



PESINSTITUTE OF ADVANCED MANAGEMENT STUDIES

Affiliated to Kuvempu University, Recognized by Govt. of Karnataka
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INTERNATIONAL YOGA DAY

Theme for International Yoga Day 2022 – ‘YOGA FOR HUMANITY’

YOGA is an ancient art based forms of workout which has a holistic approach on a harmonizing system of development for the body, mind and spirit. An ascetic Hindu discipline involving controlled breathing, prescribed body positions and meditation with the goal of attaining a state of deep spiritual insight, psychological or physiological goal. The level of stress and anxiety that you face in today’s world is beyond measure and is also no surprise. With every passing day, you look for ways and means by which you can overcome this. The resurrection of yoga has brought about a trend in lifestyle.

The **International Day of Yoga** has been celebrated annually on **June 21st** . As part of this day the forum of NSS in collaboration with PES Public School by organizing Mass Yoga event celebrated yoga day by doing yogasana. Selected volunteers and students who were expert in Yogasana, gave demonstration of asanas with providing detailed information and importance of each asanas. As per the demonstration volunteers and students who were participated did the asanas by getting valuable knowledge about asanas.

The program which is organized on **21st June 2022, Tuesday** as part of International Yoga Day was inaugurated by dignitaries by lighting. After inauguration Yogasana was started. After completion of Yogasana program chief guest Smt. GeethaPatil, Yoga Trainer addressed the program and provided much more valuable information about YOGA like, About YOGA, Asanas, Suryanamaskara and how to do Asanas, What are the effects and advantages and it’s types so on...

In this event with chief guest Smt. GeethaPatil, Trustee, Yoga ShikshanaSamsthe., Sri. Somashekaraih H.M. Principal, Sri. Chaithanya Kumar, Principal PESITM, Dr. Gowtham, Principal PES Polytechnic, Smt. K.Sailatha, Principal PESIAMS were present.



Virupina Koppa, Karnataka, India

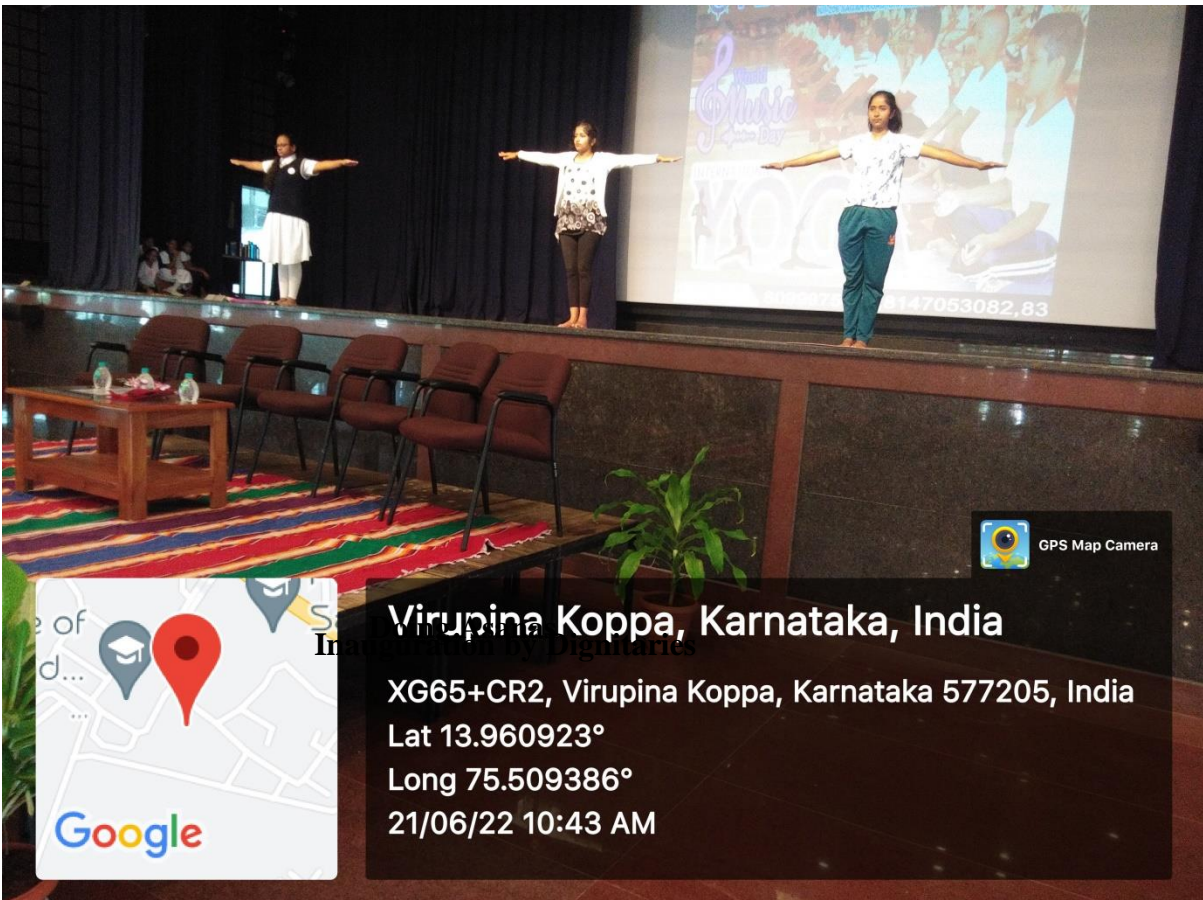
XG65+CR2, Virupina Koppa, Karnataka 577205, India

Lat 13.960981°

Long 75.50936°

21/06/22 10:31 AM

Program Inauguration



Virupina Koppa, Karnataka, India

XG65+CR2, Virupina Koppa, Karnataka 577205, India

Lat 13.960923°

Long 75.509386°

21/06/22 10:43 AM

Demonstration of Asanas



Doing Asanas