

**DEPARTMENT OF BIOTECHNOLOGY
UNIVERSITY OF CALICUT
8th INTERNATIONAL YOGA DAY CELEBRATIONS**

Yoga is celebrated internationally every year on June 21st. The purpose of International Yoga Day celebrations is to raise awareness among people regarding the benefits of yoga on health. Routine yoga practice brings balance between the body, mind, and soul. Yoga also tends to improve balance, strength, and flexibility; it also offers physical and mental health benefits for people of all ages.

The Department of Biotechnology, University of Calicut, has organised a programme as part of the '8th International Yoga Day celebrations on June 21st 2022. All the teaching and non-teaching staff and students attended the event. The event began with a brief introduction on yoga day by HoD, Prof. Dr. K. K. Elyas. The event included an online session of different yoga asana and warm-up exercises, breathing exercises, Surya Namaskar, and hatha yoga practice, which was instructed by Post Graduate Students namely Niketha Manoj and Yashoda Bogati. All faculty students were taught the importance of yoga in their lives and to maintain harmony between body and mind. The students discussed the importance of yoga, exhibited yoga postures and promised to introduce this activity into their daily lives. Later, Dr. Smitha.V.B, Assistant professor, addressed everyone by sharing her personal experience on the benefits of practising yoga every day. The event ended with a vote of thanks from Dr. Anu Joseph, Associate Professor.

