



# B.V. Patel Institute of Commerce



## Details about event

Event	International Yoga Day Celebration
Date of Event	21 <sup>st</sup> June, 2023
Time of Event	10:00 am to 11:00 am
Coordinator	Ms. Kinjal Mistry
Venue	Yoga Hall, SRCP

NSS Club of Uka Tarsadia University has celebrated International Yoga Day, on 21<sup>st</sup> June, 2023. A Yoga Trainer from Physiotherapy department took the yoga session. The session started with Pranayam and various Asans mentioning the importance of yoga to the students. Students enthusiastically learned various asans followed by the meditation. The students learned the importance of yoga and meditations which shall help them in improving concentration and attaining inner peace. They also get to know that by doing yoga on regular basis shall help them to improve life physically, mentally and spiritually as well.

## Glimpse of the event

