

**Event:** International Yoga Day

**Category:** Student's Activity

**Organising unit:** NSS & IQAC

**Date:** 21/06/24

**Time:** 11:00 am - onwards

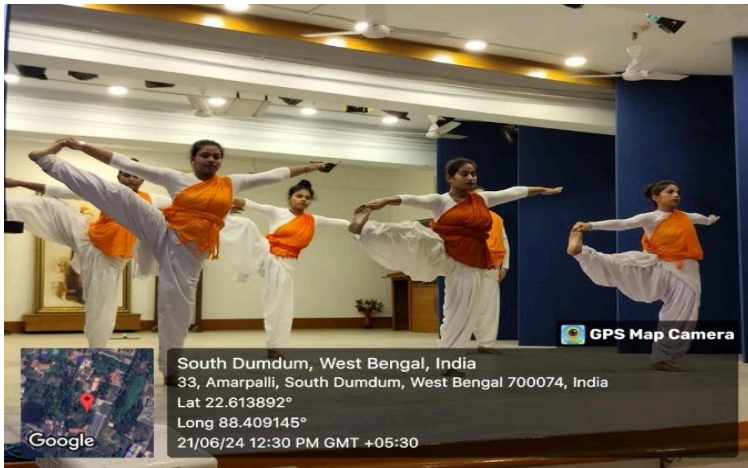
**Venue:** Muktiprana Sabhagriha

**Number of NSS volunteers:** 15

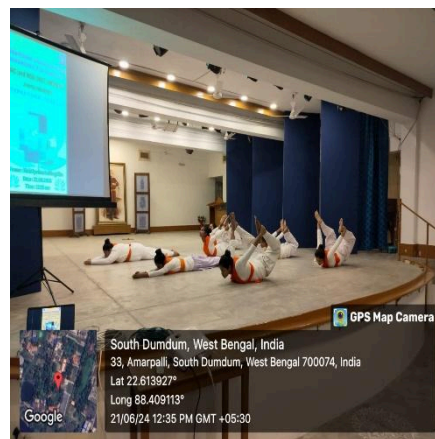
**Brief description of the event:** NSS Unit, RKSMVV in collaboration with IQAC celebrated International Yoga Day. Our principal delivered a lecture on the importance of Yoga. Afterwards, NSS volunteers along with other students performed several yoga asanas. The benefits of Yoga were discussed thoroughly by students. The Yoga Day Pledge was taken by PO Dr. Sanghamitra Mukherjee and other NSS volunteers of the NSS Unit, Ramakrishna Sarada Mission Vivekananda Vidyabhavan.

**Program Outcomes:** Engaging in yoga and pranayama can result in various positive outcomes, including enhanced physical and mental well-being. Regular practice may lead to increased flexibility, improved posture, and better overall fitness. On the mental front, individuals often experience reduced stress, increased relaxation, and improved concentration. Additionally, practising yoga and pranayama can contribute to better emotional balance and a heightened sense of mindfulness. Students benefitted from the workshop.





**NSS volunteers and other students were performing Yogas**





**NSS volunteers were taking pledges**