

## Celebration of International Day of Yoga by NSS Unit, MDKG College

Date: 21<sup>st</sup> June, 2022

International Yoga Day was observed by the students and faculty of MDKG College on 21st June, 2022 in college auditorium. The Programme was started at 7.30 AM with lighting of lamp by the Vice Principal Dr. Anju Borah. In her inaugural speech, she spoke about the significance of Yoga for living a healthy life. Altogether 50 students along with faculty members participated in the programme. The programme included chanting of Prayer practicing different Asana, Yogasana, including Kapal bhati, Pranayama etc. The programme ended with chanting of shanti path.

