

International Day of Yoga

21st June 2018

The concepts and practices of Yoga originated in India about several thousand years ago. Its founders were great Saints and Sages. The great Yogis presented rational interpretation of their experiences of Yoga and brought about a practical and scientifically sound method within every one's reach. Yoga today, is no longer restricted to hermits, saints, and sages; it has entered into our everyday lives and has aroused a worldwide awakening and acceptance in the last few decades.

Every year on 21st June, Yoga is practiced in all the campuses of Symbiosis. This year the students and staff of Symbiosis School of Sports Sciences participated in the IDY program organized by Symbiosis Centre for Yoga, Recreation Wellness Centre and University Sports Board at Badminton hall of Hill top Lavale campus. The students and staff performed the routine Asanas, Pranayam and relaxation along with meditation known as "Vasudhaiva Kutumbakam".



SSSS students and staff along with staff and students of other Institutes.