



INTERNATIONAL YOGA DAY

SUNDAY, JUNE 21ST, 2020

VENUE: CMS COLLEGE CAMPUS, MC-ROBERT GANJ, KANPUR

HIGHLIGHTS OF THE PROGRAM

On 21st June 2020, College of Management Studies, McRobertganj Kanpur celebrated **International Yoga Day**. This year due to the current pandemic, CMS Team decide to celebrate the zeal of the Yoga Divas while maintaining social-distance from the comfort of their home.

They performed 'Sukhasana' (Easy Pose) and shared on various social platforms to spread the awareness of immunity building and stress relieving benefits of Yoga.

Yoga targets all the different systems of the body and mind. The asanas make the body strong and flexible, as health improves; the mind too is renewed with confidence. And these are exactly what is needed in this time of consequent restrictions on movement and challenging economic activities.

Families, friends and neighbours also joined CMS students in 45-minutes long CYP (Common Yoga Protocol) drill at 7.00 AM on 21st June 2020 organized on IDY. And those who were already trained in yoga also trained other members through online sessions.

Program Facilitators

Assist. Prof. Mohd Anas Rahman

Pictures of the event

