

## Report on International Day of Yoga (YOGA FOR HUMANITY)

Date:

Venue: Seminar Hall, KCIM

Time:

On February 23, 2024, the International Day of Yoga was observed in an effort to I wish every soul on the planet success, happiness, harmony, and peace. On International Day of Yoga, all students—teaching and non-teaching faculty—performed yoga. A variety of yoga poses, including Vrikshasana, Uttana, Trikona, Bhadrasana, Shashanka, Bhujangasana, Pawana Mukta, and others, were practiced. Pranayama and meditation were the last poses to be performed. Both before and after the presentation, prayers were said.

Yoga is a daily mental, physical, and spiritual practice that should be followed. The Campus Director has overseen the International Day of Yoga, with support from Yoga Teacher.

In addition to the regular classes, clinical teaching methods like industrial visit, Hospital visits, etc., are used to inculcate the professional skills and life skills to meet the global standards.





 **GPS Map Camera**



Pandoga, Himachal Pradesh, India  
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Lat 31.505913°  
Long 76.147535°  
23/02/24 09:29 AM GMT +05:30





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