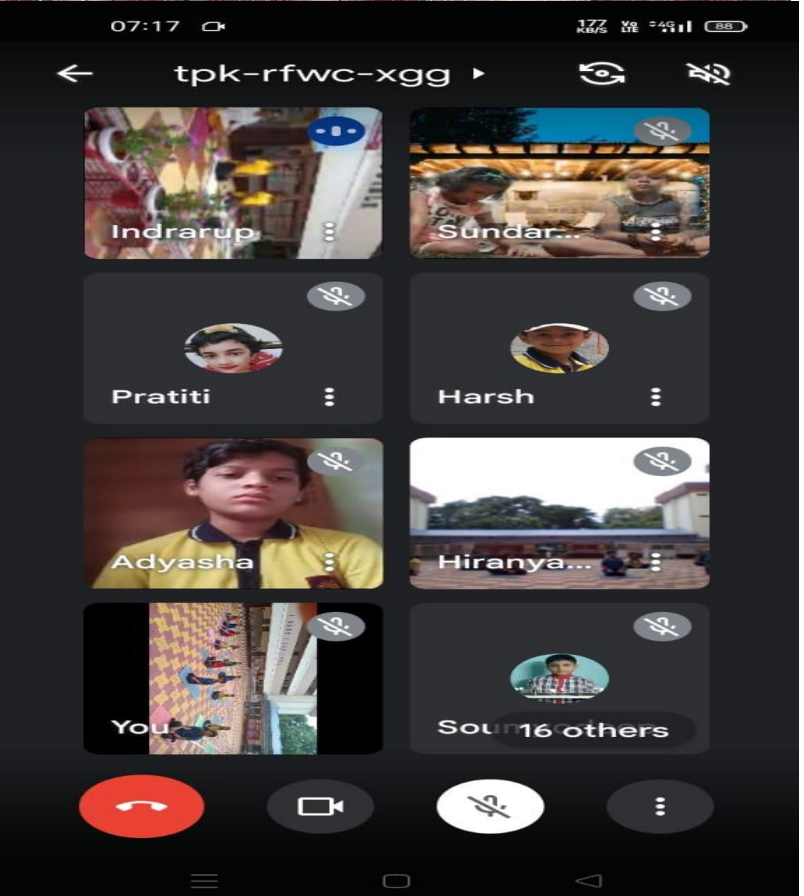
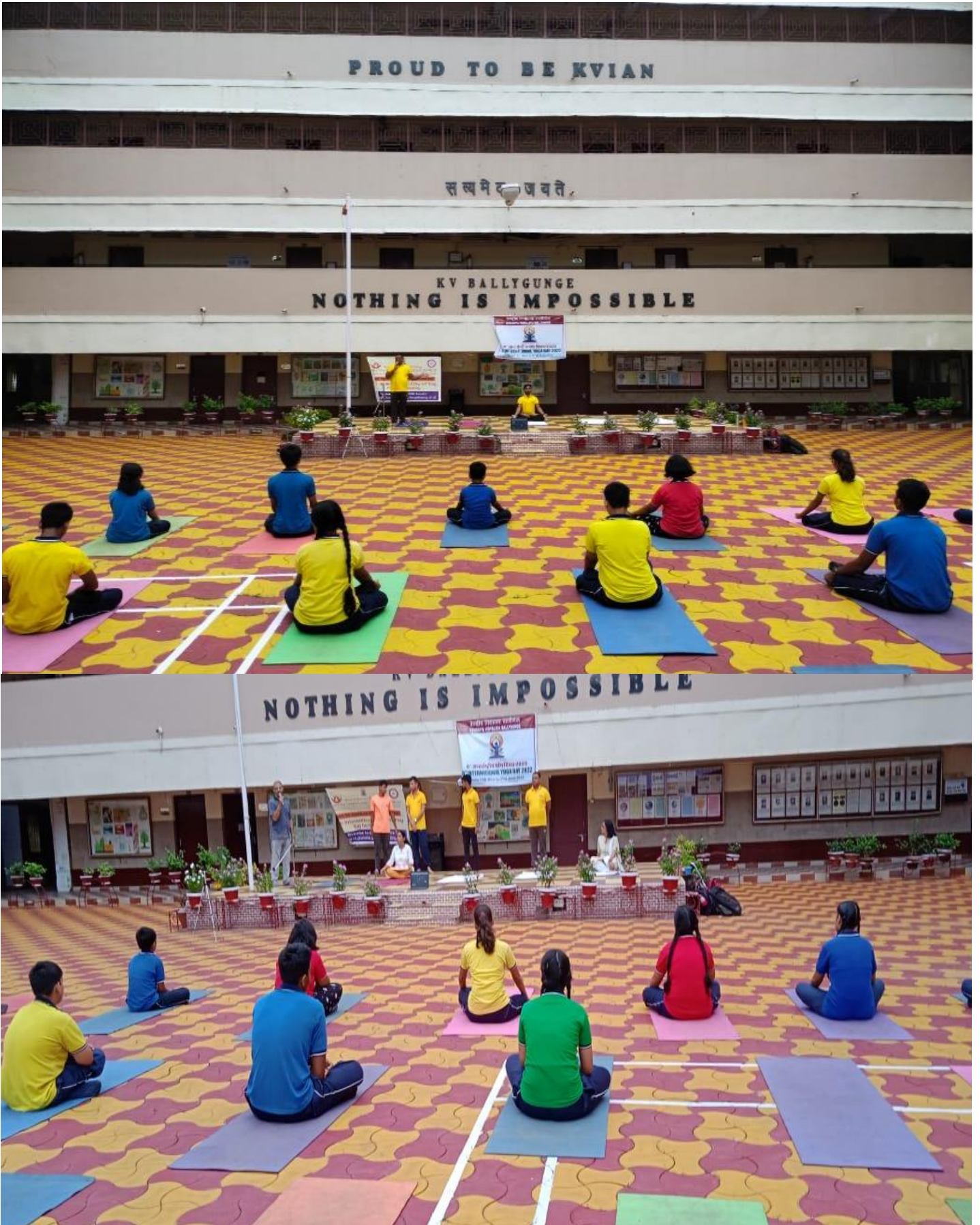


REPORT ON 8TH INTERNATIONAL YOGA DAY CELEBRATION 2022

15TH JUNE 2022 CONDUCTED WEBINAR ON YOGA HISTORY, IMPORTANCE OF BASIC ASANANS AND MICRO EXCERICES WITH BREATHING CONTROL.



16TH JUNE 2022 DEMO OF PRANAYAMA AND BREATHING EXCECISE :-



ON 17TH JUNE 2022 - SURYA NAMASKAR AND VARIOUS STAGES WITH MANTRAS AND ITS IMPORTANCE IN DAILY LIFE:-



18th June 2022 Yoga Quiz competition



19th June 2022 Yogic exercises / Posture / Mediation for stress relief yoga



20th June Demostration Yoga with Music



21th June Yoga

MASS DEMONSTRATION OF YOGA AT SCHOOL PREMISES





YOGA AT BELUR MATH ON 21ST JUNE 2022





Yoga at BITM

