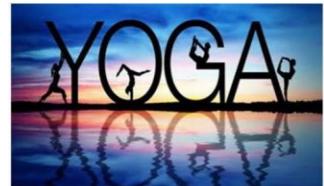


CHRIST CHURCH COLLEGE, KANPUR

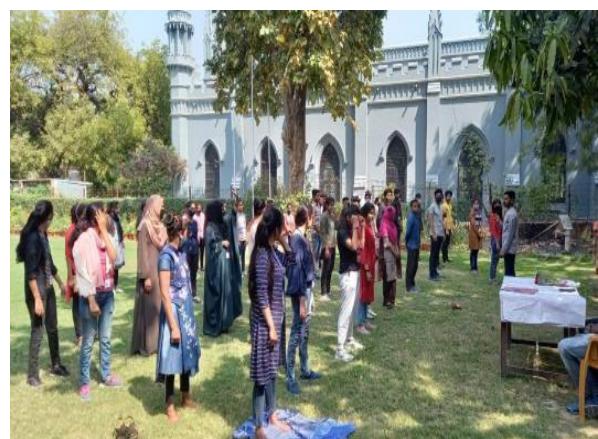
REPORT OF YOGA SESSION

Date: March 13th, 2021

Yoga session was conducted on March 13th, 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