

International Yoga Day

Date: 21st June 2022

Venue: MBS SPA Campus

Batch: First Year

Coordinated by/ Resource Person

Extra-curricular Team

Theme: Yoga for Humanity

Yoga is an ancient physical, mental and spiritual practice that has its roots in India. The International Day of Yoga aims to raise awareness around the world, regarding the many benefits of practicing the art. Yoga is a powerful tool to deal with stress of uncertainty and isolation and helps maintaining physical well-being.

MBS SPA Extracurricular Team organised the morning Yoga session in College campus for celebrating the International Yoga Day, 2022. Students of first year along with the faculty members took part in the session. The event started with the few golden words shared by Director Prof. Bijay Dash after introduction from Team Extracurricular, regarding the positive impacts of YOGA on our Mind, Body and Soul. Volunteers from first year, of MBS SPA were assigned the duty as an instructors, who elaborately explained the techniques and benefits of various asanas, while guiding all the participants: faculty members and students to carry out the yoga asanas.





