**Report on Yoga Day**

**Sunday, 24-Feb-2019**

Bengaluru Central University had organized Yoga Day for the NSS Volunteers of affiliated Colleges. More than thirty Volunteers from our College NSS Unit took part in the event. The Volunteers learnt by observing and practicing for about two hours at National College Ground on Sunday the 24th February 2019. Some of the trained volunteers from other Yoga centres had demonstrated their skill, which in turn motivated our Volunteers to take up Yoga practice as a daily routine. The objective of this programme was to make our volunteers realize the importance of good physical and mental health.



