

Report on the Celebration of International Yoga Day at Raidighi College

Date: 21-06-2024

Venue: Raidighi College Campus

Raidighi College celebrated **International Yoga Day** with enthusiasm and active participation from students, faculty members, and staff. The event aimed to promote physical well-being, mental clarity, and spiritual harmony among the college community.

The day began with an introductory session highlighting the significance of Yoga Day and its role in fostering a healthy and balanced lifestyle. The session emphasized the ancient roots of yoga and its growing relevance in modern times.

Participants were guided through various yoga postures, breathing techniques, and meditation practices by trained instructors. The program included:

- A **yoga demonstration session** focusing on basic asanas (postures) for flexibility and strength.
- **Pranayama exercises** to enhance breathing and relaxation.
- A short **meditation session** to instill mindfulness and reduce stress.

The event witnessed enthusiastic participation from students and staff alike, who expressed their appreciation for the initiative. The college campus resonated with positivity and a sense of community as participants practiced together, reinforcing the theme of unity and well-being.

Photographs and glimpses of the activities captured the energy and spirit of the day, showcasing the commitment of Raidighi College to holistic development and health awareness.

The celebration concluded with a brief address by the college principal, who encouraged everyone to incorporate yoga into their daily lives for overall wellness. The event reinforced the importance of physical and mental health in achieving personal and academic success.


Invitation
International Yoga Day Celebration
*Join us in celebrating the spirit of yoga and wellness. Let's unite to promote health, harmony, and peace.
Let's Embrace Wellness Together!*

Highlights of the Event
01. Yoga Demonstrations 02. Expert Sessions 03. Meditation Practices 04. Group Activities
We look forward to your enthusiastic participation.

Date: 21st June 2024
Time: 9:00 AM
Venue: Raidighi College Basket Ground

INTERNATIONAL
Yoga Day
21ST JUNE

Jointly Organized by
Sports Sub-Committee & NSS Unit
Raidighi College

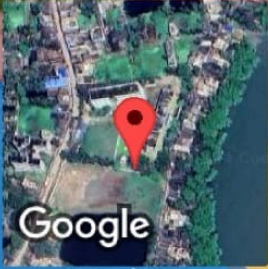
Dress Code: Comfortable attire for yoga practice

For More Information, Contact: Prof. Hamidur Rahaman Molla & Mr. Kamal Krishna Khanra



Raidighi, West Bengal, India

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