**INTERNATIONAL YOGA DAY - 2019**

On International Yoga Day, 21.06.2019, Sri Aurobindo College organized lectures on the topic ‘Yoga – A Healthy way of life” by Yoga experts.

A Yoga training-cum-demonstration session was also organized with the help of Yoga experts from “Bharatiya Yog Sansthan” between 7:30 a.m. and 9:00 a.m. in the college lawns. Teaching, non-teaching staff, students and NCC cadets participated with great enthusiasm.

Yoga literature was distributed to participants.