

Brief Report on the Celebrates 6th International Yoga Day, 21st June 2020 with fervor

The 6th International Yoga Day, was celebrated with great fervor online this year. The theme of this year Yoga Day was “Yoga at Home and Yoga with Family”. Under the theme, the Physical Education department carried a series of online activities which included the basic demonstration of important Yoga Asanas to the students. A basic introductory lecture on the benefits of Yoga was delivered by the Principal of the College Dr. M. Amin Malik. More than 100 students from different colleges participated in the programme. The programme culminated with the display of Yoga skills demonstrated online.



Fig: The students performing various Yoga postures/Asanas at their home