

## CELEBRATION OF ANNUAL YOGA DAY on 11.11.2023

### S.D. WOMEN'S COLLEGE, RAJGANGPUR

Today on 11.11.2023 we celebrate the Annual Yoga Day in our College after the completion of TWO years on the day in which it started in our College Hostel i.e. on 11.11.2021. We have started doing Yoga among the students to improve their physical health and mind power & concentration also. Every day from 5.30am to 6.30am all the boarders of two women's Hostel of our college, took active participation in Yoga and pranayam to keep them fit and fine. The PET , Yoga Teacher , Hostel Superintendent and Principal on routine basis attend the program with sound & Music on the roof top of the college.

After crossing the Covid – 19 Pandemics in the world, those who are alive is due to having good immune power in their body. We thought to continue and improve the immune system of our students by doing Yoga daily in the early morning hours and successfully completed one year.

In this occasion the Chief Guest Sj. Kamal Agarwal, Social worker Rajgangpur, the Chief Speaker Mrs. Mrs. Sadgi Agrawal of Chandra Engineering, Guest of Honour Dr. Kamal Kumari Mishra President Governing Body , Principal Prof. Bipin Choudhury addressed the audience and praised the noble activity undertaken by the college. The IQAC TEAM along with coordinator Mr. Sapan Panda addressed it as one of the best practice of the institution along with staff, stake holders and media.





















