

Date of the program: 15,16 and 21 June ,2022

Resource persons: Dr. Athira Vijayan BYNS and Ms.Reshma Sony

Importance of the day: International Yoga Day

1. Yoga workshop

Date: 15 and 16th June 2022

Resource person: Ms Reshma Sony



The Centre for environmental studies organised two-day yoga workshop in connection with international yoga day. Ms Reshma Sony, Yoga siromani an exponent of Yoga was the Resource Person. 45 students from all batches benefitted from this exercise. The two-day session gave emphasis on day-to-day exercises along with simple asanas.