

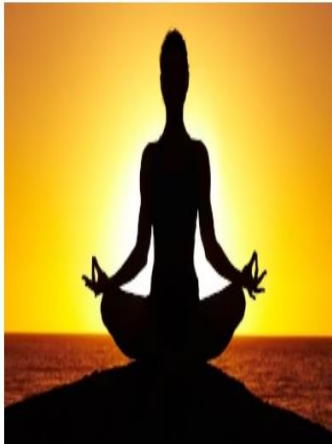


VIDYAVARDHAKA SANGHA®, MYSURU  
**VIDYAVARDHAKA LAW COLLEGE**

Sheshadri Iyer Road Mysuru-570001



## INTERNATIONAL YOGA DAY - 2024



**Chief Guest**  
**smt.SHILPA M.S**  
**YOGA INSTRUCTOR**  
**WELLNESS POINT,**  
**MYSURU**

*Principal (I/C): H S Shivakumara*

*Coordinator : Mohankumar N*

*Physical Education Director : Ajith S.L*

**Time: 02:00PM**

**Date: 21-06-2024 place : PM Chikkaboraiah Hall**

**ALL ARE CORDIALLY INVITED**



**VIDYAVARDHAKA LAW COLLEGE  
SHESHADRI IYER ROAD- MYSURU-01**

**BRIEF REPORT ON CELEBRATION OF YOGA DAY**

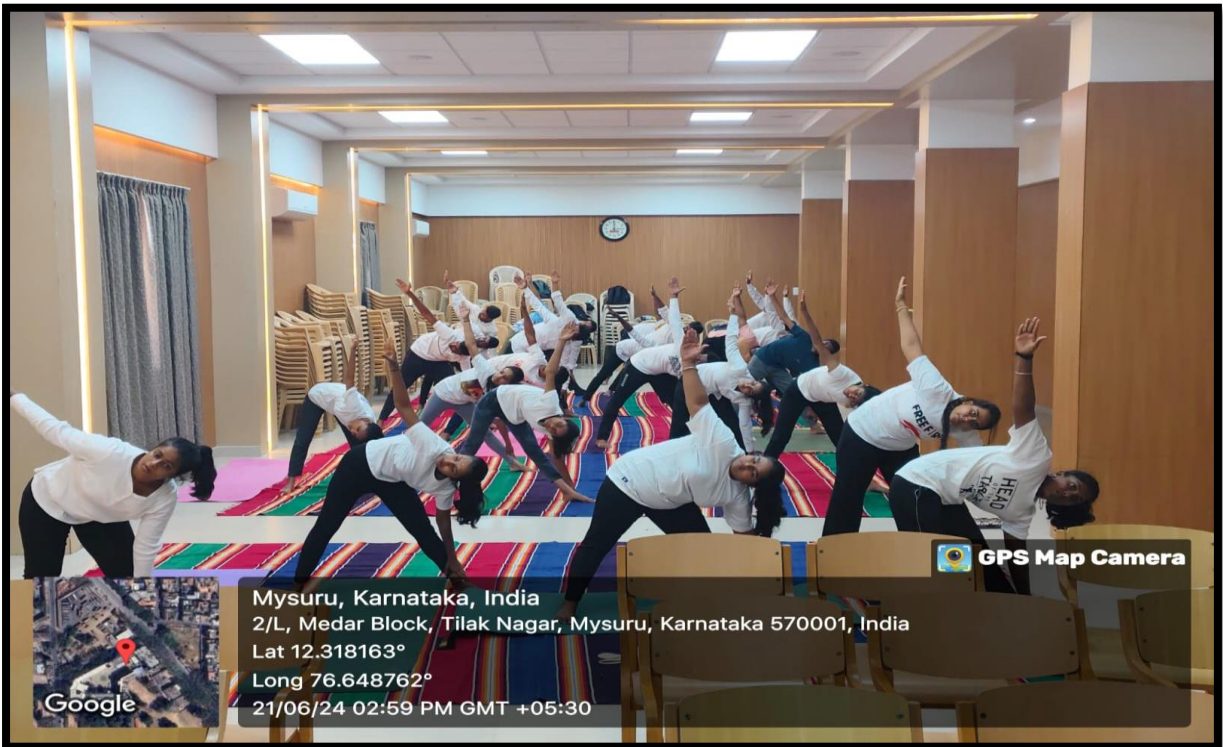
Only yoga has the power to invigorate the seventy-two thousand nerves of the body - Mrs.SHILPA M.S Mrs. Shilpa M.S., a Trainer at a renowned wellness point in Mysore, opined that there are seventy-two thousand nerves in the human body and only yoga has the power to invigorate them.

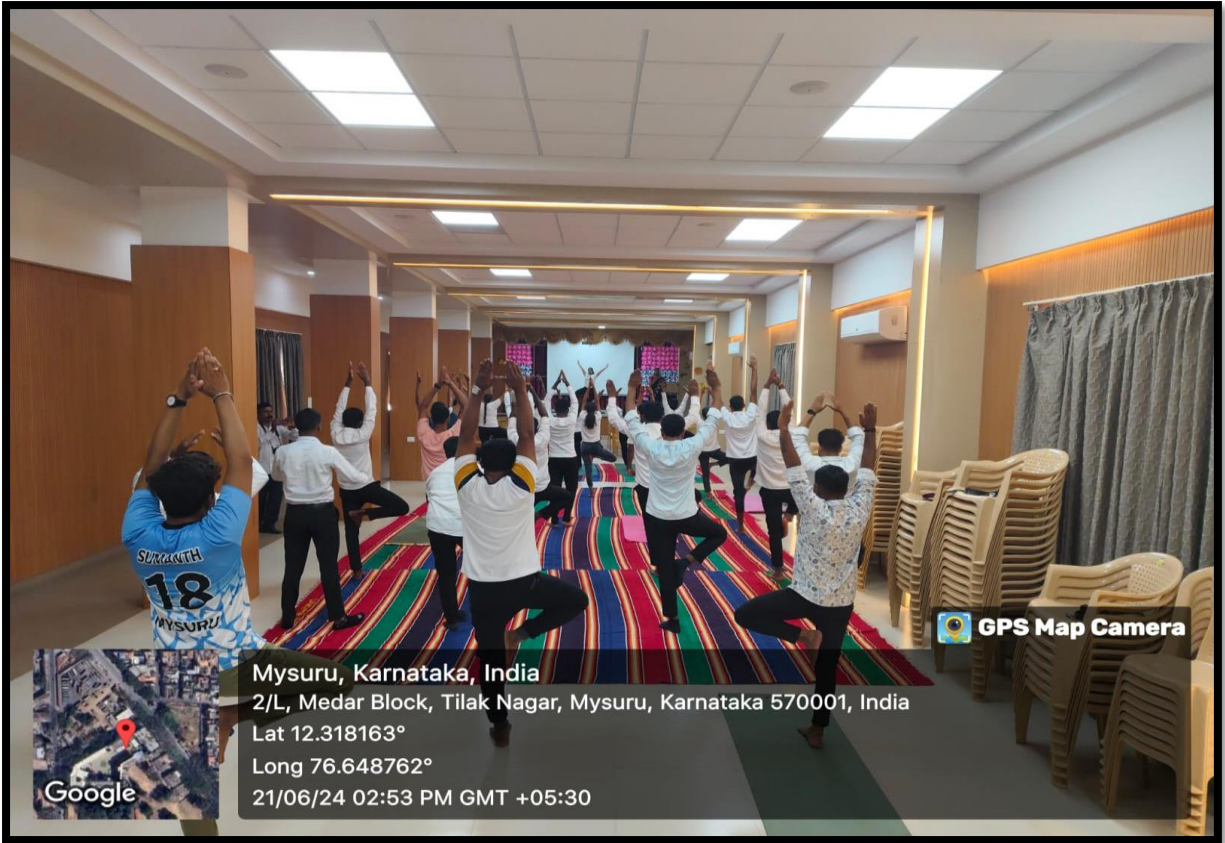


Speaking on the occasion of the 10th International Yoga Day held at the Vidyavardhaka Law College Mysuru, she gave various yoga asanas and pranayama training to the students and convinced that all health problems can be solved in yoga. Today, people are facing health problems at a very young age and yoga is a suitable way to overcome them, in this regard, it is necessary now than ever for everyone to adopt yoga.



The program was presided over by Principal-in-charge Prof. HS Shivakumar. Program Coordinator Prof. Mohan Kumar N, Physical Education Director S L Ajith, Yoga Trainer Ms. Khushi, more than 30 students participated in the program.





Mysuru, Karnataka, India  
2/L, Medar Block, Tilak Nagar, Mysuru, Karnataka 570001, India  
Lat 12.318163°  
Long 76.648762°  
21/06/24 02:53 PM GMT +05:30

GPS Map Camera