

## International Yoga Day – 21/06/2021

The volunteers of NSS conducted a virtual yoga session on the occasion of International Yoga Day which is celebrated every year on 21/06/2021 to make people aware about the benefits of yoga.

The volunteers publicized this event for by making posters, videos, audio, and messages and shared it in various social media platforms.

The publicity was done for 4 days:

17<sup>th</sup> June: - Publicity video 1

18<sup>th</sup> June: - Myths and Facts

19<sup>th</sup> June: - Publicity video 2

20<sup>th</sup> June: - Q&A of asana and its benefits

The volunteers presented a PPT on importance of yoga along with a prayer and demonstrating the asana and pranayama like Surya namaskar, Pawanmuktasana, Markatasana, Naukasan, Setu bandha sarvangasan, Badhakoasan, Mandokasan, Om chanting, Bhastrika, Kapalbhathi, Agnisaar, Jalandhar bandh, Anilom vilom, Bhramari.

On 21<sup>st</sup> June, this activity was held online on Microsoft Teams due to the COVID-19 pandemic. This was a great opportunity as everyone got to know how yoga embodies the mind and body Time for activity was 8 AM to 9 AM

Total no. Of units	Name of the activity	Total volunteers participated.	No. of teachers participated	Total no. of participants.
1	INTERNATIONAL YOGA DAY	50	11	149

Photographs :

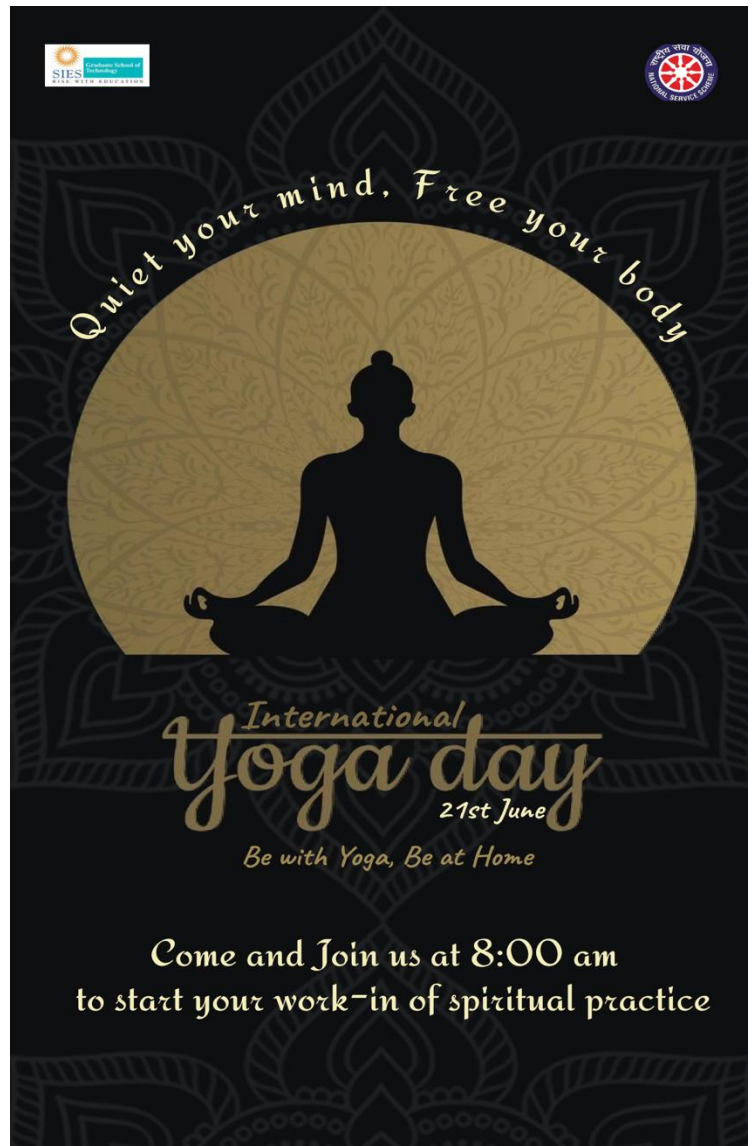


**INTERNATIONAL YOGA DAY**

*Inhale positivity,  
exhale negativity*

WORKSHOP BY  
NSS UNIT OF SIES GST.  
"BE WITH YOGA, BE AT HOME"

**COME JOIN US ON  
JUNE 21, 2021 | 8AM**



*Quiet your mind, Free your body*

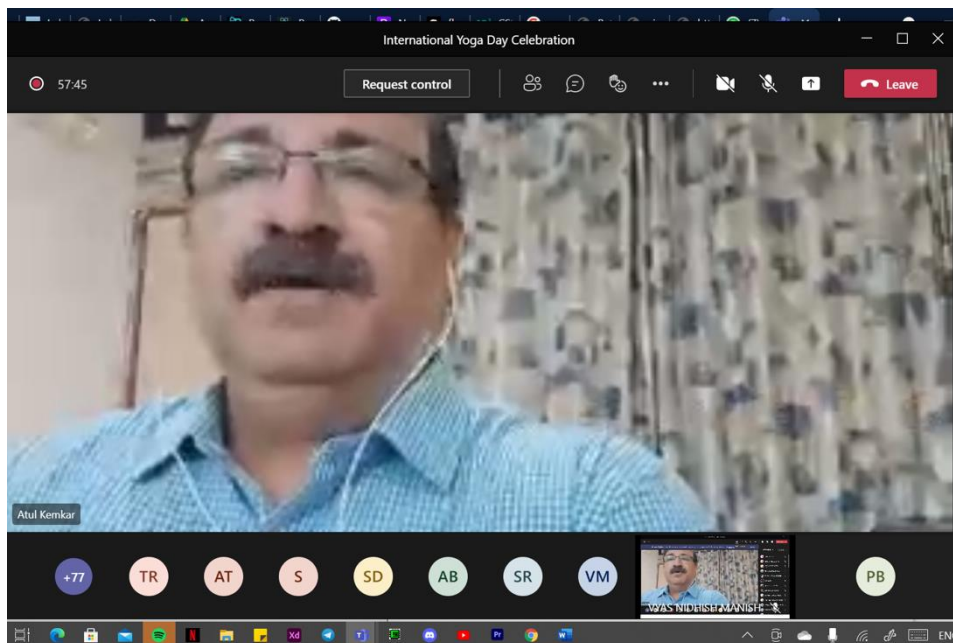
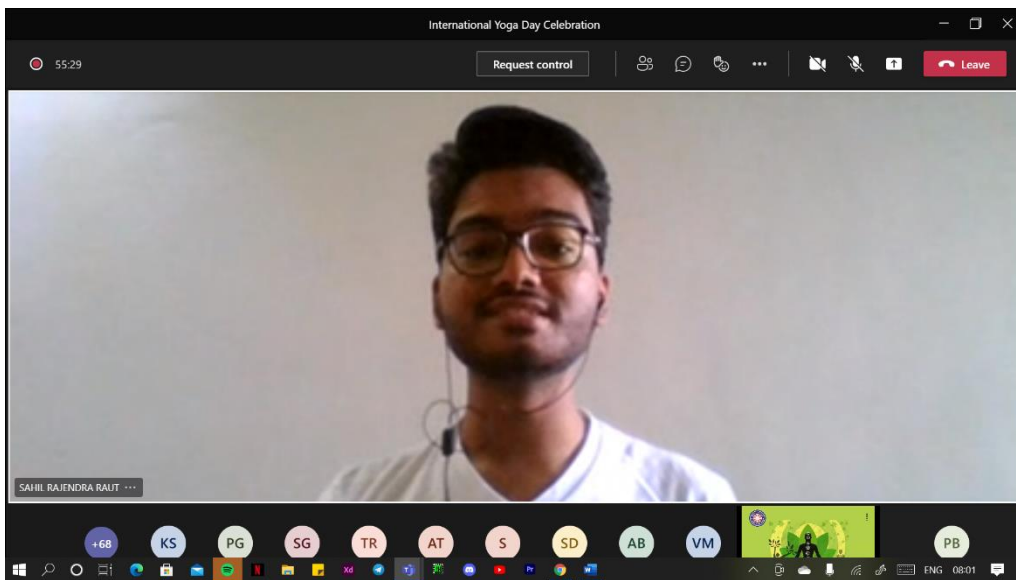
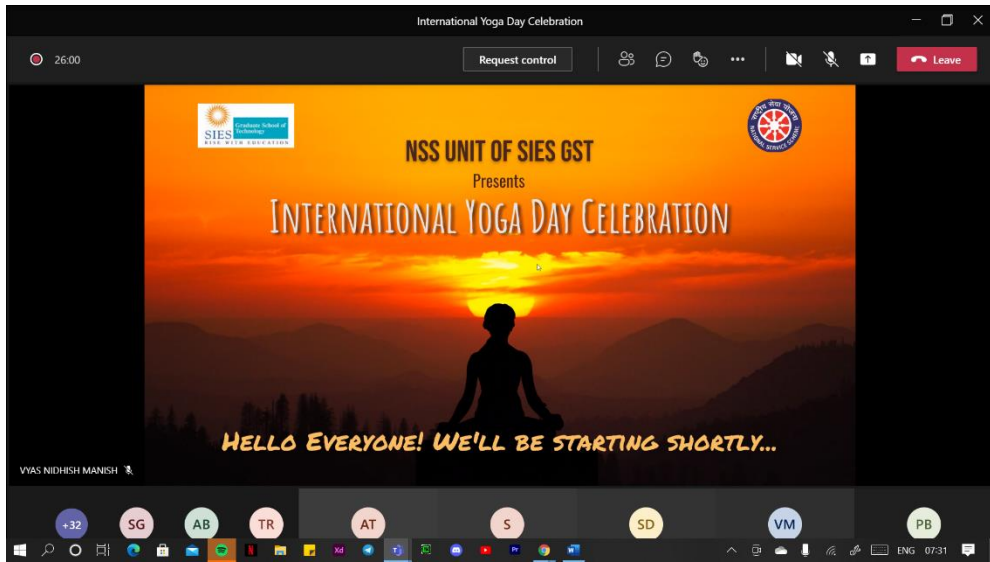
*International  
Yoga day*  
21st June  
*Be with Yoga, Be at Home*

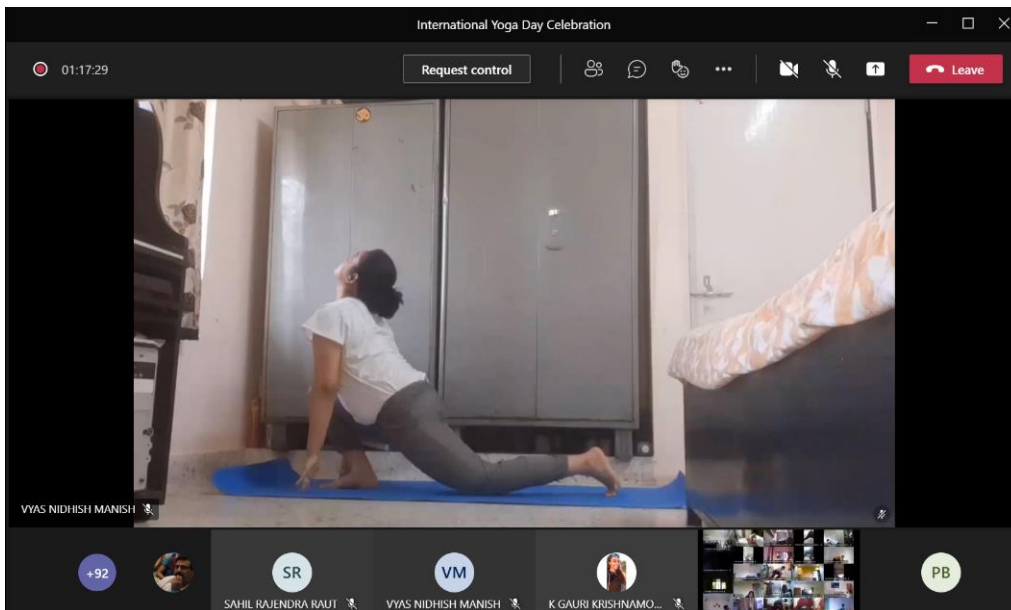
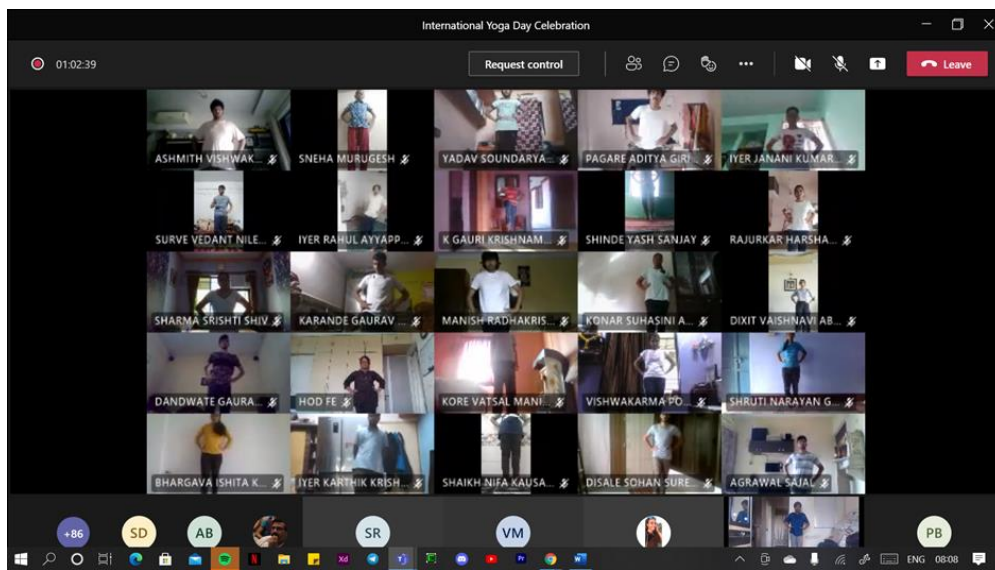
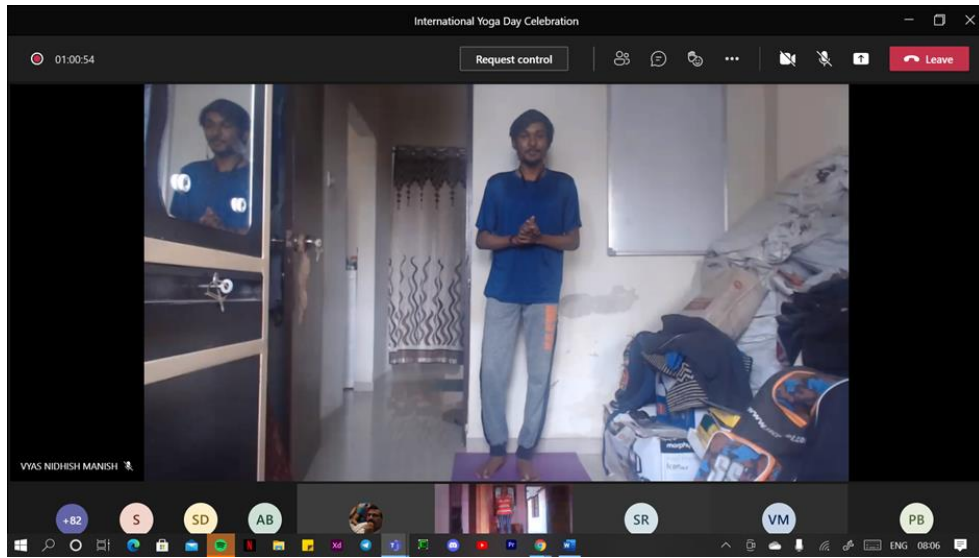
**Come and Join us at 8:00 am  
to start your work-in of spiritual practice**

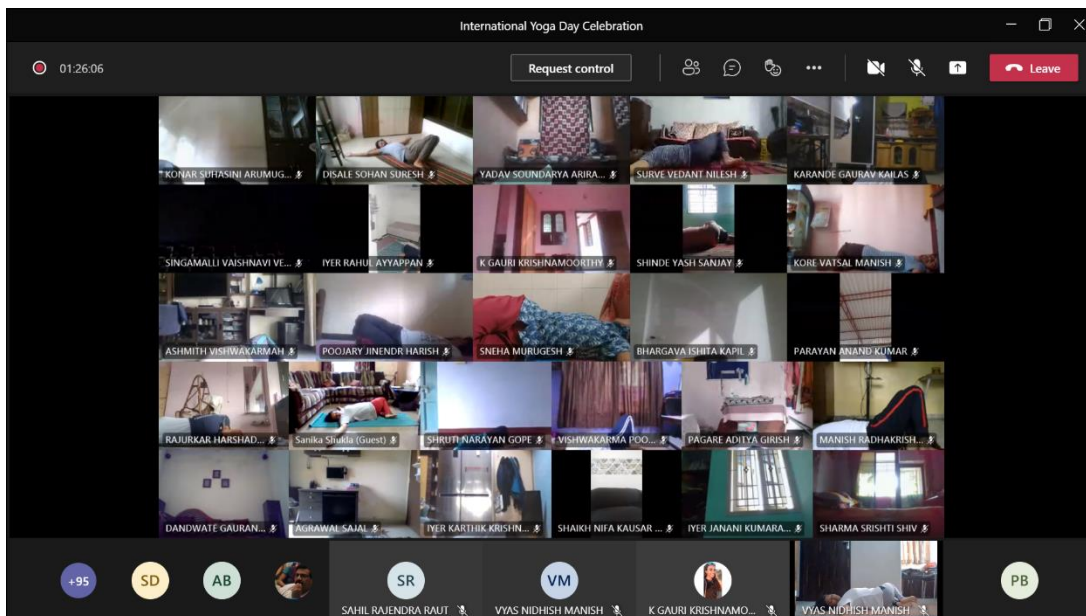
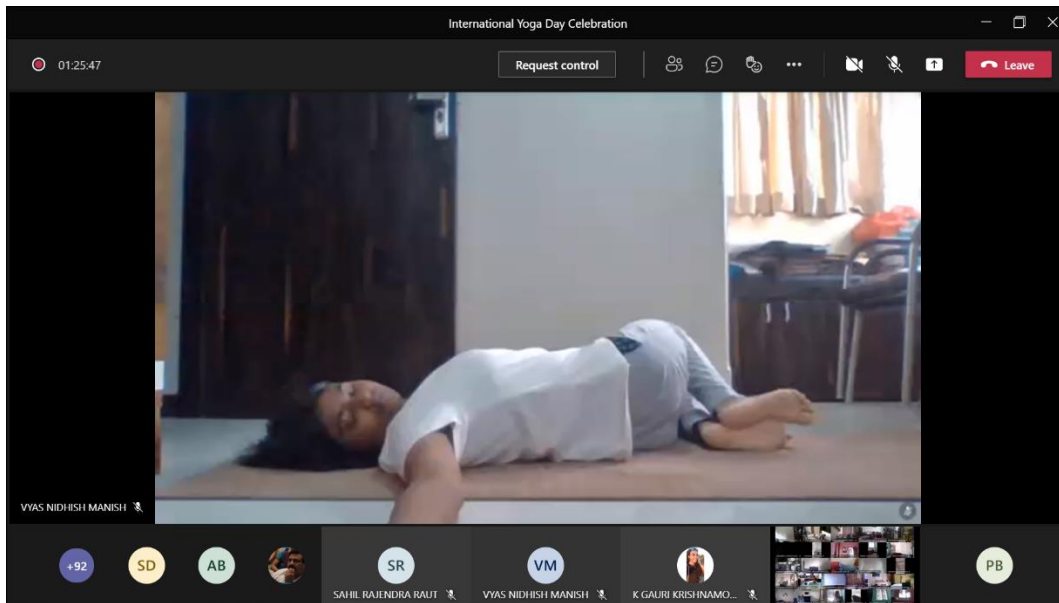
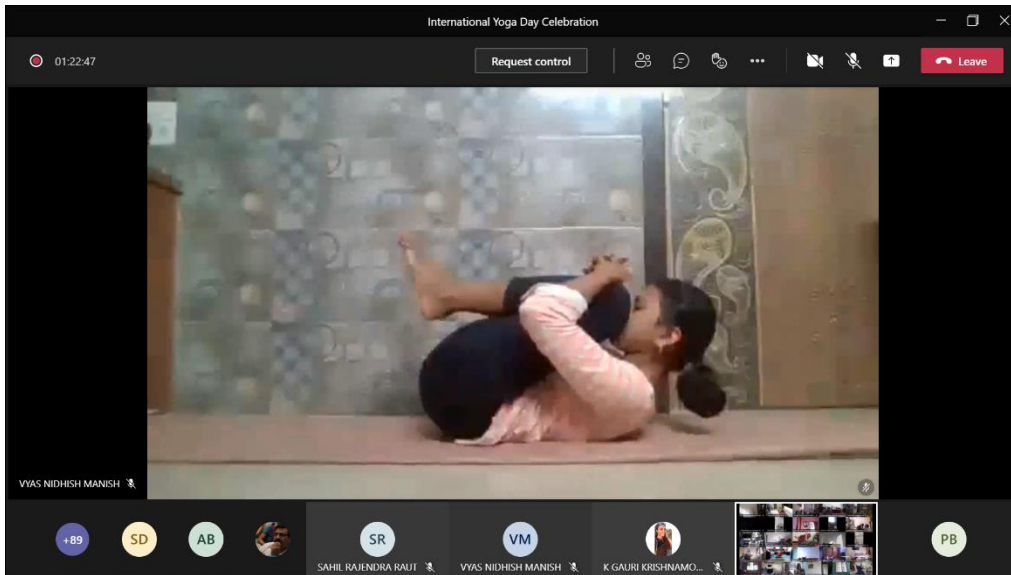


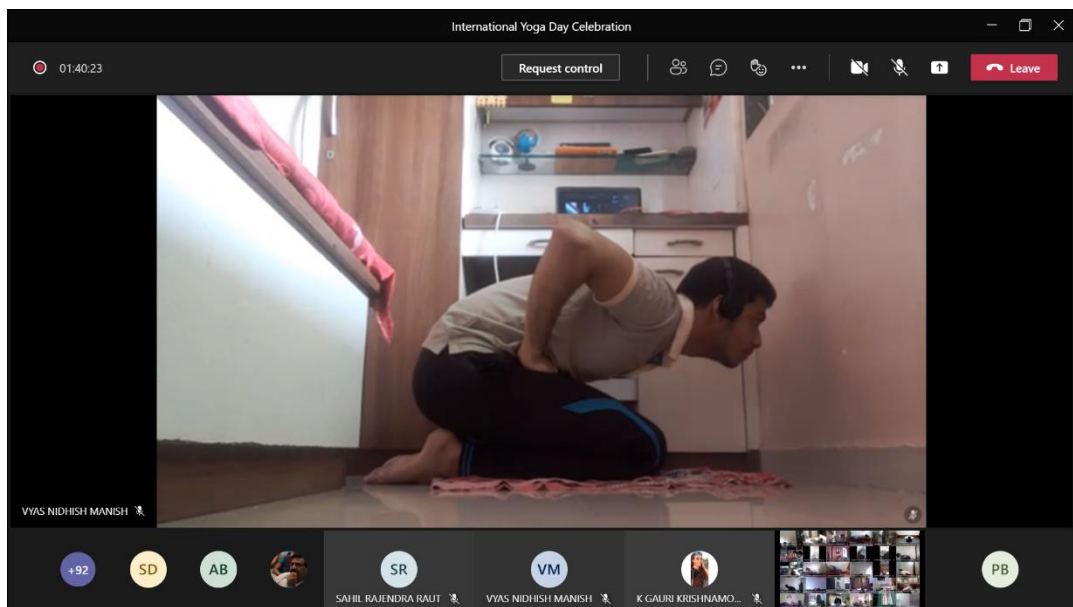
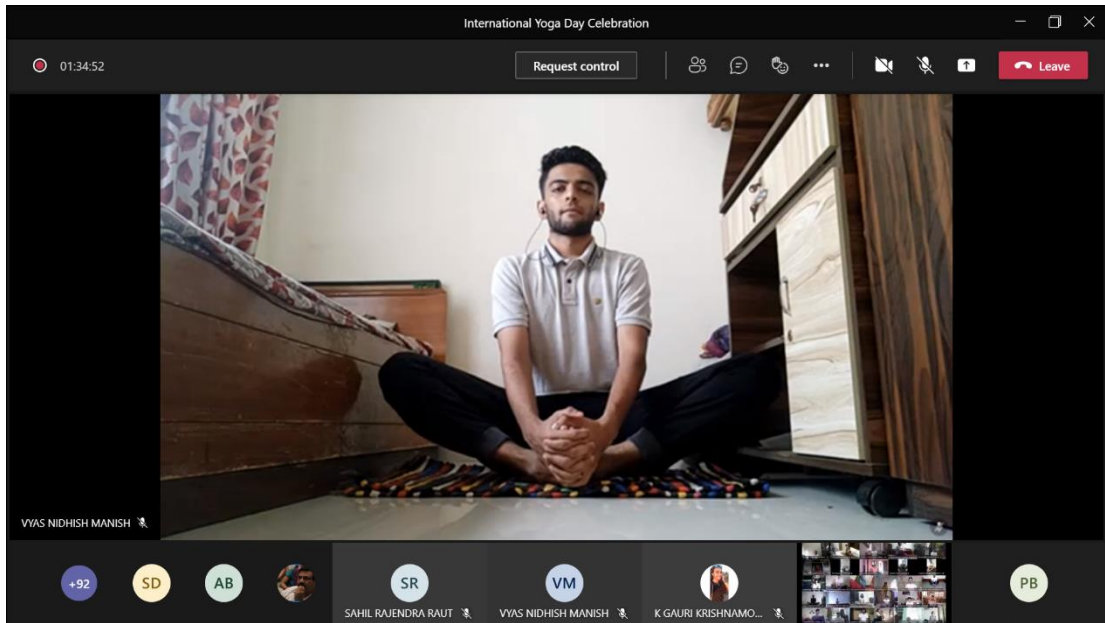
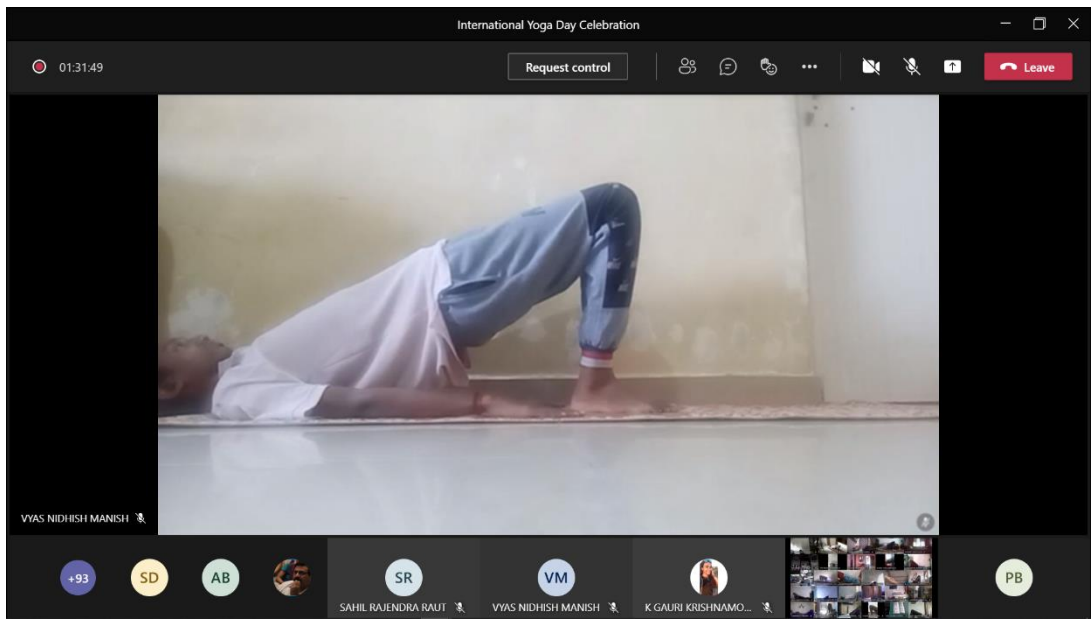
**NSS UNIT OF SIES GST**  
*presents*  
**YOGA WORKSHOP**  
*on the occasion of*  
**INTERNATIONAL YOGA  
DAY 2021**  
*21st June, 2021* ← → *8.00 am*

 NSS\_SIESGST  NSS SIES GST









International Yoga Day Celebration

01:44:01

Request control

Leave

VYAS NIDHISHI MANISH

+96 SD AB SR VM K GAURI KRISHNAMO... PB

SAHIL RAJENDRA RAUT VYAS NIDHISHI MANISH K GAURI KRISHNAMO...

International Yoga Day Celebration

01:54:26

Request control

Leave

VYAS NIDHISHI MANISH

+89 SD AB SR VM K GAURI KRISHNAMO... PB

SAHIL RAJENDRA RAUT VYAS NIDHISHI MANISH K GAURI KRISHNAMO...

International Yoga Day Celebration

01:51:00

Request control

Leave

+96 SD AB SR VM K GAURI KRISHNAMO... PB

SAHIL RAJENDRA RAUT VYAS NIDHISHI MANISH K GAURI KRISHNAMO... VYAS NIDHISHI MANISH

