

**MMNSS COLLEGE, KOTTIYAM**  
**NATIONAL SERVICE SCHEME UNITS 37 A & B**

**REPORT OF INTERNATIONAL YOGA DAY CELEBRATIONS:**

NSS units and health club of our college celebrated international yoga day on June 21<sup>st</sup> in collaboration with Kollam yoga association. The programme inaugurated by our principal (in charge) Dr.K.S Beena , G. Jayakumar gave key note address and yoga trainers of district yoga association lead the class for the volunteers through online medium. Different department volunteers participated in yoga training with their family members. It was a wonderful experience to both the volunteers and their family members. Due to the COVID 19 pandemic people are in a panic mood, in this situation the practice of yoga helps them to reduce stress and strain. Volunteers got more awareness about different asanas such as pranayam, soorya namaskaram, meditation etc.

**Action photos:**





