

Symbiosis School of Sports Sciences

International Day of Yoga

21st June 2019



Symbiosis School of Sports Sciences participated in the International Day of Yoga organized by Symbiosis Centre for Yoga and Department of Sports Recreation and Wellness on 21st June 2019 at Hill top campus. Symbiosis has been celebrating International Day of Yoga (IDY) consecutively for the last four years.

There were 5 staff members and 48 students who participated in the event held in the Badminton Hall. This year, the theme of the International Day of Yoga 2019 was meditation for the peace of mind and self-awareness which is essential for a stress-free existence. The session consisted of cyclic meditation which was a guided meditation to bring awareness of sensations arising in the body.

