

## **International Yoga Day 2024**

The National Service Scheme (NSS) Unit of Loreto College, Kolkata organised a capacity building workshop by Isha Yogashala on the occasion of International Yoga Day on June 21, 2024. The workshop was conducted by two resource persons, Miss Suprabha and Miss Vayu Putri, both from Isha Yogashala. The theme of this year's International Yoga Day was: "Yoga for Self and Society". The workshop was divided into two segments. The first segment had a discussion on the need for yoga in daily lives, which concluded with a 15 minute meditation session. This segment was attended by over 110 NSS student volunteers constituting students of both first and second year. The next segment started with the NSS Volunteers taking the Yoga pledge. This was followed by a demonstration of various yoga postures or asanas by the resource persons.

The workshop enabled each participating student to gain insight and understand how meditation and yoga could be made a part of their lifestyle and how it can enrich their lives in innumerable ways.

In addition to this a session on mindfulness was conducted by the college counsellor Ms. Prajna Dutta for the B.Ed Students. The enriching session was followed by an interactive session in which the students participated actively..