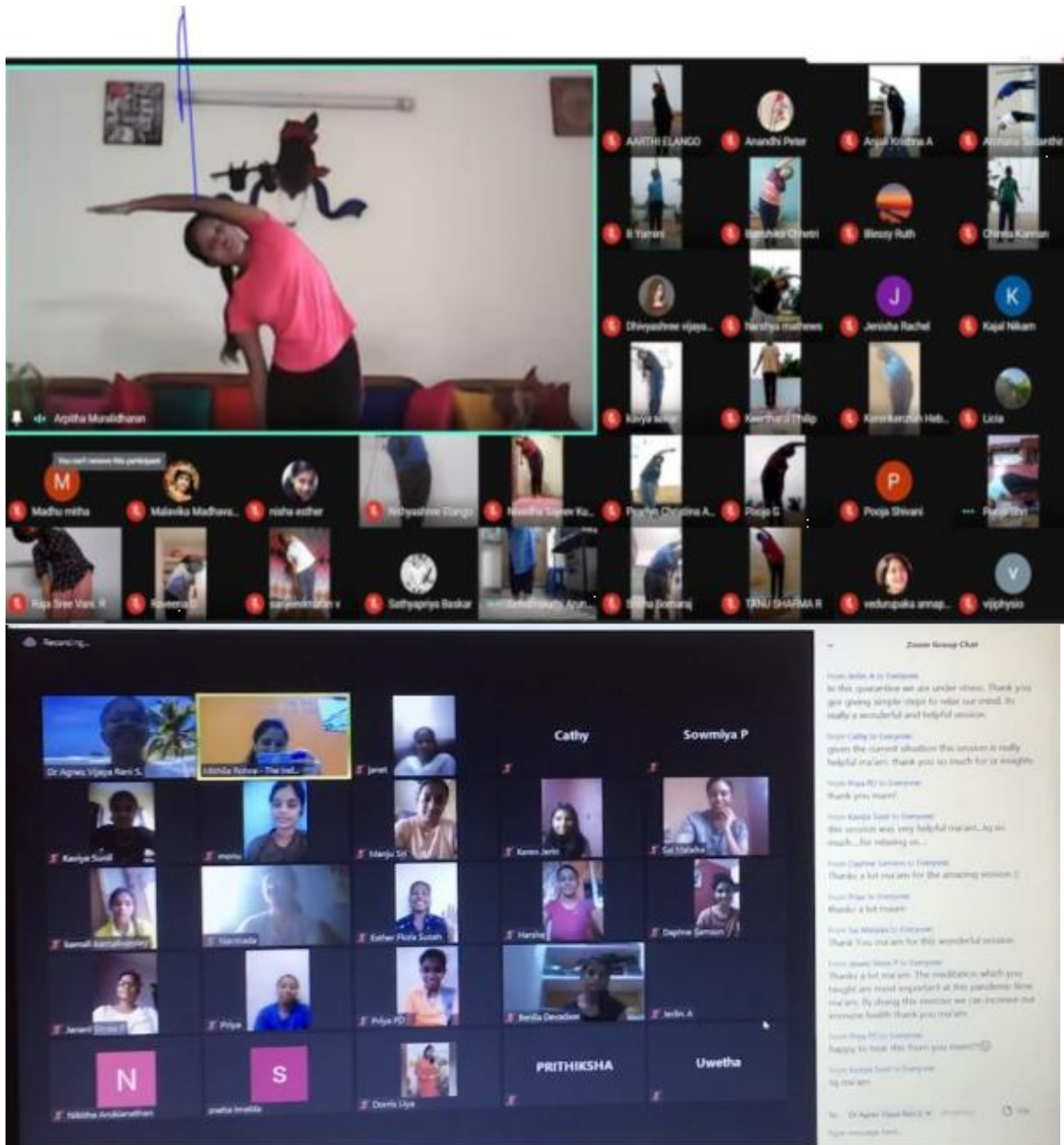


International Yoga Day 2020-2021

The International Yoga Day 2020-21 was organized on 21st June 2020 as an online programme due to the pandemic. The speaker was Ms Mithila Rohra, Yogini, Speaker, Meditation Facilitator from The Indian School of Breathing and a recipient of the Yoga Rathna award.

The session was very interactive and practical. It came as a welcome change to the participants who were stuck at home due to the pandemic. The students gave very good feedback at the end of the session. On the whole, it was a very informative and helpful session.



Fitness programme by the Department of Physical Education

The Department of Physical Education offers fitness programmes during this pandemic, where all the sessions are online. The purpose of the classes is twofold - to keep the students physically fit while remaining indoors and also learn about healthy habits for their well-being.

Every session has a presentation on an important topic related to health like health and wellness, first aid, weight management, stress management, importance of sleep, etc. followed by a physical workout emphasising on aerobics and stretching. The students say this is a great stress buster and helps them keep fit and active indoors.

