**International Day of Yoga**

The Department of Journalism and Mass Communication and the Department of English (Aided) St. Albert’s college (Autonomous) together marked International Day of Yoga with a an online session on “Breath Beats” for Better Mind and Body: Tips and Techniques on 21th June 2021 at 11 a.m. the session was handled by Prof. Lovey Debora Cruz, Associate Professor, SAI-LNCPE, Trivandrum. The session with a silent prayer and moved on to the talk on the advantages of Yoga by Ms. Lovey. She talked about the different aspects of yoga and its importance in current pandemic situation. The faculty coordinators were Dr. Mary Sapna Miranda and Prof. Nikitha Shaji Thomas. The student coordinators were Aadit Sharon B.S and Mary Limisha P.L. Program was anchored by Nekha George, Sruthi Suresh welcomed everyone and Sinju delivered the vote of thanks.



