

Virtual Yoga Session by JSS AHER



Mysuru, June 23- On 7th International Day of Yoga (IDY), JSS Academy of Higher Education & Research (JSS AHER), Sri Shivarathreeswara Nagar, Mysuru, Department of Yoga & NSS, had organised Virtual Yoga Session "Be with Yoga, Be at Home." The programme was streamed live on JSS AHER Youtube Channel on June 21 between 6.30 am and 8 am.

The IDY 2021 Session started

with virtual inauguration by Dr. B. Manjunatha, Registrar, JSS AHER and Dr. P.A. Kushalappa, Director (Academics), JSSAHER.

General public and other authorities of JSSAHER actively participated in the Session as Yoga is the best preventive medicine available for mankind to control stress and modulate the immune system in the present pandemic times, said Dr. Kushalappa.