



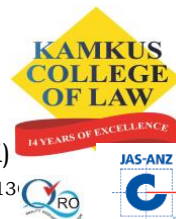
ESTD. 1975

# KAMKUS COLLEGE OF LAW

A Postgraduate College for Legal Education

(Affiliated to CCS University, Meerut & Approved by Bar Council of India, New Delhi)

Registered with UGC & MHRD under Sec 2(F) & 12B ISO 9001:2015 Cert No. 305021060413



## REPORT ON YOGA DAY

**KAMKUS COLLEGE OF LAW**

**YOGA FOR SELF & SOCIETY**

FRIDAY, JUNE 21<sup>st</sup>, 2024, AT 6:30 AM

**BHAGIRATH CAMPUS, B-BLOCK, SEC-23, SANJAY NAGAR, GHAZIABAD**

INSTRUCTOR  
SUMIRAN KAPOOR  
(Founder: Matri Healers)

**10<sup>th</sup> INTERNATIONAL DAY OF YOGA**

**Yoga for self and society**

21<sup>st</sup> June, 2024

AN ISO CERTIFIED INSTITUTION

(Run & Managed by Bhagirath Sewa Sansthan)

Bhagirath Campus, B-Block, Sec-23, Sanjay Nagar, Ghaziabad (U.P.) India

Ph.: 0120-2786888, 2783555, Website: [www.kamkus.org](http://www.kamkus.org) E-Mail: [kamkus.law@gmail.com](mailto:kamkus.law@gmail.com)

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system

**On 21st June 2024, KAMKUS COLLEGE OF LAW** with collaboration Matri Healers celebrated the International Yoga Day. Theme of this year is "Yoga for Self and Society" perfectly captures the essence of this ancient practice. Yoga isn't just about individual well-being; it fosters a connection between the inner self and the outer world. It was attended by Students, Teaching and Non-Teaching Staff. The event began with a brief introduction on Yoga Day by Principal Sir Dr, Sanjeev Kumar Tyagi.

Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, like Tadasana, Surya Namaskar, Dhyana Yoga and so on, importance of these yoga's were explained simultaneously by the instructor Ms. Sumiran Kapoor (Founder Matri Healers) Alumni of Kamkus college of Law Pass out batch B.A.LL.B 2016-2021 . she encouraged students to practice regular yoga to remain fit and improve concentration.

All Faculties, Staff and Students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and exhibited yoga postures and promised to introduce this activity in their daily lives.

**IMPACT OF THE EVENT:** The day aims to raise awareness about the numerous benefits of yoga, right from physical, mental, and spiritual health. Students realize that Yoga is more than just an exercise. It is a method for empowering oneself, along with the body and psyche. With today's life, which is going so fast, everybody should integrate yoga into their everyday daily practice.





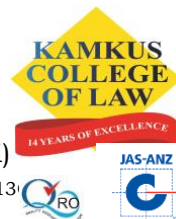


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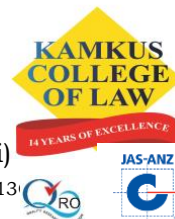


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