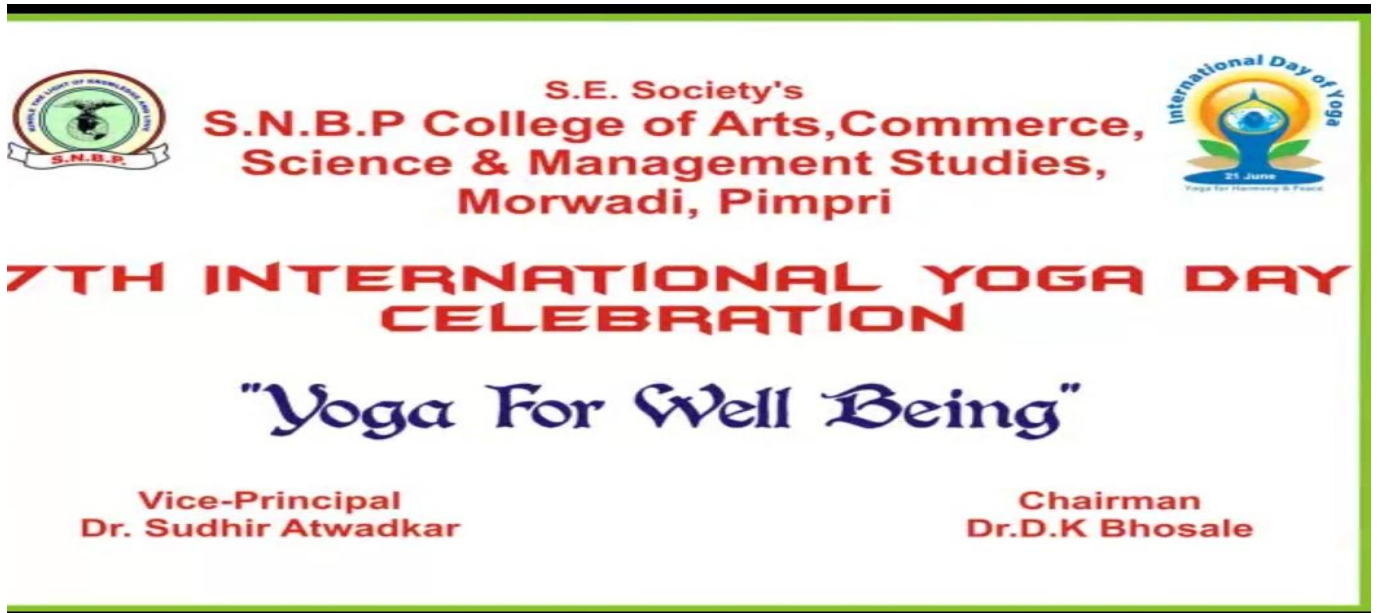


YOGA DAY CELEBRATION IN SNBPACS COLLEGE

7TH International Yoga Day ‘Yoga for wellbeing’ Celebrated in SNBP College of Arts Commerce Science and Management Studies on 21st June 2021. This activity is conducted by the Physical Director Mr. Danish Sayyad. Students of college, teaching as well as non-teaching staff participated in the campus. Our college Vice-Principal Dr. Sudhir Atwadkar delivered speech on the topic “Yoga for Well-being” In the speech he gave the importance need and benefit of the yoga in daily life.

Students were taught different asana like tad asana, uttanasana, trikonasana, surya namaskar, Bhadrasana, savasana, kapalabhati, bhujangasana. The session imparted a lasting sense of joy, peace & fulfillment in all the participants.



S.E. Society's
**S.N.B.P. College of Arts, Commerce,
Science & Management Studies,
Morwadi, Pimpri**

International Day of Yoga
21 June
Yoga For Wellbeing & Peace

**7TH INTERNATIONAL YOGA DAY
CELEBRATION**


"Yoga For Well Being"

**Vice-Principal
Dr. Sudhir Atwadkar**


**Chairman
Dr.D.K Bhosale**



























BENEFITS OF YOGA



-  **Yoga Improve your Flexibility**
-  **Yoga builds muscle strength**
-  **Yoga perfect your posture**
-  **Yoga prevent cartilage & Joint breakdown**
-  **Yoga protect your spine**
-  **Yoga better you bone health**
-  **Yoga increase your blood Flow**
-  **Yoga Drain your lymphs & boosts immunity**
-  **Yoga Ups your heart rate**
-  **Yoga Drops your Blood Pressure**

-  **Yoga improves your balance**
-  **Yoga Maintain your nervous system**
-  **Yoga Releases tension in your limbs.**
-  **Yoga boosts your immune system functionality**
-  **Yoga gives your lungs room to breathe**
-  **Yoga prevent from IBS & other digestive Problems**
-  **Yoga gives you peace of mind**
-  **Yoga Increase your self- esteem**
-  **Yoga Help keep you Drug free**
-  **Yoga guides your body's healing in your mind's eye (Mental benefit of Yoga)**