



REPORT ON YOGA DAY

धैर्यं यस्य पिता क्षमा च जननी शान्तिश्चिरं गेहिनी
सत्यं सूनुरयं दया च भगिनी भ्राता मनः संयमः।
शय्या भूमितलं दिशोपि वसनं ज्ञानामृतं भोजनं
एते यस्य कुटुम्बिनः वद सखे कस्माद् भयं योगिनः।।

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

On 21st June 2023, KAMKUS COLLEGE OF LAW celebrated the International Yoga Day. Theme of this year is "Vasudhaiva Kutumbakam" It was attended by Students, Teaching and Non-Teaching Staff. The event began with a brief introduction on Yoga Day by Principal Sir Dr, Sanjeev Kumar Tyagi.

Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, like Tadasana, Surya Namaskar, Dhyan Yoga and so on, importance of these yoga's were explained simultaneously by the instructor Mr. Deepak Mishra and Mr. Arun Morya. He encouraged students to practice regular yoga to remain fit and improve concentration.

All Faculties, Staff and Students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives.

The function ended with a vote of thanks by Principal Sir Dr. Sanjeev Kumar Tyagi.

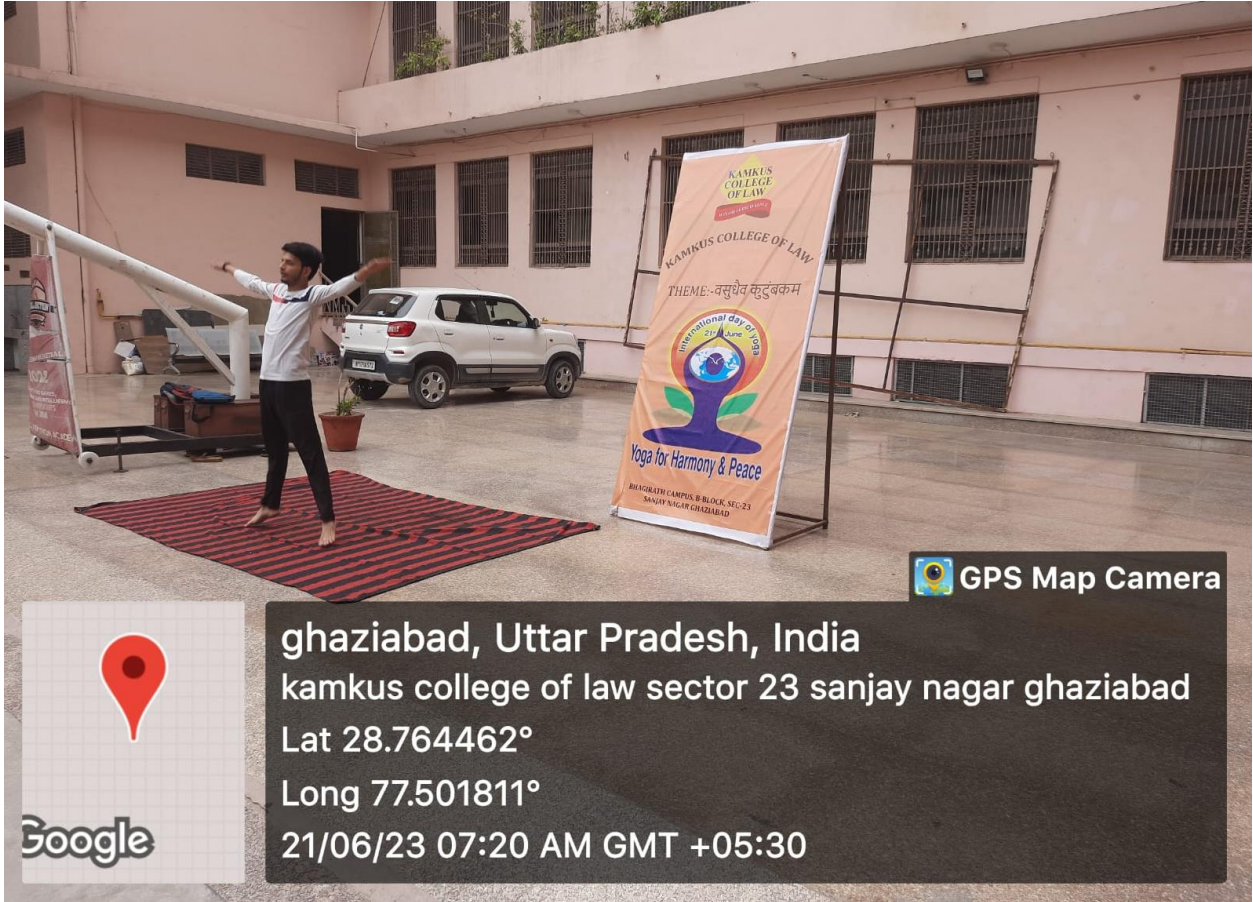
Impact of the Event: The main goal of the International Day of Yoga is to spread the word about yoga as a holistic way to improve mental and physical health. This observance has a



significant impact on highlighting the significance of mental and physical health in the modern world



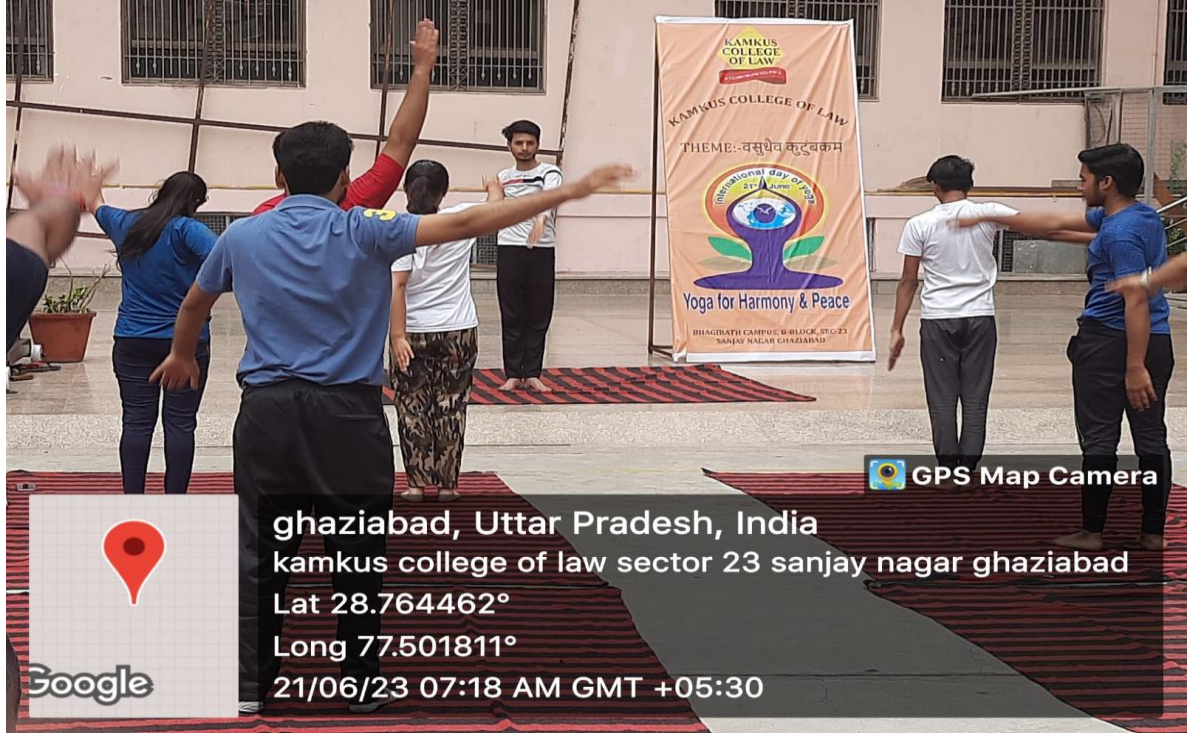




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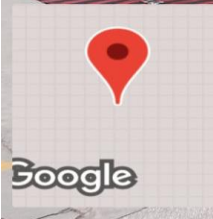
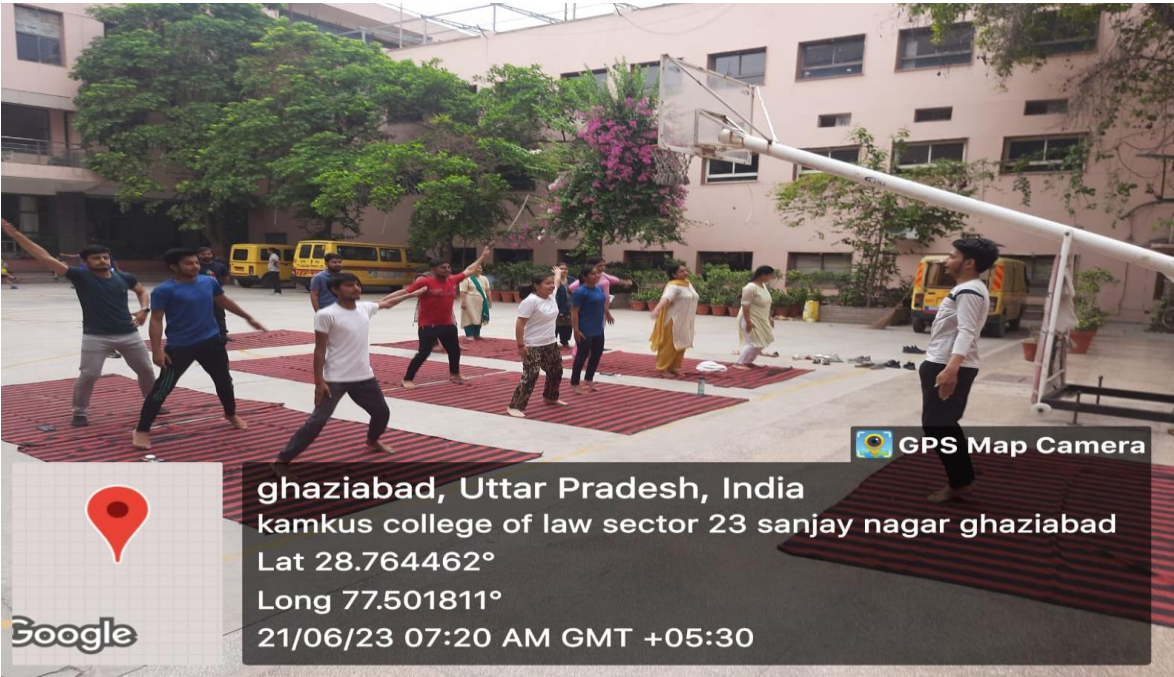


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