

## ABS ACADEMY

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### International Yoga Day

**Date: 21<sup>st</sup> June 2025**

**Venue: ABS Academy, Durgapur**

ABS Academy, Durgapur, celebrated International Yoga Day with great enthusiasm and spirit on 21st June 2025. The event was organized to promote physical, mental, and spiritual well-being through the ancient practice of Yoga. The celebration witnessed active participation from students, faculty, and staff members. The program commenced with a brief inaugural ceremony, followed by a welcome address from the Principal, who emphasized the significance of incorporating Yoga into daily life for a balanced lifestyle.

Two distinguished guest speakers graced the occasion:

1. Representative from the Indian Yoga Association – The speaker enlightened the participants about the philosophical roots of Yoga, its scientific relevance, and the importance of consistent practice. A live demonstration of basic asanas and breathing techniques was also conducted to engage the audience.
2. Expert from Sahaja Yoga Organization – This session focused on the role of meditation in stress management and emotional regulation. Participants were guided through a simple yet effective Sahaja Yoga meditation session that left everyone feeling calm and refreshed.

The program concluded with a collective Yoga session on the ground where students and staff performed various asanas and breathing exercises under expert supervision. The event successfully spread awareness about Yoga as a holistic approach to health and inner peace.



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