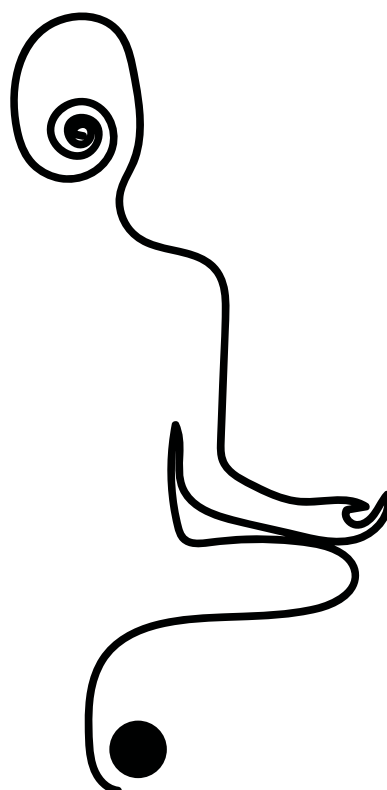




International Yoga Day Celebration



international **YOGA** day

let us celebrate the togetherness in wellness
because, only a healthy & balanced mind can ...

join us

21st JUNE 2024

06:30 AM - 07:30 AM | BASKETBALL COURT

“Celebrating Wellness Together,” a session celebrating the idea and core of wellness for International Yoga Day, bringing us all closer to the spirit of health and harmony aligning them with the official spaces, focused on promoting the mind-body coordination and inner aspects of wellness.

The session was meant to promote and highlight the profound impact of yoga on physical and mental well-being, emphasizing on our collective commitments. Aligning with and promoting Ethics Responsibility & Sustainability and fostering a sustainable future by taking this initiative towards leading a healthy & mindful life that comes from within, at the same time embracing the Sustainable Development Goals (SDGs), particularly Good Health and Well-being (SDG 3), we underscore the importance of holistic health practices.

This event not only united us but also reinforced our dedication to a healthier & more sustainable world, embracing the thought from our very own journal of yoga and life – Shrimad Bhagavad Gita, that says –

Yoga Karmasu Kaushalam. (verse 2.50)

The Art of Working Skilfully is Yoga.





VISHAKHA RAO
Assistant Professor | Fashion Design | School of Arts &
DesignCo-chairperson | COE-Yogic Studies