


## International Day of Yoga on 21<sup>st</sup> June 2021.

“Yoga does not just change the way we see things, it transforms the person who sees.”

NSS NIT Patna is organising a 7 day yoga drive from 15th June to 21st June 2021.

A week of yoga challenges. Do yoga inspire others around you to do it with you. Make your video doing any 2 asans everyday. Post it from your account and tag  us in...using our official handle @nss\_nit\_patna

We will track your progress everyday... and on 21st the best performers who are consistent diligent while doing it.. Will get appreciated by NSS NIT Patna..

All the best participate as much as you can and what they say “When you listen to yourself, everything comes naturally. It comes from inside, like a kind of will to do something. Try to be sensitive. That is yoga.”

Let your natural self be.