As per the direction received from the Central Government of India and Under the guidelines of University Grants Commission, We celebrated 50 days Yoga Utsav to observe the International Yoga day on 21st June -2022.

The theme of International Yoga day- 2022 is *"Yoga for well being".*
April :-

1) Conducted early morning Yoga classes regularly for our students, who are staying in the Institution dormitory by a qualified trainer for their health & well being.

2) Showing you tube videos on common Yoga protocol in last hour classes on weekly basis.
May :-

- All the teaching, non teaching staff and Students downloaded and used the following best mobile apps, which are suggested by Ministry of AYUSH for practicing yoga on regular basis for health & well being. Staff & students tried at their level best to inculcate awareness about the importance of Yoga (for Health & mental peace) among their family members, relatives and friends.

- Yoga charts were displayed in the campus.

[Links to apps:]

June:-
INTERNATIONAL YOGA DAY – 21st June 2022 :-

An awareness programme on the importance of International Yoga day was organized in Assembly hall of the college on 21.6.2022.

Opening remarks of Principal for International Yoga day
1) Guest lecture by Pyramid master Mr. Chandrasekhar about the benefits of Meditation :

Participation of DRW Students in Mass Yoga demonstration along with PM Modi ji, Live from Mysore at 7.30am on 21st June-2022.

https://fb.watch/dNn_8j4Prb/