

Yoga is a light which once lit will never dim, the better you practice the brighter you flame...

And with this spirit to make everyone burn brighter in their lives; NCC IIT Bombay on the serene morning of the 5th International Yoga Day, organized a one-hour yoga session in the New SAC Yoga Room. Students from Campus School and the members of the NCC Council took part in it and learned the basics of this ancient art under the guidance of Sir Hemant Kambli.

Colonel Arun Bir Singh graced the event with his presence and motivated the students.

We are immensely thankful to the [Yogastha - IIT Bombay Wellness Club](#) for their enormous support in making this event possible.

We also thank [Priteshvolleyball Yadav](#) Sir for looking through all the preparations and making this event a huge success.

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