

8th INTERNATIONAL YOGA DAY ON 21ST JUNE 2022

8th International Yoga day was celebrated at Karnataka State Law University, on 21st June 2022. Shri Sanjeev Kumar S. Hadagli Founder, Shiva Yoga Mandir, Dharwad, giving a demonstration of yoga. Yoga Camp was organized from 13th to 20th June 2022 by Sports and NSS departments of K.S.L.U.

Dr. Ratna R. Bharamagoudar, Hon'ble Vice Chancellor of KSLU, inaugurated and spoke on the occasion and said that, Yoga is a multidimensional concept which increases wellness, mental as well as physical discipline. It is an effective, accessible, easy and the cheapest way to health. It provides empowerment to face difficulties and it is the need of the hour to develop our potentialities along with others.

Shri Mohammed Zubair N. Registrar KSLU, in his Chief Guest address emphasized on health is wealth and reminded everyone of the contribution of Patanjali to humanity.

Prof. (Dr.) G. B. Patil Registrar (Evaluation,) and Prof. (Dr.) C.S. Patil Guests of honor also spoke on the benefits that yoga provides to students like. Agility, relaxation techniques, mental strength, increases in concentration and proper posture.

Dr Khalid Khan Director of Physical Education KSLU extended a warm welcome to everyone and Dr. Rajendra kumar Hittangi NSS Coordinator of KSLU proposed the vote of thanks. Certificates were issued to all the Participants who attended the Yoga Camp.

