

Month wise Yoga Awareness Program

In nearest Educational Institutions from 25th April, 2022 onwards

Organized by

IQAC

In collaboration with various dept. of college

A month wise Yoga awareness program was held in nearby educational institution and adopted village from 25th April to 21st June, 2022, organized by IQAC, Samaguri College, in collaboration with all department. We are trying to aware the students to protect themselves from of various diseases like, covid-19, depression, frustration, anxiety, migraine, blood pressure, sugar etc. In this regard, the faculties of all departments has cooperated an awareness campaign & appeal the students as well as teachers to do yoga training in their institution. The students and teachers make a good response to the programme and make it a successful one.



Mrs. Rumi Barlow
IQAC Coordinator