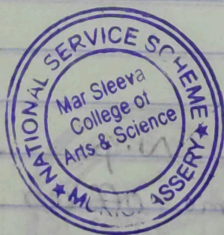


## YOGA INTERNATIONAL YOGA DAY

date: 21/06/2020

venue: Home online

The International Yoga day was celebrated on 21<sup>st</sup> June. Yoga is a physical, mental and spiritual practice which originated in India. On Yoga day, the Nss volunteers had performed Yoga Asana at their home because of the pandemic covid situations. The university provides an opportunity to the volunteers for participating in an online class related to Yoga via Google meet in early morning. The Nss unit of Mar Sleeva college of Arts and science conducted an online quiz related to Yoga. Around 200 candidates participated in the online quiz. The volunteers performed Yoga asanas and mentioned the importance of Yoga in day to day life. Based on this they created a video and shared it to the public.



Anusree N.P.  
 (programme officer Nss)

