

INTERNATIONAL YOGA DAY 21ST JUNE 2023

Yoga is a spiritual practice that promotes the mental and physical wellbeing. International yoga day is celebrated every year behave of spreading the awareness of health and fitness. This year the theme is ' Vasudev Kudumbakam', which means “Earth is Home”.

The students of Health System Management Studies attended National Yoga Day held on 21st June 2023 at Mysuru palace. The session started with meditation followed by Asana's (Physical postures), breathing techniques (Pranayama) and meditation (Dhyana). The program started from morning 6:00 am and continued till 8:45am. Refreshments were also provided.



International Day of Yoga 21st June 2023
