

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 social medias to reach other viewers and to make them aware of basic yoga postures and the importance and benefits of practicing yoga daily.

