

Observation of 8th 'International Yoga Day'

REPORT

22/06/2022

The NCC Coy. of Balurghat College in collaboration with NSS Unit – I & II and Department of Physical Education, Balurghat College have observed 8th 'International Yoga Day' on 21/06/2022 at the college premises. The programme was started from 7.30 a.m. and continued till 11.30 a.m. In this program along with our own college students, more than 450 students with their staffs from other nine schools & one colleges participated. Respected Principal Sir of Balurghat College, Dr. Pankaj Kundu delivered his valuable thoughts regarding this programme in the opening speech. Students and staffs performed different types of Yoga under the supervision of Dr. Md. Sahidul Islam, Assistant Professor of Department of Physical Education, Balurghat College. For smooth conduction of performing the yogas the whole programme was divided in four session. After the completion of the programme we have arranged some refreshment for the students and staffs. Throughout this programme, all the cadets from NCC, Coy. Balurghat College, were actively engaged.

The whole programme was very well organized and conducted properly.

➤ Some glimpses of the programme:



Mithu Biswas

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