

1. INTERNATIONAL YOGADAY

International Yooga Day is celebrated anually on 21st june after its inception in the year 2015. Yoga day ios celebrated throughout the world to aware people about the importance of yoga in our daily life.

In this account the NSS cell of OUCW also celebrated yoga day organised in the landscape gadens in O.U campus. Around 500 NSS volunteers with PO's took part in the event. We around 20 volunteers from OUCW participated in the event.

The chief guest and dignitaries for the event were V.C. of O.U-S He has demonstrated some yoga asanas and told them the importance of them.

Certificate for the PO's and students were given.Refreshments were also provided. After returning college, compititions were held in essay writyting and poster making, prizes were distributed for the winners.

Thus on a final note , yoga helps you to achieve the perfect harmony between your mind, body and soul It drives away all negativity from your system and promotes in tyhe achievements of a healthy and happy life.

