



# P. N. DAS COLLEGE

Santinagar, Palta, P.O.: Bengal Enamel, North 24 Parganas, Pin - 743122 (W.B.)  
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Website : www.pndascollege.in

**NAAC ACCREDITED - 2016**

Ref.: .....

Date .....

## P.N. DAS COLLEGE NSS UNIT

### NAME OF THE ACTIVITY: INTERNATIONAL YOGA DAY

- ❖ Date: 21.06.2023
- ❖ Name of the Activity: International Yoga Day
- ❖ Venue: P.N. Das College Premises and Sishu Bhawan
- ❖ Number of Volunteers Present: 22

P.N. Das College NSS Unit observes International Day of Yoga that was celebrated in college campus on 21.06. 2023. The NSS volunteers' practices of various yoga asanas starting with 'Surya Namaskar'. International Day of Yoga is celebrated by the students, teaching and non-teaching staff members with great enthusiasm. The celebration was started with the speech of Hon'ble principal Dr. Sharmila De. Madam described the art of practicing yoga helps in controlling an individual's mind, body and soul. It also helps in increasing flexibility, muscle strength and body tone. The NSS volunteers also describes the benefits of doing yoga and practices yoga with the children of 'Sishu Bhawan'.

  
Principal  
P.N. Das College  
Palta, Bengal Enamel, N. 24 Pgs



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