

Fr C Rodrigues Institute of Technology celebrates International yoga day 2022

You can refer this reference material for daily yoga practice

Yoga Asanas Guide & Video

Guide:

<https://yoga.ayush.gov.in/public/assets/front/pdf/CYPEnglishLeaflet.pdf>

<https://yoga.ayush.gov.in/blog?q=71>

<https://yoga.ayush.gov.in/ministryofayush/SuryaNamaskar.pdf>

Videos:

(Hindi) <https://www.youtube.com/watch?v=h1OxpsDKpHM>

(English) <https://www.youtube.com/watch?v=K-GJh9GeOx>