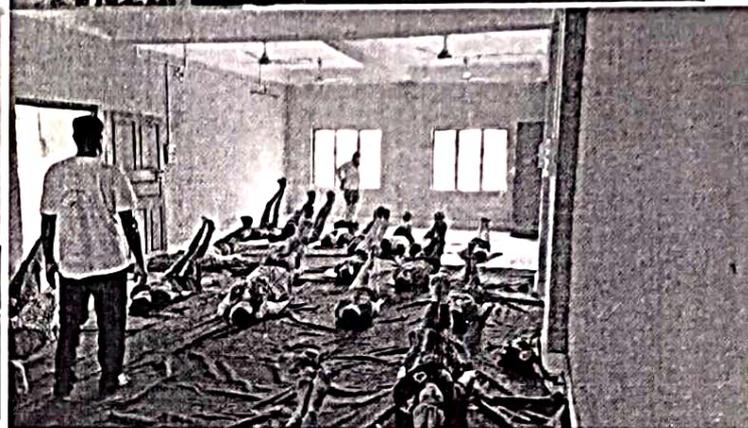
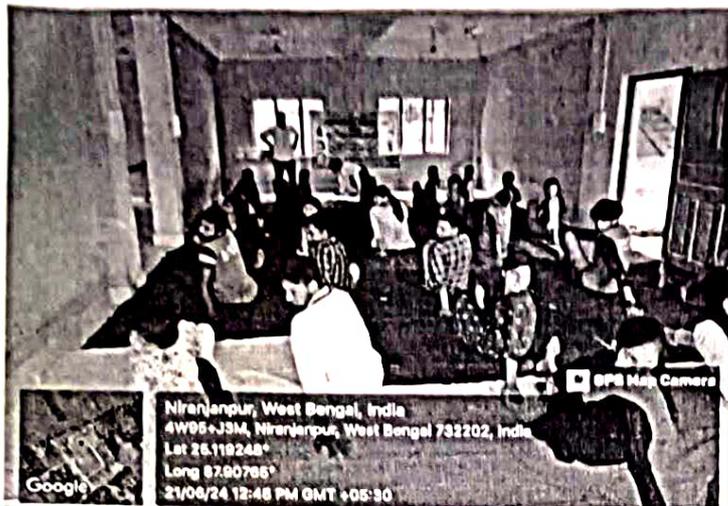


Report of the NSS Activities done by Manikchak College NSS Unit – I

Activity Name: Celebration of International Yoga Day

Date: 21st June 2024



In the modern era, the balancing aims of education is maintaining mental & physical health naturally through the help of physical activities like yoga. With the aims of maintaining physical&mental health of the student, the NSS unit of Manikchak College has organized a “Workshop on Yoga Practicing” by the Yoga trainer of Prabhat Yogashram, Malda and a Special Lecture on “Yoga for Self and Society” on 21st June 2024 as well as the part of the celebration of International Yoga Day and Create awareness through this programme between them about the importance of yoga practicing in our daily life. 34 NSS volunteers participated in this programme. The principal, NSS Programme officer and other Teachers have delivered their valuable speeches about the importance and utilities of Yoga education in this programme.

Sybil 21/06/24
 Officer
 NSS Programme
 Programme officer
 Manikchak College NSS Unit – I
 Manikchak College