

9th International Yoga Day

Observed by

Progati College, Agomani

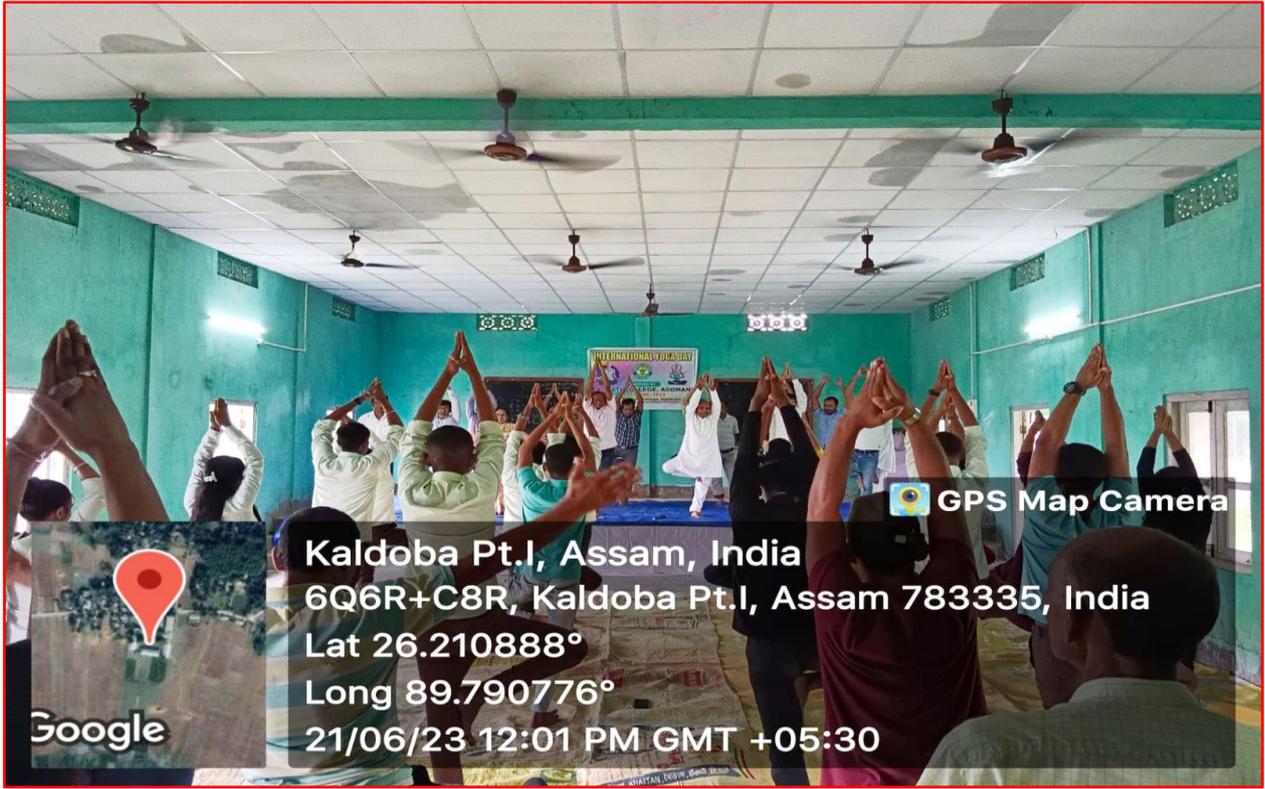
Date: 21.06.2023

Theme: “Basudevaya Kutumbakam”

Progati College, Agomani, observed the 9th International Yoga Day in the auditorium hall of the college. The vice principal of the college, Mr. Sajal Kumar Sen inaugurate the programme with a short speech on the importance of Yoga in our daily life. Most of the students, teachers, non-teaching staff and alumnus participate in the programme and practiced various steps of Yoga through which they are able to integrate their mind, body and thought.

The District President of Patanjali Yoga Samiti, Mr. Ramesh Ch. Ray (Retired High School Teacher) delivers his auspicious speech on personality development and human value which is very essential to extend social harmony in the modern age. Mr. Ganesh Ch. Saha (Yoga Teacher) of this college offers his valuable speech on the different branches of Yoga.





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Principal
Progati College, Agomani