

International Yoga Day

Bharati College

21.06.2017

The International Yoga Day at Bharati College was celebrated by organizing a session on the benefits of yoga with the students and staff of the college. The instructors from Bhartiya Yoga Sansthan made the participants aware of the benefits of yoga in our daily routine. Some specific exercises and pranayam were performed followed by a brief description of each for cleansing our mind and body, under the guidance of Mrs Shashi Tyagi one of the yoga instructors. The students were encouraged to make yoga a regular habit in their stressful life. The college principal delivered a vote of thanks and appreciated that such sessions should be held in the college at regular intervals.





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