

## International Yoga day

Date: 21-06-2022

Resource Person: Dr. Athira Vijayan

The international yoga day was celebrated by Centre for environmental studies and Eco Club on 21st June 2022. Dr. Athira Vijayan BYNS, an exponent in yoga and naturopathy and also a medical practitioner was the chief Guest.

The session was held in the Yoga and Recreation Room and began with a short talk by the chief guest on the importance of Yoga in Daily Life. She emphasized the role of yoga in having a sustainable and healthy life. The Session ended with a Yoga demonstration. 45 students attended the programme.



