

NAME OF THE ACTIVITY: 7TH INTERNATIONAL DAY OF YOGA

INTERNATIONAL/NATIONAL/STATE/COLLEGE LEVEL: COLLEGE

ORGANISED BY: DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS

TITLE OF THE ACTIVITIES: YOGA AND HEALTHY LIFE

DATE AND TIME: 21ST JUNE 2021, 7.30 AM



REPORT : We have organized International day of yoga celebration for the staff and students in zoom platform. All staff members and most of the students participated yoga day and they learnt the benefits of yoga and healthy life with yoga.

The session was started with prayer "OM SAHANA BHAVATHU SAHNA BHUNAKTU, SAHAVIRYAM KARAWAVAHE TEJASWINA VADHITAMASTU, MA VID VISAVAHE, OM SHANTI SHANTI SHANTI HI....."

The following are the details of yoga performed on that day

Warming up, General exercises, Pachimotanasana, Vakrasana, Shashankasa, Parvatasana, Vajrasana, Surya namaskara, Anulom vilome, Kapalbhathi, Tadasana, Vrikshasana, Padhahasthasana, Trikonasana

The session was closed with "SARVE BHAWANTU SUKHINAH, SARVE SANTU NIRAMAYAH, SARVE BHADRANI PASYANTU, MA KASCHID DUKH BHAG BHAVET".

PARTICIPANTS : All students & Staff through Whatsapp group

COORDINATOR : Dr. Rciha Rao, Physical Director



