



Vidya observes International Day of Yoga



Vidya observed the International Day of Yoga on 21 June 2019 by organising a Yoga session for students attending the currently ongoing orientation programme in the College. The programme was mainly aimed at raising awareness about the many benefits one can get by practicing Yoga regularly. The intended purpose of the observance of the day is to promote Yoga as a way to not only increase physical activity but also as a way to balance physical health and mental health. Yoga improves fitness, helps to alleviate stress and teach how to

breathe correctly. This day is also a day to think about making healthier choices in one's life.

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