

Yoga Day - 26.06.2019

On the fifth International Yoga Day, the Research Department of Physical Education and Sports Sciences held the celebrations at the college Indoor Stadium on 26.6.2019. A good number of NCC Cadets, NSS volunteers and hostel students participated with great enthusiasm. Yoga Master Mr.Ramasamy guided the gathering as per the guidelines of Ministry of AYUSH and also listed the benefits of yoga for young people so that they make yoga a regular habit.