**NSS Activity Report: International Yoga Day**

**Date:** 21.06.2019

International Yoga Day was celebrated in college campus on 21.06.2019 at 6:00AM as a NSS Activity. 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 of I year B. V. Sc & A. H. did various *Assans* under the instructions of the yoga instructor.

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