

**The 5th International Day of Yoga:** RRC & NSS club of SRDCH organized a Yoga program in association with the **ISHA Foundation** on 21st June 2019. Both faculty and the students participated with much enthusiasm in the demonstration and performance of Yoga. The volunteers were able to successfully instill the spirit of Yoga and its benefits in the minds of everyone for a healthy living. The volunteers have taken upon them to practice Yoga on a daily bases and spread awareness

