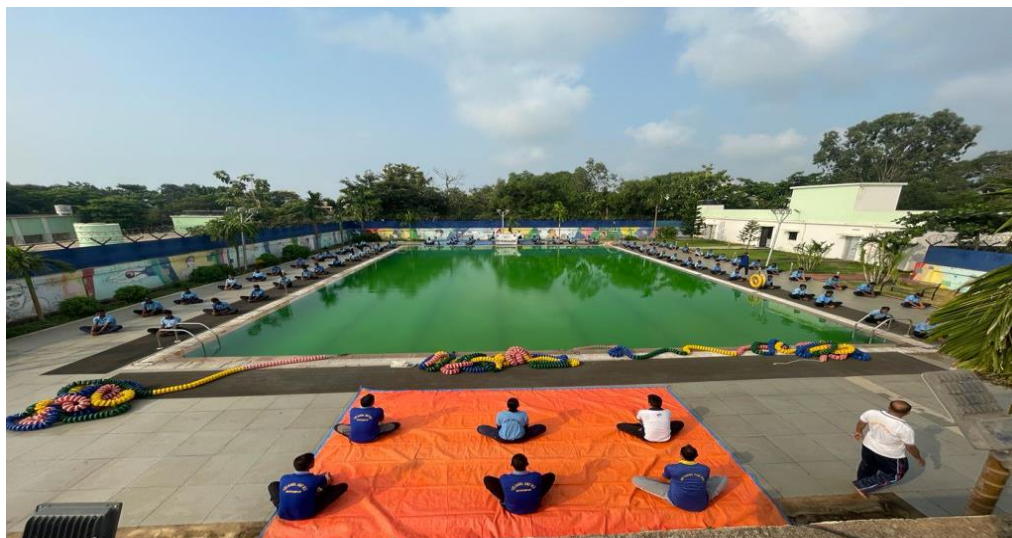




## CELEBRATION OF INTERNATIONAL YOGA DAY

NCC, NSS & YRC, Ganjam College, Ganjam

Date: 21.06.2023



International Yoga Day was celebrated on 21.06.2023 in the college by NCC, YRC and NSS Unit-1. The theme selected for this year's International Yoga Day is "Yoga for Vasudhaiva Kutumakam" which represents our shared desire for "One Earth, One Family, One Future." The primary objective with which this day is celebrated is to raise awareness about yoga as a holistic practice for mental and physical well-being. This observance holds significance in that it sheds light on the importance of psychological and physical wellness in today's world. NCC cadets along with ANO Dr. Durga Prasad Dash congregated on the college premises at 7:30 a.m. and demonstrated yogic poses. After this they headed to the Circuit House, Chatrapur to celebrate the day by the pool side.

NSS PO Dr. Susant Kumar Sethi and YRC Councilor Sri Surya Narayan Muduli along with volunteers, students and staff members conducted an awareness programme on the benefits of yoga in the college Auditorium Hall. Sri Simanchala Bhola, Reader in Philosophy highlighted about the regular meditation practice to foster mental clarity and self-awareness which are essential for thriving a stress-free environment. The volunteers and students pledged to spread the message in the community.



Principal  
Ganjam College  
Ganjam