

**MANGALORE UNIVERSITY
NATIONAL SERVICE SCHEME
UNIT: ST. ANNE'S DEGREE COLLEGE
VIRAJPET POST-571218, KODAGU DISTRICT, KARNATAKA**

INTERNATIONAL YOGA DAY 2019



'The international Yoga day' was celebrated On 21st Jun 2019 to bring peace, harmony, happiness and success to every soul in the world. Hundred and six NSS volunteers along with teaching faculty performed YOGA between 9:30 am to 10:00 am.

Mr.Arjun the NSS officer conducted different Yoga postures like VRUKSHASANA, THRIKONASANA,

BHUJANGASANA, BHADRASANA, PAVANAMUKTHASANA, finally ended with PRANAYAMA AND MEDITATION.

Prayers were recited before and after the programme.

This was a great opportunity to imbibe the value of discipline. Volunteers got the chance to know how yoga embodies unity of mind and Body.

Rev.fr.Rony Ravikumar, the principal of our college, inaugurated and encouraged the students by speaking on the importance of yoga in our lives.



Principal

NSS Programme officer