

Date : 21/06/2020

Time : 7:00 AM

Activity Name : International Yoga Day

Place : Yoga at Home

Organized by : NSS Department

Participate : All students and staff of Institutes



Every year International Yoga day is celebrated on 21st June in the college in the presence of the Yoga instructor, all students and staff members. This year due to the Pandemic COVID-19, College is shut for the students. The role of yoga, in increasing our immunity power and to reduce our daily stress has been prevailed. Ministry of AYUSH, New Delhi has emphasised on the practice of doing Yoga. With reference to the letter of Ministry of AYUSH (D.O.M.16011/42/2019-YN) dated 8th June 2020; all the educational institutes had been instructed to perform Yoga at home. One PDF file containing Yoga information and you tube link was shared on online platform to students and staff. Students and staff performed the Yoga and Pranayama at home and clicked the pictures of the same.