



## NSS UNIT

BIRJHORA KANYA MAHAVIDYALAYA, BONGAIGAON

Bongaigaon, Assam, Pin-783380



### REPORT

**Name of the Programme/ Activity:** International Yoga Day

**Date of the Programme:** 21/06/2018

**Organised by :** NSS UNIT

**Time/ Duration :** 2 hrs

**Venue:** Birjhora Kanya Mahavidyalaya

On 21/07/2018 NSS unit of Birjhora Kanya Mahavidyalaya organized International Yoga day at college library. More than 50 nos of students took part in the programme. YOGAGURU Mr. Probir Kumar was invited as an instructor for that occasion. The Yoga session start with meditation and come to an end with all yoga posture as prescribed by Govt of India.

The programme start at 8 am and come to an end at 10 am. At the end of the programme Principal felicitated our guest Yoga instructor Mr. Probir Kumar.



*Sanjib Sarma*

(Sanjib Sarma)

Programe Officer NSS,  
Birjhora Kanya Mahavidyalaya,  
Bongaigaon

**Programme Officer, NSS  
Birjhora Kanya Mahavidyalaya  
Bongaigaon**