



2021-2022

Name of the Department/Society: **Haritima- The Environmental Awareness Society**

Name of the Event 2: Session on International Yoga Day

Date of the Event: 21st June 2021

About- We at Haritima celebrated 'International Yoga Day'21' by organizing an online session with Acharya Umang Vatsal Tyagi; founded Shoonya Yoga Community in 2020.

All the attendees performed different yogic practices, and talked about the health and spiritual benefits.

