

OBSERVATION OF INTERNATIONAL YOGA DAY 2024

Sarbati Devi Women's College, Rajgangpur
Organized by NSS, NCC, YRC and Sports wings

On 21st June 2024, International Yoga Day was observed at Sarbati Devi Women's College by the NSS, NCC, YRC and Sports wings of the college. The program was presided over by the Principal Dr. Sasmita Lenka who began the programme by offering flowers to Lord Jagannath along with the esteemed guests. She also advised all the students to inculcate Yoga in their daily life. The Chief Guest Sri Ram Krishna Rao, Sub-Treasury Officer, Rajgangpur told the students about the theme of International Yoga Day which is Yoga for self and Society. He advised the students to make healthier choices in order to elevate their lifestyle and the need to create awareness among the community. The Chief Speaker Sri Bipin Choudhury told the students to do Yoga and meditation for one hour daily for a healthy body and mind. The students performed various Asanas of Yoga and showcased their flexibility. Prizes for essay and Yoga Demonstration competition were awarded to the students. The program concluded with the vote of thanks and distribution of refreshments.









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