

International Yoga Day



Yoga is the ancient practice of mind and body that combines physical postures, breathing techniques and meditation. The practice finds its origins in India, dating back to 3000 BC and is believed to have been developed by the sages of the Indus Saraswati Valley civilization.

We celebrated International Yoga Day on 21st June, 2022. On this day we invited to Miss Yogita Shirole. She teach us some yoga types like shawasan, pranayama, chakrasan, Suryanamaskar & also gave information about how yoga will effected. The International Day of Yoga has been celebrated across the world annually on June 21 since 2015, following its inception in the United Nations General Assembly in 2014. We celebrated International Yoga Day on 21st June, 2022. On this day we invited to Miss Yogita Shirole. She teach us some yoga types like shawasan, pranayama, chakrasan, Suryanamaskar & also gave information about how yoga will Effected