

## Report of the International Day of Yoga 21<sup>st</sup> June 2021

National Service Scheme and Sports Department of Pravara Institute of Medical Sciences Deemed to be University celebrated 7<sup>th</sup> International Day of Yoga on 21<sup>st</sup> June 2021. Common Yoga protocol has been taken by Yoga Guru Shri. Chavan A.K. at Ganga Hall of Padmabhushan Dr. Balasaheb Vikhe Patil Lecture hall Complex. As this year's theme of Yoga Day is "Yoga at Home, Yoga with Family" this protocol was also broadcast on YouTube Live.

**Yoga guru Shri. Chavan A.K. was demonstrated various Asana's and Pranayama's as per the Common Yoga Protocol**

