

JSS Academy of Higher Education and Research

JSS College of Pharmacy

Sri Shivarathreeshwara Nagara, Mysuru-570015

Report on 11th 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 2025 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 2025, JSSAHER celebrated 11th International Yoga Day at Mysore Palace with theme of Yoga for one earth, one health. 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.

