



NATIONAL SERVICE SCHEME

MATRUSRI ENGINEERING COLLEGE

Saidabad, Hyderabad-59.



International Day of Yoga (21.06.2020)

International day of Yoga was celebrated on 21.06.2020 by MECS NSS unit volunteers, students and staff at their respective homes by maintaining social distance in the view of Covid -19 pandemic situation. MECS NSS unit volunteers, students and staff were made to do yoga by themselves and if possible with their family members in their respective homes with the **theme “Yoga at Home and Yoga with family”**. In these tough times around the world awareness about practicing yoga was brought into attention which would bring a huge benefits to one individuals mental and physical fitness.

In addition to this students and staff have gone through **MYGOV** app from which they have accessed YouTube platform link and viewed a detailed free yoga session and also a yoga webinar was made available on 21.06.2020 in collaboration with **ISHA YOGA**.

Gallery of the event:

Matrusri Engineering College
(Approved by AICTE, Affiliated to Osmania University) **NBA**
NATIONAL BOARD OF ACCREDITATION

“In collaboration with Isha Yoga”
#InternationalYogaDay2020
Online Offerings from Isha

These free webinars equip you with practical tools to manage your body, mind and emotions and establish inner balance and stability.

- ▲ Live sessions by a trained Isha Yoga Teacher
- ▲ Simple practices which take just 5 minutes a day
- ▲ Guided meditations
- ▲ No previous experience of Yoga required

Yoga for Well-being Thursday, 18 June 7:30 p.m. IST	Infinity Meditation Friday, 19 June 7:30 p.m. IST	Yoga for Love Saturday, 20 June 11:30 a.m. IST	Yoga for Holistic Health Sunday, 21 June 7:30 a.m. IST
Yoga for Holistic Health (Tamil) Sunday, 21 June 7:30 a.m. IST	Yoga for Respiratory Health Sunday, 21 June 9:30 a.m. IST	Yoga for Peace Sunday, 21 June 11:30 a.m. IST	Yoga for Peace (Tamil) Sunday, 21 June 11:30 a.m. IST

Register at isha.sadhguru.org/online-offerings

Dear Sir/Ma'am,
Check out some of the latest highlights from MyGov

myGov
Help us to Help you

Celebrate International Day of Yoga & Share your yoga pictures using #doYogaAtHome

Join Live



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Gallery of the event:

Theme "Yoga at Home and Yoga with family"

