

## YOGA DAY CELEBRATION (27.06.19)

Stella Maris College conducted a two-hour session on the benefits and practise of yoga in collaboration with the Psychology and Social Work departments. This was carried out in line with the International Yoga Day which was commemorated on 21<sup>st</sup> June. The session was made both informative and interactive at the same time by Sri. Guru Santh Yogi, a renowned Yoga trainer from the Quest Mind Yoga organisation.

He spoke about different Asanas and Mudras, and the health benefits that can be obtained by doing these regularly. In addition to that, he gave demonstrations of the same to the students and they followed him. Majority of the students felt that the whole experience was quite relaxing and energising.

