

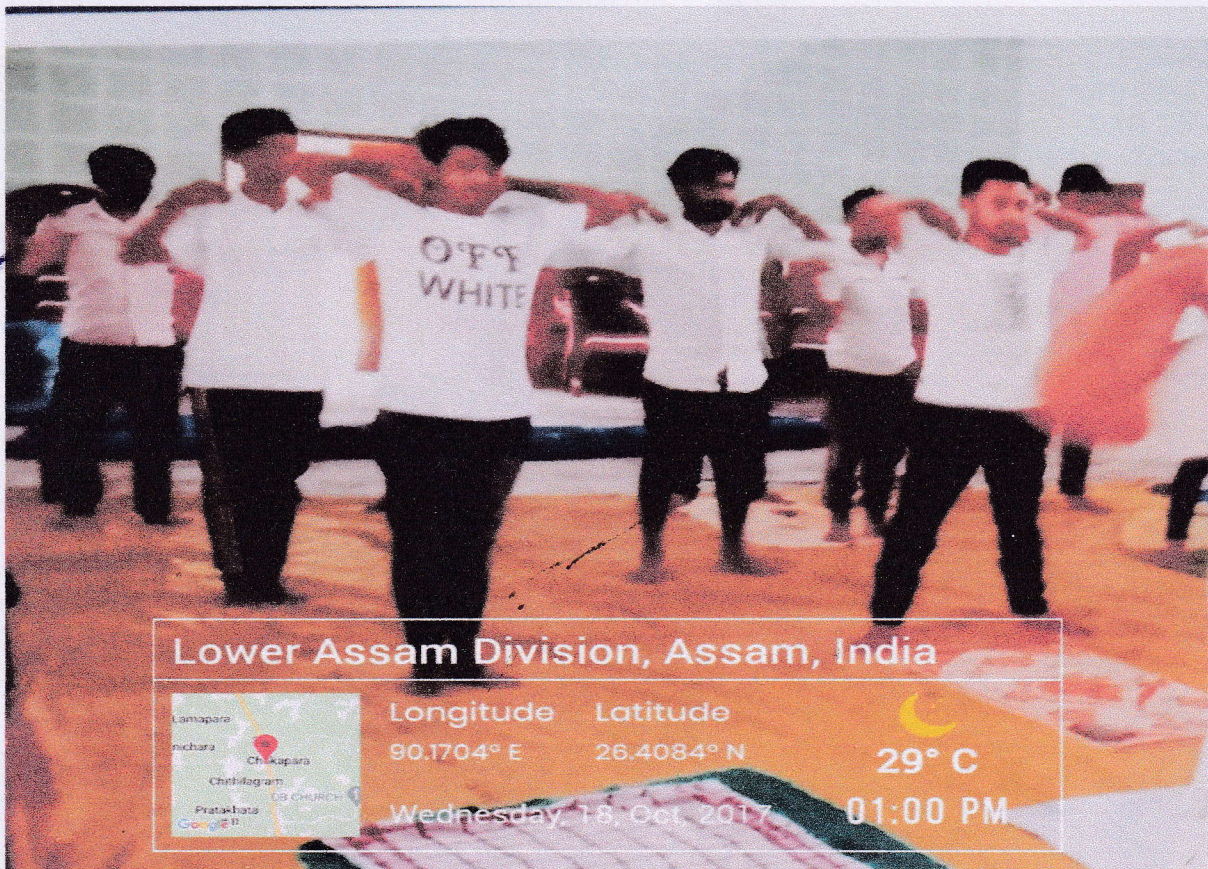
**OFFICE OF THE PRINCIPAL**  
**SWAMI YOGANANDA GIRI COLLEGE,**  
**SAKTIASHRAM**



**YOGA TRAINING CAMP**

**Report of the Programme:**

A one-day Yoga Training programme was organized by the college in collaboration with NSS Unit, Swami Yogananda Giri College on 18<sup>th</sup> October 2017. Mr Shymal Saha, a Yoga Instructor in the locality was invited to this programme as a resource person. The programme started at 7:30 A.M. with a meaningful deliberation of the importance of Yoga in human life. He educated the attendees on the benefits of yoga for health and personal growth. Students eagerly participated in this programme and practised yoga for better health. There was a total of 81 participants.



*AM*  
Principal,  
Swami Yogananda Giri College  
Sakti Ashram  
Date: .....