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**REPORT**

**Degree College Vailoo Larnoo, June 21, 2022:** Department of Physical Education & Sports in collaboration with EK Bharat Shreshtha Bharat Club & NSS Unit of the college celebrated International Yoga Day, 2022 on theme “Yoga for Humanity” under Azadi Ka Amrit Mahotsav.

Dr. Naseer Hussain Shah, Principal of the college while speaking on the occasion briefly highlighted the history of this day. Yoga has both physical and psychological benefits and therefore there is a need to make yoga a daily routine in our lives, added Dr. Shah.

Dr. Raof Ahmad Bhat, Head Department of Physical Education & Sports carried out the proceedings of the event and performed 45 minute Common Yoga Protocol (CYP) along with the students and faculty members of the college.



Sd/

Principal