

SAS GOVERNMENT DEGREE COLLEGE, NARAYANAPURAM

**Departmental level extension activities for the academic year
2019-20**

DEPARTMENT OF PHYSICS

Title of the activity: **INTERNATIONAL YOGA DAY CELEBRATIONS**

Date : 21.06.2019

Name of the Resource person: Dr B V Tirupanyam, INCHARGE PRINCIPAL

No.of lecturers participated: ALL

No.of students participated: 70

Brief report on the activity:

The Department of Physics and Botany Organised a programme “International Yoga Day Celebrations” at Department of Physics, & Botany, SAS Government Degree college, Narayanapuram on 21.06.2019. The main objective of this programme is to improve Boby immunity power by doing daily Yoga.

YOGA is the best medicine for all problems









