

Event Name : International Yoga Day
From Date : 21.06.2024
To Date : 21.06.2024
Organised by : Department of Physical Education & NCC(DR.B.BINDU)
Academic Year : 2024– 2025

Report:

The first programme of this academic year was INTERNATIONAL YOGA DAY. Resource person for this programme was Mr. ARUL JOTHI RAMASWAMY, joint Director of World Community Center. He Demonstrated yoga asanas & breathing exercises. This year theme was “YOGA FORSELF AND SOCIETY”.