

NSS Activity Report: International Day of Yoga-2022

Date: 21.06.2022

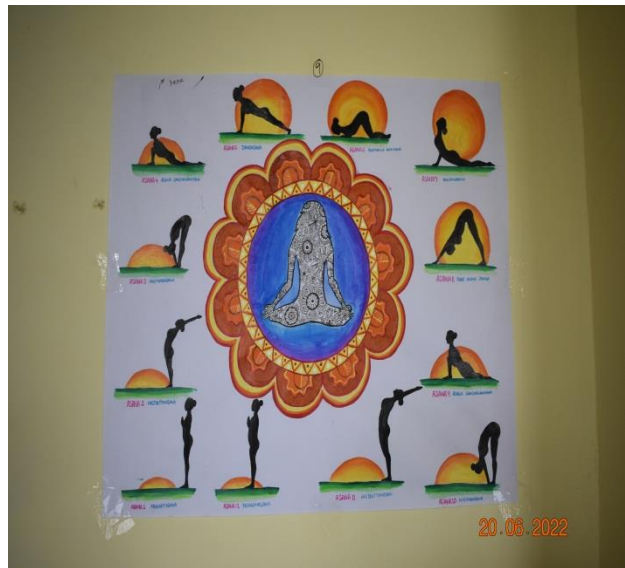
International Day of Yoga was celebrated in college campus on 21st June 2022 at 6:30 AM as a NSS Activity. One week prior i.e. from 16.06.2022 to 21.06.2022, Yoga Practice Session was organised by the Department of Veterinary and Animal Husbandry Extension Education for practice of various yoga assans. International Day of Yoga is celebrated by the students, teaching and non-teaching staff members with great enthusiasm.

The celebration was started with the speech of Dean, ACVM; he said that the art of practicing yoga helps in controlling an individual's mind, body and soul. It also helps in increasing flexibility, muscle strength and body tone.

All the faculty members and students did various *Assans* under the instructions of the yoga instructor Mr. Vishnu Tondwal Warm up exercises were taken and all the students, teaching and non-teaching staff members performed sitting and standing asanas, importance of these were explained simultaneously. After that result of Poster Competition which was held on 20.06.2022 were announced, certificates were distributed for the Poster Making Competition organised on the occasion of International Day of Yoga-2022. The celebration concluded with the speech by our Dean He encouraged students to practice regular yoga to remain fit and improve concentration.







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