

## International Yoga Day 2023

Arunamai college of Pharmacy was celebrated International yoga day at institute on Wednesday, 21 June, 2023 at 7.00 a.m. Yoga day celebration was held with great enthusiasm at institute. Mrs. Madhuri R Narkhede, physical director of the institute demonstrated various warm exercises, sitting and standing asanas, omkar chanting, pranayama to all participants.

She told the importance of yoga for the benefit of the health and mentioned how it helps in improving concentration and in attaining inner peace. She also told how yoga and pranayama helps a person to improve life physically, mentally and spiritually as well. The Principal sir, entire teaching and non-teaching faculty as well as students performed yoga as per the given instructions by her along with. All committee members, student's representatives were taken efforts to making the workshop successful.

