

3rd International Yoga Day

Organized by

IQAC, Samaguri College

21st June, 2017

United Nations proclaimed 21st June as the International Yoga Day by resolution 69/131 recognizing its universal appeal on 11th December, 2014. The International Yoga Day aims to raise awareness worldwide of the many benefits of practicing yoga.

The 3rd International Yoga Day was celebrated on 21st June, 2017 organized by IQAC, Samaguri College. Two resource persons were invited from Patanjali Yoga Trust, Nagaon for practicing Yoga among the teacher and student. Before start the practice session the resource person speaks on importance of yoga for healthy fitness. All the faculty member and students were actively participated in the yoga practice session and making it successful.



Mrs. Labanya Goswami

IQAC Coordinator