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EVENT REPORT ON INTERNATIONAL YOGA DAY CELEBRATIONS AT GIRMAPUR SCHOOL

Date of the Event : 26-01-2024

Venue : Girmapur

Program Officer : M. SAAHUL

Number of Participants : 6

Description of the Event : On 21-06-2025, on the occasion of International Yoga Day, the NSS volunteers of the AIML Department organized a yoga session at Girmapur Government School. The program aimed to promote awareness about the benefits of yoga for physical and mental well-being. Volunteers guided students through basic asanas and breathing exercises with proper demonstrations. The session emphasized the importance of incorporating yoga into daily life for a healthy lifestyle. Students actively participated and showed enthusiasm throughout the event. The activity encouraged discipline, focus, and overall wellness among young learners.

The initiative aligns with SDG 3 and SDG 4.

Signature of Program Officer

Signature of Head