

Title of the Programme: Yoga

Programme Organized by: NSS(National Service Scheme)

In association with:

Number of participants:

NSS units of Christ College celebrated the ' International Yoga Day ' by practicing yoga and meditation following the instructions given through online platform by Ms. Alphy, a former NSS volunteer and a regular practitioner of yoga. Volunteers practiced different ' Asanas ' and 'Pranayamas ' along with their families on the Yoga Day theme 'Celebrating Yoga Day with Family ' . The video was later uploaded in scial medias to reach other viewers and to make them aware of basic yoga postures and the importance and benefits of practicing yoga daily.

