



Event Report

On

INTERNATIONAL YOGA DAY-2022"

TUESDAY, 21-06-2022 @ 10.00 A.M.

Venue: College of Management Studies, Kanpur.

HIGHLIGHTS OF THE PROGRAM

Today, on the occasion of **International Yoga Day** and as a continuation of "one week" events on Yoga, VSCMS organized a **Yoga session(Day-6)** for its students where the Guest yoga instructors (Mrs. **Bhavna Srivastava- President Kanpur Mandal of U.P yoga Association**) and (Mr. **Rajat Verma- General Secretary Kanpur dehat U.P. yoga Association**) taught students about various AASANS like **Vajraasana, Bhujangasana, Naukasana etc** and told them the importance of each AASAN in one's life.

At the end of the event, Dr. Gauri Gaur(Director VSCMS) presented the guests Memento as a Token of Thanks.

Program Facilitator,

Ms. Ayushi Mishra

Ms. Shivani Mishra.

MEMORIES OF THE DAY



