

Yoga Day: Visual Demonstrations at MIDS on June 21, 2022

As June 21 is observed and celebrated as the 8th International Yoga Day the world over, Madras Institute of Development Studies (MIDS) organized a visual demonstration at its Adiseshiah Auditorium on the day regarding basic, healthy, and what could be lifestyle-changing Yoga practices for the benefit of moral and intellectual health of MIDS members.











