

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

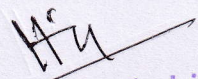
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**OBSERVATION OF INTERNATIONAL YOGA DAY**

**Report of the Programme:**

Swami Yogananda Giri College observed the International Day of Yoga on 21-06-2019 in collaboration with NSS Unit of the College, with tremendous zeal and passion. Mr. Shymal Saha, Yog Pracharak, Kokrajhar, was invited to participate in this programme as a Yoga Instructor. Mr. Saha defined Yog, then presented Pranayama and dwelt on its significance and benefits. He elaborated on the fact that regular yoga practice leads to improve mental, physical, and intellectual wellness. It improves people's lifestyles and raises their degree of well-being. In the programme a total of 59 students have participated.



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