

SREE NARAYANA GURU COLLEGE OF COMMERCE
P. L. LOKHANDE MARG, CHEMBUR, MUMBAI - 400089

REPORT

Name of the committee: Sports

Event name : Yoga Day Celebration

Date: 21.06.2024

Venue: Stilt Area

No. of Beneficiaries :36

Name of the Incharge : Mrs. Punam Mujawar

Members of the Committee:

1. Mrs. Reshma Jinwal 2. Ms. Nahid Shaikh 3. Mr. Zahid Khan 4. Mr. Avinash Balram

The International Yoga Day was celebrated with great enthusiasm at Sree Narayana guru college of commerce this year. The event aimed to promote awareness about yoga's benefits for physical and mental well-being, aligning with the global initiative to encourage a healthier lifestyle through yoga practices.

Highlights:

- **Types of Yoga Explained:** The Sports Incharge elaborated on different types of yoga such as Hatha, Vinyasa, Ashtanga, and Kundalini, explaining their principles and distinguishing features.
- **Demonstrations by Students:** Enthusiastic students demonstrated different yoga asanas and sequences, showcasing their understanding and proficiency in the practice. Each demonstration highlighted the posture, breathing techniques, and benefits associated with the specific asana.
- **Interactive Session:** Participants actively engaged in the session, asking questions about specific poses and receiving personalized guidance from the instructor.
- **Benefits Discussion:** Throughout the session, the Sports Incharge emphasized the physical benefits of yoga in enhancing flexibility, strength, and posture, as well as its mental benefits in reducing stress and promoting relaxation.

The International Yoga Day celebration was a meaningful and educational experience for all participants



GPS Map Camera



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Sree Narayan Guru College, PL Lokhande Marg, Chembur West, ACC Nagar, Chedda Nagar, Mumbai, Maharashtra 400089, India

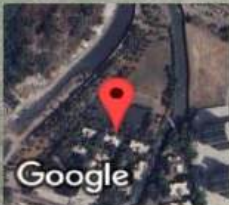
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5, Chembur West, ACC Nagar, Chedda Nagar, Mumbai, Maharashtra 400043, India

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