

INTERNATIONAL DAY OF YOGA-2022

Yoga is an ancient Indian practice that helps in maintaining physical and mental well-being. The theme for International Yoga Day 2022 is "YOGA FOR HUMANITY".

International yoga day was observed by the NSS unit and Gyan cell, A. J Institute of Dental Sciences, Mangalore in association with Department of Human consciousness and Yogic Sciences, Mangalore University. A yoga Session was held by Dr. Thirumaleshwara Prasada H for all the student volunteers and staff of the institute. DR K Nillan Shetty, Principal, AJIDS addressed the participants and shared the importance of celebrating this day. A few warm up exercises followed by few yoga poses were demonstrated and performed by the participants. He also taught the different breathing technique. The session was well received by all and greatly appreciated.



