

# CHRIST CHURCH COLLEGE, KANPUR

## REPORT OF YOGA SESSION

Date: March 13<sup>th</sup>, 2021

Yoga session was conducted on March 13<sup>th</sup>, 2021 from 10:30 A.M. to 11:00 A.M. in the college lawn under the able guidance of **Mr. Ved Prakash, Yoga Instructor, Maharishi Dayanand Yoga Sansthan.**



**Principal Dr. Joseph Daniel** gave a welcome address. The program was coordinated by Dr. Meet Kamal. 80 students participated in Yoga. Various Aasanas like Surya Asana, Ustrasana, Utkatasana were demonstrated for strengthening of body.



*Meet Kamal*

**COORDINATOR**