

6th International Day of Yoga

Theme 2020:“YOGA AT HOME YOGA WITH FAMILY”

As per the instructions from Ministry of Youth Affairs & Sports, NSS Regional Directorate , University Grants Commission (UGC), and Vinayaka Missions Research Foundation (Deemed to be University) Salem, In this Connection NSS unit of AVIT celebrated International Yoga Day on 21.06.2020. This year, the International Day of Yoga will be observed on the theme Yoga @ Home. 30 family members were participated in this programme. Our NSS Volunteer to Perform Yoga with family at their homes accordingly.60 NSS Volunteers was participated and also around 500 plus present the poster presentation in the theme of yoga posture competition.



