



**Shrimathi Devkunvar Nanalal Bhatt Vaishnav College For
Women(Autonomous) Chromepet, Chennai 600 044**



Affiliated to University of Madras, Re-Accredited with "A+" Grade by NAAC

INTERNATIONAL YOGA DAY 2021

International yoga day is celebrated on 21st June every year. Yoga Day is celebrated across the globe to highlight the importance of Yoga and how it has been beneficial in keeping the body and mind in sound health. Considered as a holistic approach and targeting the different systems of the body and the mind, Yoga renews the mind with confidence. Theme of this year is "Yoga at Home, Yoga with Family".

The NSS volunteers of SDNB Vaishnav College did many yoga poses at home individually and with family members too. Nearly 30 NSS Volunteers did yoga poses. Also it has posted our instagram and circulated through Whatsapp in order to reach community.

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**NATIONAL SERVICE SCHEME
&
YOUTH RED CROSS**

Observes

INTERNATIONAL YOGA DAY 2021
Theme: Yoga at Home and Yoga with Family
On 21st June 2021
Essential Yoga Poses for Beginners
(By our NSS Volunteers)

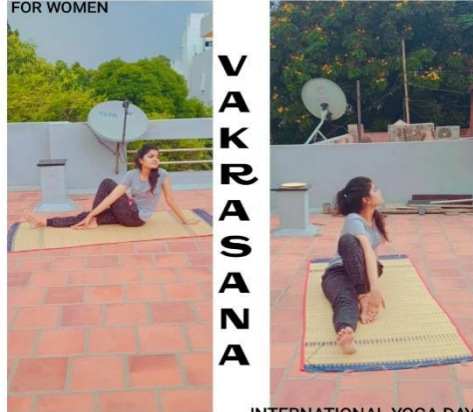
NSS Programme Officers NSS Volunteers

SDNB VAISHNAV COLLEGE
FOR WOMEN, CHROMPET



INTERNATIONAL YOGA
DAY-2021

SDNB VAISHNAV COLLEGE
FOR WOMEN



INTERNATIONAL YOGA DAY
2021

SDNB VAISHNAV COLLEGE
FOR WOMEN



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INTERNATIONAL YOGA DAY
2021

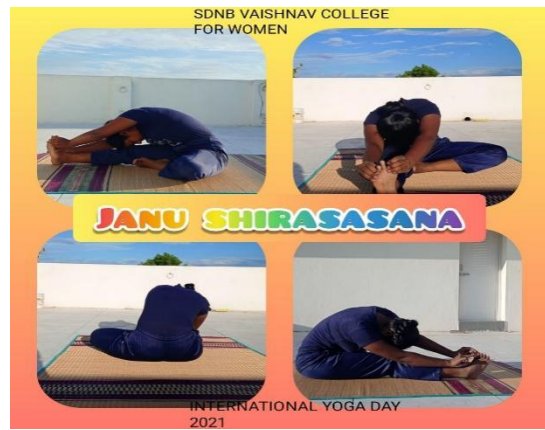
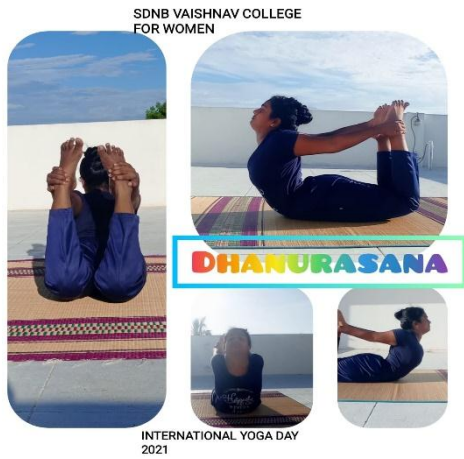
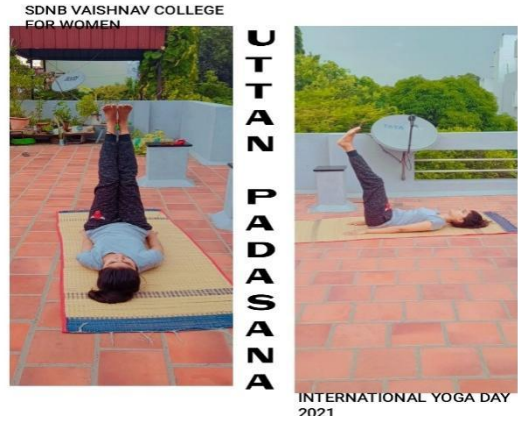
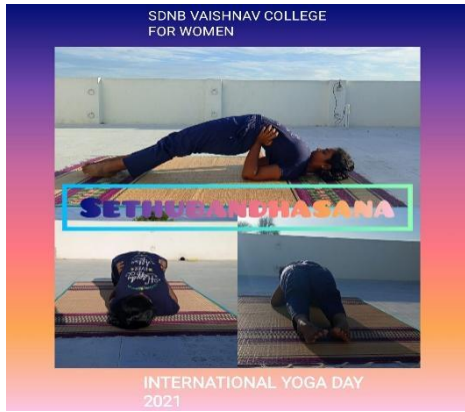
SDNB VAISHNAV COLLEGE
FOR WOMEN



Janushirshasan

INTERNATIONAL YOGA DAY
2021







Instagram



nssunit_of_sdnbvc
Sdnb Vaishnav College for Women



SDNB VAISHNAV COLLEGE FOR WOMEN, CHROMPET



PASHCIMOTTANASANA



INTERNATIONAL YOGA DAY - 2021



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nssunit_of_sdnbvc International yoga day celebrated on 21 June 2021. This year theme is 'Yoga at Home and Yoga with Family'.

Yoga day is celebrated across the globe to highlight the importance of yoga and how it has been beneficial in keeping the body and mind and sound health.

So we the NSS units of SDNB Vaishnav College did yoga poses individually and with family members. 🧘🧘🧘

