

International Day of Yoga

23rd June, 2021

The National Service Scheme (NSS) Unit of Sheila Raheja School of Business Management & Research celebrated International Day of Yoga on 21st June 2021, virtually on Google meet & YouTube due to coronavirus pandemic. Yoga Practitioner Mr. Ishank Raghupate sir & his team was invited to guide the participants on various 'Yoga Asanas'. He explained the importance of Yoga for mental & physical health.

He & his team demonstrated various asanas like Urdhva Mukha Svanasana, Bhujangasana, etc., and Pranayama like Kapalbhata and Anulom-Vilom, and their benefits were told to all. 19 faculty members & 103 Students attended the event which started at 8.15 AM & ended at 9.00 AM. E certificates were issued to all the participants for their successful participation.

Please find below photographs from the event;



