

**JSS Academy of Higher Education and Research**  
**JSS College of Pharmacy**  
Sri Shivarathreshwara Nagara, Mysuru-570015

**Report on 10<sup>th</sup> International Yoga Day Celebration**

National Service Scheme (NSS) Unit of JSS College of Pharmacy, Mysuru along with constituent colleges of JSSAHER celebrated International Yoga Day on 21st June 2024 at Mysore Palace. 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 2024, JSSAHER celebrated 10th International Yoga Day at Mysore Palace with theme of Yoga for vasudhaiva kutumbakam. Warm up exercises were taken and all the participants practiced & performed sitting and standing asanas, importance of these were explained simultaneously. The participants were addressed on the importance of yoga practice in our life. He encouraged students to practice regular yoga to remain fit and improve concentration. All Faculties, Staff and volunteers 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.



