



REPORT ON YOGA SESSION

Organized by: Student Club, J.S. University

Date: 21/06/2022

Participants: 190

Event Overview:

In 2022, the **Student Club of J.S. University** organized a **Yoga Session** attended by 190 participants, including students, faculty, and staff. The session aimed to promote physical and mental well-being through the practice of yoga.

- **Objective:** The session was organized to encourage mindfulness, stress relief, and overall health through yoga, aligning with the university's efforts to promote holistic well-being among its community members.
- **Activities:** Led by experienced instructors, participants practiced various yoga asanas, breathing techniques, and meditation exercises, with a focus on improving flexibility, balance, and mental clarity.

Conclusion:

The **Yoga Session** was a success, offering participants a chance to experience the benefits of yoga and fostering a culture of health and wellness within the university. The event was well-received, with positive feedback on its impact on both physical and mental health.



