

SN COLLEGE CHENGANNUR

NSS UNIT 49 A&B



INTERNATIONAL YOGA DAY JUNE 21



2. JUNE 21 - INTERNATIONAL YOGA DAY

Yoga refers to the spiritual discipline that includes meditation, exercises, physical postures, breathing techniques. It is done to improve physical health, mental health, relaxation, and overall well-being of the individual. Yoga is a Sanskrit word, which means 'connection' or 'union'.

The nation on Yoga Day 2020, the world has now resorted to virtual yoga due to COVID-19. All of us are doing yoga at home with the family. Yoga unifies people, unifies the world. Yoga is helping us in this fight against this pandemic. The volunteers of the NSS units of our College enthusiastically celebrated the International Yoga Day of this year .21st June itself by their own Home Smt. Shereen k, principal of our college, by practicing yoga in home and NSS programme officer smt. Bindhu V K , Smt. Jisha Sreedharan has been practise yoga. NSS unit Volunteers as part of this project.