

## **6<sup>th</sup> International Day of Yoga Celebrations on 21<sup>st</sup> June 2020-21**

KL (Deemed to be University) Guntur Andhra Pradesh Organized the 6<sup>th</sup> International day of yoga in the campus at Department of Physical Education with great zeal and enthusiasm. Due to COVID-19 with the limited number of participants we are celebrated the 6<sup>th</sup> International Day of Yoga. Mr.Y.Hari Yoga Instructor KL (Deemed to be University) addresses the participants about the aims and objectives of the International Day of Yoga. In spite of this occasion, teaching and non-teaching staff were present in the programme and participated in the Yoga practice.. He is Conducted yoga session as per the directions of Govt of India Ayush Department. Demonstrated the different Asanas Pranayama and meditation and also explained the importance of various asanas for healthy lifestyle. Thereafter, the Instructor through the detail light on the importance of Yoga Day and emphasized each and everyone to make the Yoga part in their life in the present situation all over the world suffering about COVID-19. This asanas will improve the immunity power and self confidence. He said that university is conducting this event on regular basis due its health benefit and celebrating International Day of Yoga for the 6<sup>th</sup> consecutive year by the direction of UGC.

