

## **11TH INTERNATIONAL DAY OF YOGA**

On the occasion of the 11th International Day of Yoga, Sports society of the Indraprastha College for Women organised a Yoga session on 21 June 2025 in the College premises, from 6:30 AM onwards.

The theme of 11th International Day of Yoga was “Yoga for One Earth, One Health”.

The session was begun with to attend the address by Hon’ble Prime Minister Shri Narendra Modi ji. After that Yoga Expert, Ms Deepanshi, alumna conducted the Yoga Session as per International Day of Yoga protocols.

Good number of participants from college staff and students attended the session and performed along-side too. Ms Deepanshi performed various asanas and enlightened the participants on the importance of breathing and mediation, while simultaneously performing the same.

Refreshments were distributed in the end.