

Activity: 11

Date - 21st June

Day - Friday

Yoga day.

On 21st June, the NSS volunteers of Don Bosco college organized a successful celebration in honor of international yoga day. The event took place at the college premises and aimed to promote the practice of yoga for physical and mental well-being. Under the guidance of yoga coach Mr. Jyotish, the participants including NSS volunteers, students and faculty members engaged in a invigorating yoga session. Jyotish's expertise ensured a safe and effective practice, focusing on various asanas and breathing exercise. Overall, the event was a resounding success, creating an atmosphere of harmony and unity while emphasizing the importance of yoga in achieving physical and mental wellness.



L. V. S. G. M.
