



OFFICE OF THE PRINCIPAL / SECRETARY
SWAMI YOGANANDA GIRI COLLEGE

Accredited with B⁺⁺ Grade by NAAC (First Cycle)

Affiliated to Bodoland University, Recognized by 2(f) & 12(B) Under U.G.C.

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Lt. No. ...

Date-

OBSERVATION OF INTERNATIONAL YOGA DAY

Report of the programme:

Swami Yogananda Giri College observed the 9th International Yoga Day on 21-06-2023 in collaboration with NSS unit of the College. Dr. Tarun Ch. Roy Asstt. Professor of S.Y.G. College invited in this programme as a Yoga Instructor Dr. T.C Roy explained the meaning the meaning of Yoga and then illustrated Pranayama and elaborated its benefits. Then he demonstrated the various Asanas and stressed the need to be practice improves physical and mental health. The Participants greatly benefited from this Programme.



Principal(i/c)
Swami Yogananda Giri College
Saktiashram