

“International Yoga Day - 2023” Celebration on 21st June, 2023 At Nagaon G.N.D.G. Commerce College

Nagaon GNDG Commerce College observed International Yoga Day – 2023, by conducting a Yoga Mohoutsav at the college campus in association with Patanjali Yogpeeth and Nagaon Patanjali Yoga Kendra.

The programme was started by the lighting of lamp by Dr. Mriganka Saikia, Principal of the College accompanied by the members Nagaon Patanjali Yoga Kendra. Later the principal along with the other college staff and students and members from Patanjali Yogpeeth took participation in the programme by performing yoga asana as instructed and directed by the expert Sri. Tapan Dey.

Along with the other students, the NCC unit of the Nagaon GNDG Commerce College also took part in the Yoga Day Celebration. They performed various asana which are included in the common yoga protocol. The college yoga trainer Prof. Krishna Kamal Das conducted a yoga session separately for the NCC cadets on the occasion.

