

2019-2020

## International Yoga Day

Health Club of St.Mary's College in collaboration with Ayush Wellness Centre, Govt.Ayurveda Dispensary celebrated Yoga Day on 21<sup>st</sup> June 2019. As part of the celebration Dr.Aneeja ,Naturopathy Specialist and Smt.Dhanya K.M. , Yoga Instructor demonstrated protocol Yoga to the health club members and together they performed yoga.

