The EBSB club of Rajagiri College of Social Sciences organised a live webinar on International yoga day on "Yoga Skill in action". Mr. Suraj Nair and Gouri Nair were the resource persons. Dr. Binoy Joseph principal welcomed the participants and introduced the trainers. Dr. Fr. Saju M.D was the moderator of the programme and gave an introductory session on the importance of Yoga. The Session had some yoga demonstrations which all the participants did together with the trainers, Some pranayama also. The trainers told us the benefits of doing yoga and particularly pranayamas. Dr. Jaya Vijayan, EBSB club Staff Coordinator Proposed the vote of thanks. Around 60 People Participated in the programme.