

World Sun salutation day -19th February 2021 (Jagtik Surya Namaskar Din)

Report

In the collaboration of Department of Sports and IQAC conducted the world Sun salutation day (Jagtik Surya Namaskar Din) on 19th February 2021. 30 students were participated in the activity. every student performed 144 Surya namaskar. Total Sun salutation were performed 4320 Sun salutations by the 30 students. The main motto behind of the activity was to aware the students from Sun salutation and its health benefits. Dr Vikramsinh Nangare Director of Physical Education coached to the students.




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