

**DKM COLLEGE FOR WOMEN (AUTONOMOUS),  
VELLORE**

**YOGA CLUB OF DKMC**

**CELEBRATION OF INTERNATIONAL YOGA DAY-2020**

International Yoga Day is celebrated every year on 21<sup>st</sup> June from 2015 to spread awareness about the importance and effects of yoga on health of our students and staff. We are also conducting the Non-Major and certificate courses on Health for Youth Excellence in our college.

This year due to lockdown and vigorous effect of COVID-19, we had arranged for online virtual celebration of International Yoga Day on 21.06.2020. In order to create awareness among our students we also conduct **e-Quiz on Yoga for Health and Meditation**. More than 500 students were responded from our college and also from various other colleges.

We organized for a **Live Webinar on PROMOTION OF HEALTH THROUGH YOGA**. More than 50 faculties of our college enthusiastically participated in the Programme. Mrs.Anju sakthivel and her student Ms.V.Dharshini from Cosmic Yoga studios, Vellore have given online demonstration which was practiced by our faculties from their home, following the rules of **Government of India-Stay at Home**.

Our Principal Dr.P.N.Sudha madam felicitated the programme. Yoga Club, NSS and Dept. of zoology of our college together organizes the programme. E-Certificates were distributed to the participants.