

MAHARAJAH'S COLLEGE OF PHARMACY

Phoolbaugh, Vizianagaram

INTERNATIONAL YOGA DAY

International Yoga Day is celebrated to regard the physical and spiritual practice of yoga. This is a day when people are encouraged to participate in yoga on a regular basis. The practice of yoga can be traced back to ancient Indian traditions. Today, yoga helps people look after and develop their physical, mental, and spiritual well-being.

National Yoga Day was first celebrated on 21st June, 2023 in the college campus. The theme selected for this year's International Day of Yoga 2023 is “Yoga for Vasudhaiva Kutumbakam,” which represents our shared desire for “One Earth, One Family, One Future.” It is celebrated in front of the college building, in which one of the teaching staff Mrs. Madhavi performed surya namaskaras and some yoga asanas. All the students performed asanas by taking proper guidance for around 40 mins. This practice of yoga asanas may boost the interest of students towards yoga asanas and made them mentally stable.





