

## Report on International Yoga Day, 2020

Sikkim University N.S.S. Cell observes International Yoga Day on 21 June every year. This year also NSS Cell observed this event albeit in a different manner amid the raging CoVID -19 pandemic. N.S.S. organized an online yoga session on 21/6/2020(Sunday) at 9:00 AM in the online webinar mode through the Google Meet Application. The theme of International Yoga day, 2020 was “Yoga at Home and Yoga with Family” and the purpose of online yoga session was to encourage students as well as faculty members and staff of the University to practice Yoga at home and stay healthy during the pandemic. The program started with a welcome address by NSS Coordinator Dr. Nidhi Saxena who welcomed Hon’ble Vice-Chancellor, Prof. Avinash Khare, Respected Registrar, Sikkim University, Shri T K Kaul, Resource persons Shri Sukhveer Singh & Mrs Jyoti Chaudhary, Faculty and Administrative Staff Members of Sikkim University, NSS Volunteers and Students. The inaugural address was delivered by the Hon’ble Vice-Chancellor Sikkim University Professor Avinash Khare. Professor Khare addressed the participants on the importance of yoga practice in our life. The program was attended by respected Registrar Sikkim University Shri T K Kaul. Faculty, administrative staff members and students of Sikkim University actively participated in the yoga sessions. The resource person coach of the day was Shri Sukhveer Singh from Art of Living Foundation. Yoga kriyas were demonstrated by Mrs Jyoti Chaudhary in online mode followed by Omkar Chanting. In the online yoga day on Google Meet the moderator was Volunteer Pranta Jyoti Biswas. In this event more than forty five student NSS volunteers, faculty members of various departments and staff members of the University actively followed the instruction and practiced various Asanas e.g. Surya Namaskara, Pranayama, Tarasana etc. The program was ended with vote of thanks by N.S.S. Coordinator Dr. Nidhi Saxena. Some moments of the event day-





