

ALPHONSA COLLEGE, PALA, KOTTAYAM, KERALA

Ek Bharat Shreshtha Bharat

Celebrating International Yoga Day

21.06.2020

As part of EBSB day celebration, it was decided to make a video on International Yoga day. As the theme for this year is 'Yoga at home, yoga with family' a video depicting the importance of yoga, how to do vajrasana and ustrasana and tips and precautions to be taken while doing yoga at home were made and circulated among college community . Good feedback was received for this initiative. The link for the YouTube video is given. <https://youtu.be/5WRBInUMdvE>