

OBSERVATION OF INTERNATIONAL YOGA DAY 2026

SARBATI DEVI WOMEN'S COLLEGE, RAJGANGPUR

Sarbati Devi Women's College, Rajgangpur observed International Yoga Day on 21 June 2026 with great enthusiasm and active participation from students, NCC cadets, NSS volunteers, teaching and non-teaching staff members. The programme was organized to promote the importance of yoga in maintaining physical health, mental well-being, and a balanced lifestyle.

The programme commenced under the guidance of Principal, Dr. Ashok Kumar Beura, who encouraged the participants to adopt yoga as a regular practice for a healthy and disciplined life. Mr. Sapan Kumar Panda, IQAC Coordinator, highlighted the significance of yoga in developing a healthy body and mind and appreciated the efforts of the organizers.

Ms. Sasmita Dandasena, +3 NSS Programme Officer, delivered a brief introduction on International Yoga Day. She explained the history and significance of the day and emphasized the 2026 theme, "Yoga for Healthy Ageing," which promotes the interconnectedness of personal well-being and the health of the planet.

The programme was hosted by Ms. Hemakanti Meher, +2 NSS Programme Officer, who welcomed the gathering and coordinated the smooth conduct of the event. A yoga session was then conducted in which NSS volunteers and NCC cadets actively participated and performed various yoga asanas and breathing exercises. The session was later joined by the teaching and non-teaching staff members, making the programme a collective effort towards health and wellness. At the end of the programme, Mrs. Sushmita Toppo, NCC Coordinator, proposed the vote of thanks. She expressed her gratitude to the Principal, IQAC Coordinator, staff members, NSS volunteers, NCC cadets, and all participants for their enthusiastic involvement and contribution to the successful organization of the event. The programme concluded with a renewed commitment among the participants to incorporate yoga into their daily lives and to spread awareness about its numerous benefits for physical, mental, and spiritual well-being.












Rajgangpur, Odisha, India 

5hrh+c3m, Sd Womens Road, Sriram Colony,
Rajgangpur, Odisha 770017, India


Lat 22.19129° Long 84.577292°

Sunday, 21/06/2026 08:30 AM GMT +05:30

Google

GPS Map Camera



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Lat 22.19129° Long 84.577291°

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Rajgangpur, Odisha, India 

5hrh+c3m, Sd Womens Road, Sriram Colony,
Rajgangpur, Odisha 770017, India

Lat 22.191292° Long 84.577289°

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