

Soundarya Composite PU College in association with NSS and NCC collaborated on a yoga session to highlight the significance of yoga.

Yoga is a practice that has been historically revered for its physical, mental, and spiritual benefits. From a physical standpoint, practicing yoga regularly can improve flexibility, balance, strength, and endurance.

Mentally, yoga can reduce symptoms of anxiety, depression, and stress, and can help practitioners cultivate greater self-awareness and emotional control.

Spiritually, yoga has its roots in Indian traditions, which emphasize the connection between body, mind, and soul.

All the faculties, Principal, Vice-Principal graced the event.

#SoundaryacompositePUCollege #soundaryainstitutions #yogaday #InternationalYogaDay #yoga













