**Yoga Day 2023**

For physical, mental and spiritual being; Yoga helps promote a balanced development of all the three. Other forms of physical exercises,

like aerobic, assure only physical well being. They have little to do with the development of the spiritual or astral body. Yoga exercises

recharge the body with cosmic energy and facilities :

1. Attainment of perfect equilibrium and harmony.

2. Promotes self healing.

3. Removes negative blocks from the mind and toxins from the body.

4. Enhances personal power.

5. Increases self awareness.

6. Helps in attention, focus and concentration.

7. Reduces stress and tension.

This year the activity was conducted online- by instructor for Tejaswini health Club on MKSSS Campus .

Summary of the event (150-200 words):

Tejaswini Health Club, located on the MKSSS Campus, organized a transformative online yoga program this year, drawing over 100 enthusiastic participants. In this, the instructor guided students through a series of yoga exercises, emphasizing the holistic benefits that extend beyond mere physical well-being. The event aimed at fostering a balanced development of the physical, mental, and spiritual aspects of participants.

The yoga sessions facilitated the attainment of perfect equilibrium and harmony, promoting self-healing and eliminating negative blocks from the mind along with toxins from the body. Participants experienced an increase in personal power, heightened self-awareness, and improvements in attention, focus, and concentration. Notably, the online format did not hinder the effectiveness of the program, and students were able to reap the stress-reducing and tension-alleviating benefits of yoga. Overall, the event successfully embraced the virtual platform, providing a comprehensive approach to well-being for all those involved in the Tejaswini Health Club's initiative.