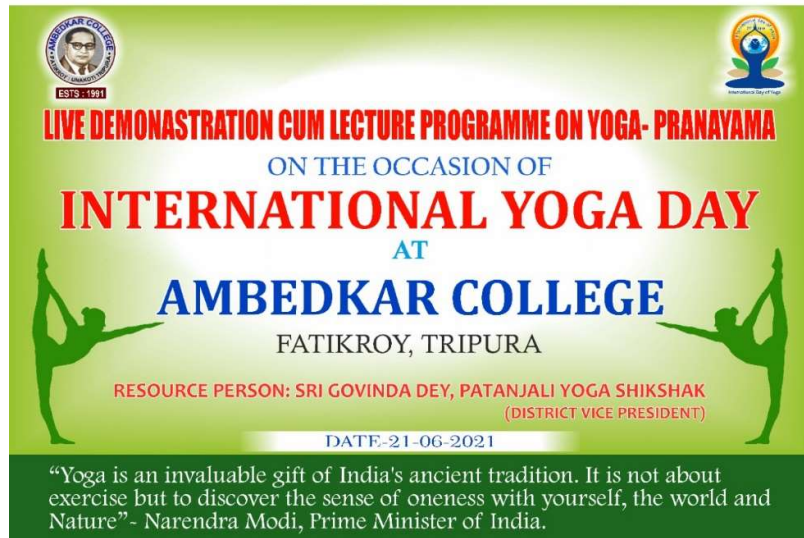


Report On International Yoga Day-2021

The Covid-19 pandemic was not just a physical crisis, it also left lasting impacts on mental health, with many left in psychological suffering, depression, and anxiety dealing with the pandemic-necessitated restrictions and loss.



To create awareness on the physical and mental well – being among faculty and staff at the College ,we celebrated International Day of Yoga on 21-06-2021. Sri Govindra Dey, Patanjali Yoga Shikshak , District Vice President, act as a resource person.



Teaching and Non-Teaching staff of the College, Participated in the Yoga.