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Press Release
Celebration of 7th International Yoga Day, 2021

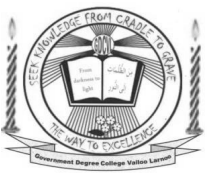
Department of Physical Education & Sports in collaboration with EBSB club, Govt. Degree College Vailoo Larnoo celebrated “7th International Yoga day” on 21st of June, 2021 under the Banner of

“AZADI KA AMRIT MAHAUTSAV”

The event saw an overwhelming response from students and faculty members of the college. Prof. Firdose Ahmad Mir, Head Department of Environmental Science formally welcomed the participants and stressed on the need of performing yoga during this unprecedented times of covid-19.

The proceedings of the event were conducted by Raof Ahmad Bhat, Head Department of Physical Education & Sports. Several Asanas and Pranayams were performed by the participants and at the same time their benefits, indications and contraindications were also revealed to the participants

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