



HOLY CROSS COLLEGE

Accredited by NAAC with 'A' Grade

Celebrating International Yoga Day - 2021

Online Yoga
Session



By
Mr. Rakesh Datta

Date- 21-06-2021 | Time: 5:45 PM- 6:45 PM

- Organized by -

NCC, NSS and Sports Club of Holy Cross College, Agartala

1

Asanas



2

Pranayamas



3

Meditation

