




- 21 June 2021:Physical Education Department organises a National Webinar
-

Bishop Moore College Mavelikara




Department of Physical Education



Resource Person




Dr. Bindu M
Assistant Professor
U C College Aluva



International
**YOGA
DAY**

Talk on
Fight stress Through Yoga

Date:21/06/2021(Monday) Time:3pm



Google meet link
<https://meet.google.com/qau-usjr-rvi>
Meeting code
qau-usjr-rvi

WhatsApp Meet - Bishop Moore College

meet.google.com/qau-usjr-nvi

Dr. Bindu M bindum is presenting

Introduction.....

The UN theme for International Day of Yoga 2021 is "Yoga for well-being".

AYUSH Ministry theme is "Be with Yoga" "Be at home"

Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony

During this ongoing coronavirus pandemic, when we are all bound to live a restricted life under the constant fear of infection risks, it is natural for anyone to develop anxiety.

Dr. Bindu M bindum

Indraja S

JC

Dr Jacob Chendy

J

Jayalakshmi M

Ranjith Mathew Abraham

Dr. Sivaprasad

V

Wrinda V

51 others

You

PM | Bishop Moore College Yoga Day Meeting

Type here to search

31°C Light rain

15:22

21-06-2021