success.

