

MAHARAJAH'S COLLEGE OF PHARMACY
Phoolbaugh, Vizianagaram

INTERNATIONAL YOGA DAY (21-06-2024)

10th International Yoga Day is celebrated in our college campus on 21st June 2024 to promote health and the numerous benefits of practicing yoga. The International Day of Yoga is a day in recognition of Yoga that is celebrated across the world annually on June 21, following its adoption by the United Nations in 2014. Students and staff members participated in the programme.

The theme for International Yoga Day 2024 is "Yoga for Self and Society." This theme emphasizes the two-fold benefits of yoga practice: enhancing personal well-being and fostering a more positive and harmonious society.



