



গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE
NAAC accredited with 'B' Grade

**Celebration of
International Yoga Day
2021**





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Celebration of International Yoga Day
at
Gargaon College

Brief description of the programme

The NSS of Gargaon College in collaboration with the IQAC and Eco Camp celebrated International Yoga Day on June 21, 2022. Inaugurating the programme of the celebration of the 7th International Yoga Day, Dr. Sabyasachi Mahanta said that Yoga has been celebrated since 2015 under the aegis of United Nations. Dr. Mahanta said that our Honorable Prime Minister Narendra Modi has delivered a speech on General Assembly, United Nations on 6th Sept, 2014 explaining the importance of Yoga. And United Nations General Assembly, 2015 has decided to celebrate 21st June as International Yoga Day 2015. Yoga is the way of life. The art of practicing Yoga helps us in controlling our mind, body and soul. Yoga is the only way to keep us fit, he said. It is a key to keep our mind cool. Stating the importance of Yoga, he said that Yoga has an important role to keep our body mind and soul in sound status. Dr. Mahanta appreciated the effort the NSS Programme Officer for organizing such a event. The resource persons of the event highlighted the importance of Yoga for healthy life and spiritual wellbeing. All the faculty members and more than two hundred students of the college participated in the event.



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Photographs of the programme





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Video link of the programme

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