

Observation of

"Yoga Day"

at

The College Campus and Outside Area

Organized by

NCC Unit

Sri Ramkrishna Sarada Vidyamahapitha

On June 21, 2023, the NCC unit of our college took the initiative to observe National Yoga Day, drawing participation from an impressive 115 individuals. The primary aims and objectives of the program were centered around promoting the holistic benefits of yoga, both for physical well-being and mental harmony. Also "Health is wealth" by giving importance of this words, to know the importance of yoga habits in our daily life to maintain our body fitness and make a healthy and active life. The event sought to create awareness about the importance of incorporating yoga into daily life for overall health and stress relief. The outcome of the program was a harmonious blend of participants engaging in various yoga poses and breathing exercises, fostering a sense of well-being and mindfulness. By organizing this event, the NCC unit not only contributed to the physical fitness of the participants but also emphasized the broader significance of yoga as a means to attain balance and tranquility in one's daily life.



