

# INTERNATIONAL YOGA DAY CELEBRATION - 2024

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The International Yoga Day celebration held yesterday was a resounding success, with ECIPH participants coming together to embrace the holistic benefits of yoga. The event, orchestrated by Dr. Aishwarya Shetty, yoga expert and naturopathic physician, featured a comprehensive session introducing the importance of yoga in achieving physical, mental, and spiritual well-being. The session started with loosening exercises, followed by standing and sitting asanas, pranayama techniques, and culminated in a deep relaxation experience set to the soothing tones of Celtic music.

















