

International Day of Yoga celebrated

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BITS Pilani, K K Birla Goa Campus observed the 9th International Day of Yoga at its Student Activity Centre (SAC) with an hour-long yoga session conducted by yoga instructor Sharad Chopdekar. The event was attended by students, research scholars, faculty, and staff members. Chopdekar demonstrated yoga and meditation practices and emphasised on making yoga a way of life, which could help one to realise happiness in multiple ways.



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The staff and students of Government High School, Morpiria, celebrated International Yoga Day. The function began with a prayer. Following this, headmistress Morena Miranda highlighted the importance of yoga.

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International Day of Yoga was celebrated in Ponda Education Society's Ravi S. Naik College of Arts and Science, Farnagudi, with a practice session on pranayama and important breathing exercises and a talk on introduction to vipassana and learning anapana. The programme was jointly organised by the NSS unit, students' council, gymkhana committee and SBSI.

Principal V. J. Pissurlekar in his address highlighted the significance of the theme of Yoga Day 'Yoga For Vasudhaiva Kutumbakam', the whole world as a family and practicing yoga for healthy life. The resource person for the first session was cosmetologist and art of living teacher Felicitiana Fernandes who explained the significance of yoga and pranayama and demonstrated some basic breathing exercises and asanas. She also shared some experiences of how yoga brings positive changes in our lives. Dr. Melvin C. Silva in his session focused on anapana technique of meditation and also shared some of his experiences. The wallpaper of SBSI with Yoga Day theme was released.

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International Yoga Day was celebrated by the staff and students of St. Thomas Boys' High School, Aldona. The day began with an informative assembly highlighting the importance of the day. Headmaster of the school highlighted the importance of yoga in our

lives and also acknowledged Prime Minister Narendra Modi's effort in making yoga a global practice. Later, PE teacher Pratap Volvoikar had sessions of asanas, pranayama and meditation for all the students. Colourful and informative posters were displayed on the school notice board.



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International Day of Yoga was celebrated at Dr. K.B. Hedgewar Higher Secondary School, Ponda. The session started with a brief introduction to yoga and its various benefits in our daily life provided by the student volunteers, followed by some yoga asanas - pranayama, and bhujangasana, which were performed by the students of the institution as guided by the school PE teacher. The session concluded with a shanti mantra said by the students and staff of the institution.

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The Don Bosco College, Panaji, celebrated International Yoga Day at the Don Bosco Oratory. The event witnessed the participation of students, faculty members, and esteemed guests. The yoga practical session led by yoga instructor Sachin Parsekar was the highlight

of the event. Parsekar conducted an hour-long session that encompassed various elements of yoga practice. It commenced with the invigorating suryanamaskar (sun salutation) followed by a series of asanas (yoga postures) that promoted physical strength and flexibility. Participants were guided through pranayama (breathing exercises) to enhance mindfulness and



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The Guruttatva Himalayan Samarpan Meditation team from Samarpan Ashram, Shiroda, in association with Government of Goa celebrated International Day of Yoga.

On the occasion, yoga activities were conducted at more than 50 locations all over Goa, which included government departments like Goa Reserve Police Camp, Althino, Goa Medical College, primary health centres and also in various educational institutions.

focus. The session concluded with a peaceful meditation, allowing individuals to relax and rejuvenate. The session not only provided physical benefits but also emphasised the importance of holistic well-being and stress reduction.

