- Name of the Activity: <u>INTERNATIONAL YOGA DAY</u>
- Name of the PROGRAMME OFFICER: Shri Siba Prasad Mohanty, Ms. Anita Kumari Paraja
- **Date and time of activity:** 21 June 2025/07:00-10:00 am
- Number of Participants: 50

Description

The National Service Scheme (NSS) unit of Government College, Sundargarh, celebrated International Yoga Day with great enthusiasm on 21st June 2025. The event took place from 07:00 A.M. to 10:00 A.M. Infront of A.L Nair Statue.

Introductory speech on yoga was given by Dr. Kulamani Behera further yoga teacher guru Bharati barsha led the session. He demonstrated various yoga asanas and guided the participants through meditation techniques. He emphasized the importance of incorporating yoga into daily life to enhance physical and mental well-being.

Guru Bharati also delivered a motivational talk on how yoga contributes to a balanced and healthier lifestyle. His session focused on raising awareness about yoga's benefits for reducing stress, improving focus, and promoting overall wellness.

Students, faculty members, and NSS volunteers actively participated in the event, expressing gratitude for the enlightening session. The celebration concluded with a pledge to practice yoga regularly, work towards a healthier, more mindful life and a plantation program in college campus.





