





INTERNATIONAL YOGA DAY

The NSS Unit of Bhavna Trust Degree College conducted International Yoga Day Camp at in seminar hall in college premises. Volunteers practiced yoga, the regular practice will sharpen mind and improve the concentration and memorypower of the participants

International Yoga Day was celebrated on 21st June 2022 in the College Seminar Hall by NSS ,DLLE and WDC Units of Bhavna Trust Degree College between 11.00 am to 12.30 pm.AcharyaPriyatoshAnand from AnandMargSansthan and Prof. RupaliSinkar demonstrated Yogasanas. Guruji explained the importance of Yoga in our Day to day life.The session was attended by 43 participants including 22 NSS volunteers,otherstudents,Teachers and Non teaching staff members.