



Samarpan Science and Commerce College Gandhinagar

INTERNATIONAL YOGA DAY - 2021

Yoga day is celebrated among the youth to make them understand the importance of Yoga in daily life. It helps the students to maintain the harmony between body and life. On 21st June, 2021, Samarpan Science and Commerce College demonstrated the physical and spiritual prowess that yoga has brought to the world stage. While it is an important source of exercise and healthy activity millions join in and practice on a daily basis. Ms. Meeta Shah, yoga expert was invited as our guest for the celebration.

