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Name of online Activities	No. of NSS Volunteers participated			No. of Youth/Others participated in online Activities		
1. Online Yoga Protocol demonstration by Dr JS Yadav on dated 21/06/21 at 7 AM on NSS CBPACS facebook page						
2. Online Zoom Yoga workshop from 14 June to 21 June (Except 20 June 21) in collaboration with NSS NSUT conducted by Acharyaa Shalini Jha						
	Male	Female	Total	Male	Female	Total
3. Yoga poster presentation	45	55	100	200	300	500
1. 1/6 *Padmasan*						
2. 2/6 *Bhadrasan*						
3. 3/6/ *Matsyasan*						
4. 5/6 *Hastpadasan*						
5. 7/6 *Vajrasan*						
6. 8/6 *Shashankasan*						
7. 9/6 *Bhujangasan*						
8. 10/6 *Pashchittomasan*						
9. 11/6 *Suptavajrasan*						
10. 12/6 *Setubandhasan*						
11. 14/6 *Shalbhasan*						
12. 15/6 *Chakrasan*						
13. 16/6 *Sarvangasan*						
14. 17/6 *Kukuttsana*						
15. 18/6 *Mayursan*						
16. 19/6 *Brahmri Pranayam*						

