DATE: 14/05/2022

PLACE: COLLEGE CAMPUS

REPORT OF THE EVENT

YOGA TRAINING PROGRAM

The NSS Unit of Saraighat College had organized one day Yoga Training Program on 14th May 2022 in the Seminar Hall of Saraighat College. The meeting was presided by Dr. Mani Sarmah, Principal of Saraighat College. He also delivered a lecture on Yoga and Health. After the lecture all participants had participated in the Yoga Practice. Total 47 NSS Volunteers had participated in this program.