

Shaheed Sukhdev College of Business Studies & NSS

Kartavya the NSS Unit of SSCBS invited a yoga instructor to celebrate the 3rd International Yoga Day. The session began by explaining "What is Yoga?", its origin, ancient history and how it impacts our busy and stressful life. He explained different types of Yoga formation such as asanas, pranayam, meditation with their benefits to health. It was made sure that the people know about the precautions while performing asanas. The trainer then demonstrated several asanas himself explaining their benefits, time duration and when to avoid doing it simultaneously. The audience consisted of college students and college staff ensuring diverse age group and people from both the age groups volunteered enthusiastically to the trainer's call to perform yoga.













