

Observation of
"Yoga Day"
at
The College Campus and Outside Area
Organized by
NCC Unit
Sri Ramkrishna Sarada Vidyamahapitha

On June 21, 2022, the NCC unit of our college took the initiative to observe National Yoga Day, drawing participation from an impressive 109 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. 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.

