

Celebration of World Yoga Day -2022

Theme for 2022 - “Yoga for Humanity” - Yoga is the journey of the self, to the self, through the self.



Department of Social Work, The Oxford College of Arts celebrated World Yoga Day on 21st June 2022 at the Department of Social Work. The Social Work students were given insights on Practice of Yoga and Meditation for excelling Professional Self and Personal Self to balance mental health and Physical Health.