

YOGA DAY CELEBRATION

DATE: 20.06.2021

Online discourse on yoga day on the topic “yoga and its positivity”: An online discourse was conducted by the Cadets and the CTO Chinmayee Mallik in Shailabala Women’s Autonomous College, Cuttack where cadets participated on the topic “Yoga and its positivity”. All the cadets participated virtually and demonstrated different yoga postures and its benefits on the occasion of Yoga Day. Due to Covid guidelines, Yoga day was observed on Virtual mode on 20.06.2021.

Outcome: The program acted as a tool to promote good mental and physical health and connect with nature through yoga.

A handwritten signature in black ink, appearing to be 'Saw', written over a horizontal line.A handwritten signature in black ink, appearing to be 'Am', written over a horizontal line.