

THE OXFORD COLLEGE OF ARTS

YOGA DAY _ 2022

Introduction: Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning to join' or 'to yoke' or 'to unite'.

International Yoga Day

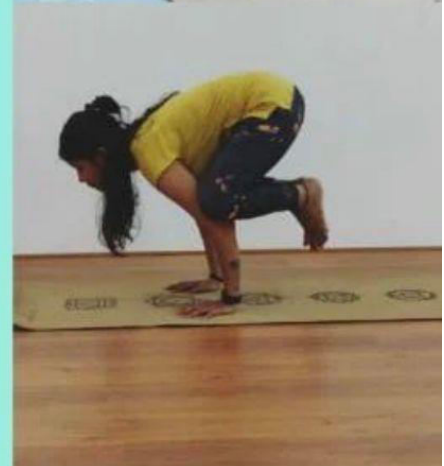
CELEBRATION ON 16TH JULY, 2022
SATURDAY

BY - ANUSHA N

(CERTIFIED HATHA YOGA
INSTRUCTOR)

VENUE - SEMINAR HALL 6TH FLOOR

TIME - 10.30 - 11.30AM





Yoga day was held in seminar hall on 16th of July Saturday. The program was hosted by assistant professor Varali mam and assistant professor Gopika mam. The welcome speech was given by assistant psychology prof. varali mam and vote of thanks was given by assistant Journalism prof. Gopika mam.



Students did some basic yoga asanas which was helpful for our daily based life. Which was taught by the guest yoga professionalist Anusha.m



Students presence made the yoga day successful. The session ended with the Group photo.

