**Summary on International Yoga Day**

On June 21, 2024, Shri Baba Mastnath Ayurvedic College commemorated the 10th International Yoga Day with a series of events aimed at promoting holistic health and well-being. The celebration featured yoga sessions led by Dr Gourav Dalal, emphasizing the day's theme, “Yoga for Self and Society.” Faculty members, students, and staff actively participated in various yoga asanas and breathing exercises, highlighting yoga's role in enhancing physical and mental health. The event underscored the college's commitment to integrating traditional practices into modern healthcare education, fostering a culture of wellness and mindfulness within the campus community.

