

Observation of International Yoga Day

NSS Wing of Sarbati Devi Women's College

Rajgangpur

The NSS Wing of Sarbati Devi Women's College observed International Yoga Day on 21st June 2025 with great enthusiasm and active participation of students, faculty, and staff. The event aimed to promote physical, mental, and spiritual well-being through the practice of yoga and to spread awareness about its importance in daily life.

The programme began at 7:00 AM with the lighting of the ceremonial lamp, followed by a brief welcome address by the Principal Dr. Sasmita Lenka, who emphasized the significance of yoga in modern lifestyles. The chief speaker Mr Sapan Kumar Panda also educated the students about the need of yoga for a stress free life. Yoga instructor Puja Dila guided the participants who performed various asanas (postures), pranayama (breathing exercises), and meditation techniques.

Over 308 students and faculty members took part in the event. Yoga mats were arranged in the college hall/ground, and refreshments were provided after the session. The event concluded with a vote of thanks delivered by Mrs P.L.Sarangi, who appreciated the efforts of all volunteers and participants. Certificates of participation in competitions of Yogasana were distributed to encourage consistent practice of yoga. The event successfully reinforced the idea of “Yoga for Wellness,” aligning with this year’s theme: “Yoga for One Earth, One Health”









Rajgangpur, Odisha, India

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

Lat 22.191224° Long 84.577429°
21/06/2025 07:15 AM GMT +05:30



Rajgangpur, Odisha, India

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

Lat 22.191212° Long 84.577436°
21/06/2025 07:23 AM GMT +05:30

