



RAIDIGHI COLLEGE

(A NAAC Accredited College)

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Date: 14/06/2019

NOTICE

This is to inform all the concerned that the following event will take place in the premises of Raidighi College. You are requested to comply and oblige. The details of the event is given below:

Title: Yoga Day

Date: 21/6/2019

Time: 11:00 AM – 2 PM

Venue: New Building Corridor

Type of Event: Workshop




Dr. Sasabindu Jana
Principal
PRINCIPAL
RAIDIGHI COLLEGE









Marking National Yoga Day, Raidighi College embraced inner peace and mindful movement. Led by the dedicated Department of Physical Education, the event saw 26 enthusiastic participants gather to learn and practice yoga postures.

The atmosphere buzzed with positive energy as instructors skillfully demonstrated various postures, explaining their benefits and proper technique. From the grounding stability of Tadasana (Mountain Pose) to the calming serenity of Child's Pose, participants were guided through a journey of physical and mental exploration.

But the celebration wasn't confined to the physical. The presence of the college Principal added a touch of inclusivity and leadership, demonstrating the value placed on well-being within the Raidighi community.

More than just stretching and breathing, the event likely fostered a sense of connection and mindfulness among participants. The shared experience of yoga transcended individual differences, creating a space for collective well-being and stress reduction.

With graceful movements and focused breaths, Raidighi College successfully celebrated National Yoga Day, leaving a lasting impression on all who participated. The event's impact likely extended beyond the day, inspiring individuals to incorporate yoga practices into their daily lives for improved health and inner peace.