

DON BOSCO COLLEGE OF ARTS AND SCIENCE

DEPARTMENT OF COMPUTER APPLICATIONS

A REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

International Yoga Day is observed every year on 21st June in order to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a physical, mental and spiritual practice. It plays an important role in relaxing the mind and body and boosting people's immune system. We at The Don Bosco College of Arts and Science – Department of Computer Applications, celebrated International Yoga Day on June 21st, 2023, with great enthusiasm. A special activity was conducted for the students by our Dr. M. Sivasankari Instructor. The Students of BCA had their Yoga session was 45 mins. Dr. M. Sivasankari demonstrated some simple and beginner, standing and sitting asanas which were performed by the students. The benefits of the postures were narrated by the staff Prof. V. Parvatha side by side as students performed with the instructions. All the students participated eagerly by following the instructions. Below are the different asanas that were performed by the students.

• Bhujangasana Or Cobra Stretch Pose • Padmasana or Lotus Position Pose • Parshvottanasana or Intense Side Stretch Pose • Tadasana or Mountain Pose • Vrikshasana or Tree Pose • Surya Namaskar or Sun Salutation Pose • Sarvangasana or Shoulder Stand Pose.

The celebration concluded with some breathing techniques and the students were encouraged to practice regular yoga to remain fit as they showcased a very energetic and spirited performance. Overall Yoga Day was celebrated with great enthusiasm.

