



# **INTERNATIONAL DAY OF YOGA**

Date - 21.06.2025

Venue - CUTM campus, BBSR

Theme - Yoga for one earth, one health

## **Event Overview:**

An event was conducted on the occasion of international yoga day, by school of nursing, BBSR campus. A spectacular yoga session was held.

## **Objectives:**

- To promote physical, mental and spiritual well being through the practice of yoga.
- To raise global awareness about the benefits of practicing yoga.
- To promote the adaptation of lifecycle patterns and choices that lead to good health.

## **Outcomes**

- Participants gained clarity on the yoga importance, impact of yoga on health.
- It improved knowledge about Indian history on yoga.

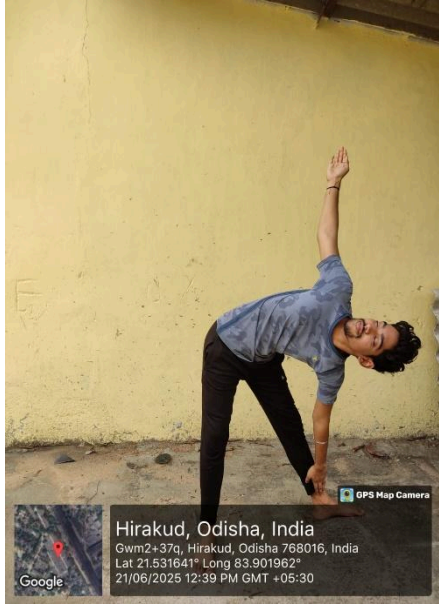
## **Brief report**

- We all know yoga is an India originated; hence it is our duty to keep practicing yoga.

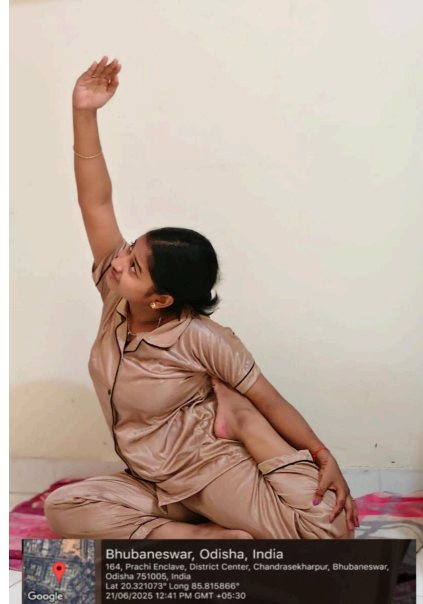
By understanding importances legacy of yoga students of school of nursing has taken initiative and everybody practiced some yoga poses. Also created an informative presentation by students.

- Digital campaigns are led to spread awareness about the benefits of yoga and encourage participation.
- posted online on Instagram platform to encourage yoga participants.

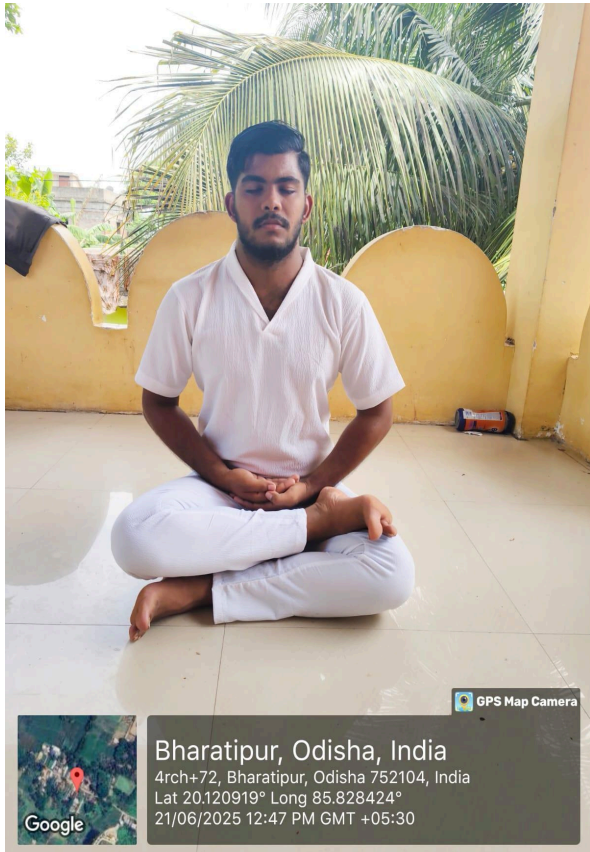




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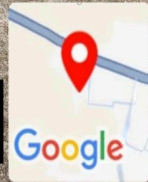
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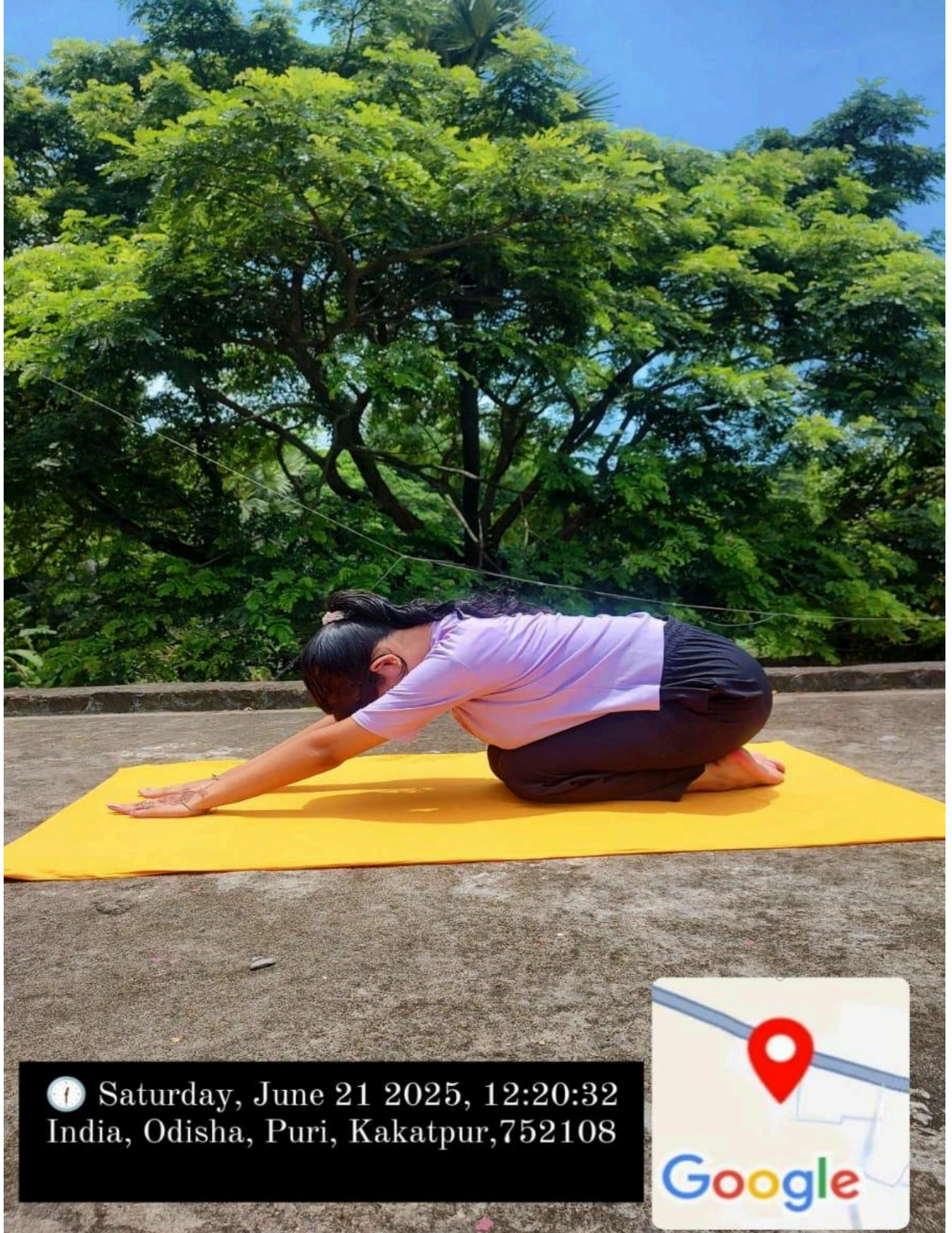


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