

# **Yoga Week Celebration (18th – 21st June 2025)**

## **K.G.R.L. College of Pharmacy, Bhimavaram**

K.G.R.L. College of Pharmacy proudly celebrated Yoga Week from 18th to 21st June 2025, aligning with the spirit of International Yoga Day. The event aimed to promote physical well-being, mental clarity, and holistic health among students and staff. Various sessions including yoga asanas, breathing techniques, and guided meditation were conducted under the guidance of experienced instructors. The celebration culminated on 21st June, emphasizing the importance of integrating yoga into daily life for long-term wellness.



