



**DEPARTMENT OF PHYSICAL EDUCATION**

**Report on 9<sup>th</sup> International Day of Yoga (21<sup>st</sup> June 2023)**

The Department of Physical Education of PSG iTech organized the **9<sup>th</sup> International Day of Yoga** for the Faculties, Staff members and Students on 21<sup>st</sup> June 2023. The yoga session started with prayer song and simple exercises. Around 44 members participated in this event. Mr. M. Senthilkumar, Yoga Instructor, elaborated on various yoga asanas and pranayamas (breathing exercises). The yoga session ended with refreshment.



**Our Resource person Mr. M. Senthilkumar along with the Faculties, Staff members and Students participated in the 9<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2023.**