

**Sri Subramaniaswamy Government Arts College,  
Tiruttani – 631209, Tiruvallur District, Tamil Nadu**

**Yoga Day Celebration**

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being.”

International Yoga Day was celebrated by the students and staffs at Sri Subramaniaswamy Government Arts College, Tiruttani with great enthusiasm. Our college students nearly 100 are actively participated in the Yoga class. Warm up exercises were taken and all the students performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with synchronized recitation of shlokas and speech by our Principal. He encouraged students to practice regular yoga to remain fit and improve concentration. Regular practice of yoga will surely help our students achieve a better life, physically, mentally and spiritually as well.