

College Celebrates International Yoga Day with Student Focus



St. Vincent College embraced the spirit of well-being with a vibrant celebration of International Yoga Day. The event prioritized student participation, offering a platform to experience the benefits of yoga.



The students practiced basic postures (asanas), breathing exercises (pranayama), and relaxation techniques. The program catered to all experience levels, encouraging students to

explore yoga at their own pace.

Beyond physical postures, the session likely touched upon the holistic aspects of yoga, promoting stress management, inner peace, and mindfulness. This resonated with students, offering a valuable tool to navigate academic pressures and promote overall well-being.



The college's International Yoga Day celebration empowered students to embrace a healthy lifestyle practice, fostering a sense of community and well-being on campus.