

J.D.S.G. COLLEGE NCC REPORT ON INTERNATIONAL YOGA DAY

International Yoga Day is observed every year on June 21st to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

Today, on 21st June 2023, NCC cadets of J.D.S.G College celebrated 9th International Yoga Day. It was attended by College faculties and Students with great enthusiasm. A Total of 40 Cadets were participate the event. The event began with a brief introduction on Yoga Day by Lt. Mintu Tokbi (ANO NCC Boy Unit) and welcoming the attendees of the programme.

Warm up exercises were taken and all the cadets practiced and performed sitting and standing asanas led by one NCC Cadet, importance of these were explained simultaneously. The programme concluded with the speech by Mr. Prasanta Saikia (Programme Officer NSS unit). He encourages cadets to practice regular yoga to remain fit and improve concentration and addresses the cadets on the importance of yoga practice in our life.

The programme ended with a vote of thanks by Lt. Mintu Tokbi (ANO NCC Boys Unit)

