

## International Yoga Day Celebrated

21st June is celebrated all over the world as “International Day of Yoga”. The department of Sports organized a Yoga Session to commemorate this day. A yoga session was scheduled from 4pm to 5pm in the Auditorium Hall. Mr. Sachin Parsekar, Assistant Professor in Physical Education & Sports of the Bped Department in Don Bosco College, Panjim who has a specialization in Yoga was invited to take a session for all staff and students of the college. The session started with a prayer and a warm up. The participants then performed a few asanas and were told the benefits of these asanas. The session ended with few minutes of meditation with some gentle music playing in the background. Mr. Ryan Pereira, Director of PE and Sports of the college then proposed the vote of thanks and encouraged everyone to not only to continue with Yoga but also to take up different types of workout.

