

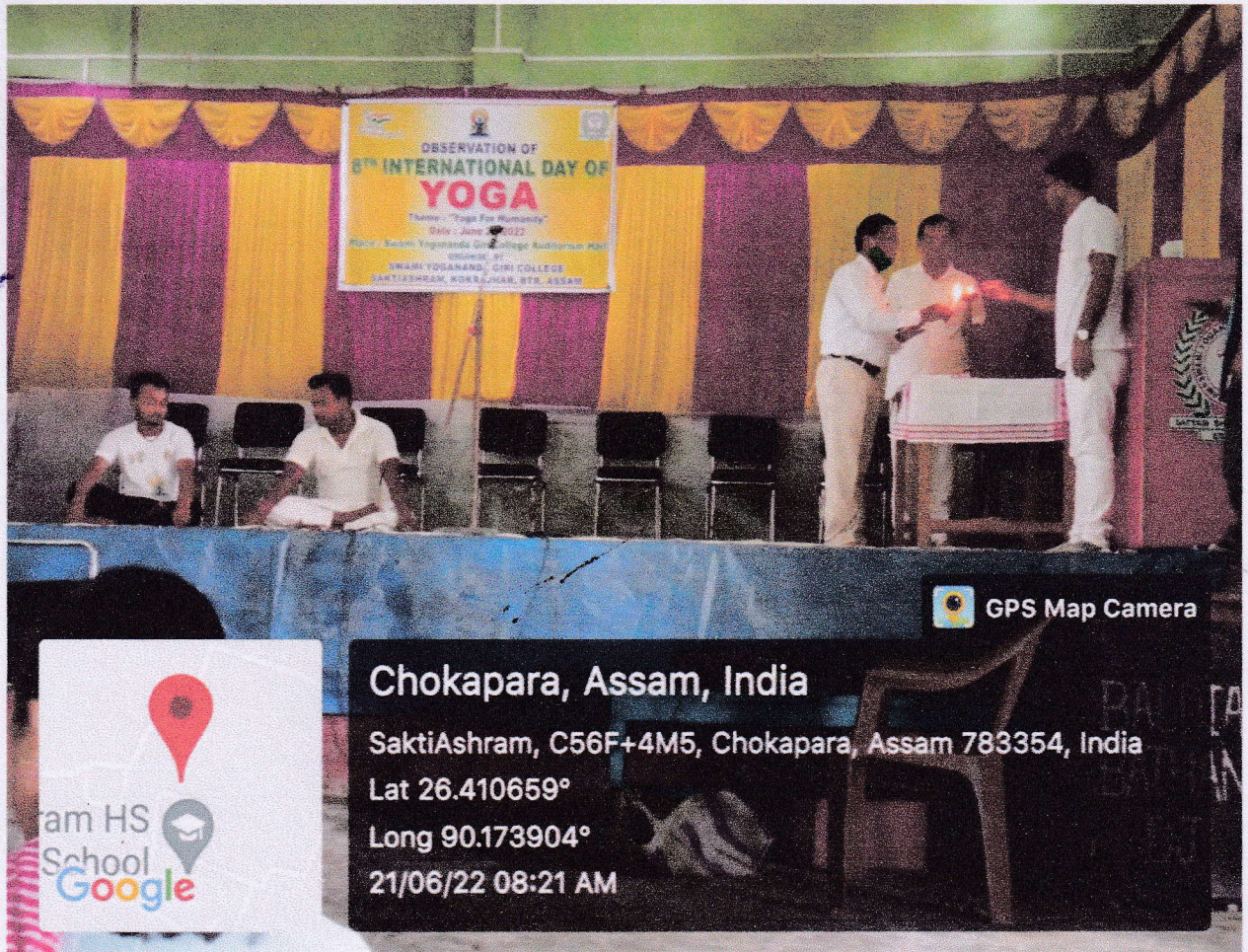
**OFFICE OF THE PRINCIPAL
SWAMI YOGANANDA GIRI COLLEGE,
SAKTIASHRAM**



OBSERVATION OF INTERNATIONAL YOGA DAY

Report of the Programme:

International Day of Yoga was observed on 21-06-2022 at Swami Yogananda Giri College in collaboration with the NSS Unit of the College, with tremendous zeal and passion. Mr. Sushanta Sutradhar and Mr. Akhil Das, Yoga Pracharak, Kokrajhar, were invited to participate in this Programme as Yoga Instructor. Mr. Das defined Yoga before introducing Pranayama and expounded on its significance and benefits. He went on to say that regular yoga practice improves mental, physical, and intellectual wellness. It enhances people's lifestyles and increases their sense of well-being. The session was attended by a total of 60 students.



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Principal, i/c
Swami Yogananda Giri College
Sakti Ashram
Date: