## **OBSERVATION OF INTERNATIONAL YOGA DAY**

## Organised by NSS WING S.D. WOMEN'S COLLEGE, RAJGANGPUR

On 21st June, 2022 the 8th International Yoga Day Celebration had been organised by the NSS units of Sarbati Devi Women's college, Rajgangpur. The programme started at 6am in the morning with the lighting of the candle by the Principal along with the chief guests. The chief guest of the programme was Mr Shyam Sunder Agarwal, Director, M R Udyog, Rajgangpur who inspired the students to follow yoga to achieve a healthy mind, body and soul. The chief speaker of the programme was Mrs Kamalini Dhala, exteacher of St.Mary's Girls High School, Rajgangpur who spoke about the history of Yoga and the different asanas and their importance. This was followed by mass Surya Namaskar and yoga performance by all the staff and the students of the college. The programme concluded with the vote of thanks.





