Smt. P.D. Hinduja Trust's
K.P.B. HINDUJA COLLEGE OF COMMERCE
Sindhi Linguistic Minority Institution: (Autonomous)
(Affiliated to University of Mumbai) : NAAC Re-Accredited With "A+" Grade: CGPA: 3.59
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INTERNATIONAL YOGA DAY CELEBRATION

20th July, 2026

The DLLE Unit of K.P.B. Hinduja College of Commerce actively participated in the International Yoga Day Celebration organized jointly by NSS, SC&CC, and DLLE. The programme was conducted to promote awareness about the importance of yoga in achieving physical fitness, mental peace, and emotional well-being. Students, faculty members, and staff enthusiastically participated in the event, reflecting their commitment to adopting healthy lifestyle practices. The celebration provided an opportunity for participants to understand the significance of yoga as a holistic approach to health and wellness.

The yoga session included a variety of asanas, breathing exercises, and meditation techniques designed to improve flexibility, concentration, and overall fitness. Trained instructors guided the participants through each activity and explained the benefits of regular yoga practice in managing stress and maintaining a balanced life. The session encouraged mindfulness and self-discipline while highlighting the connection between the body, mind, and spirit. Participants actively engaged in the exercises and experienced a sense of relaxation and rejuvenation throughout the programme.

Overall, the International Yoga Day Celebration was a meaningful and enriching experience for everyone involved. The event successfully emphasized the value of incorporating yoga into daily life for better physical and mental health. It inspired participants to embrace healthy habits and prioritize their well-being through regular practice. The programme reinforced the message of harmony, balance, and holistic development, making the celebration both impactful and memorable.