

International Yoga Day

21st June 2018

International Yoga Day is celebrated annually on 21st June since its inception in 2015. This year too, “International Day for Yoga’ was celebrated with great enthusiasm at S.S. Khanna Girls’ Degree College under the supervision of the Principal Dr. Lalima Singh and NSS Programme officers Dr. Ruchi Malviya and Dr. Shiv Shankar Srivastava. On this occasion Naresh Chandra Vaish (Chief Trainer Patanjali Yog Samiti, Allahabad) and Avinash Kumar Gupta (Assistant Trainer), were invited to enlighten the students with their knowledge & experience about yoga. Emphasizing the value of Yoga, in present scenario, he said : “Yoga aims at the physical, mental and spiritual development of human beings. Its benefits are many and by practicing it regularly we can create a healthy society.” The students as well as teachers practice several postures and aasanas under the guidance of the yoga teacher. The principal Dr. Lalima Singh also inspired the students to be fit and healthy by practicing Yoga regularly. Welcome address and vote of thanks was delivered by Dr. Ruchi Malviya, Senior faculty Member Dr. Rita Chauhan, Dr. Harish Kumar Singh, Dr. Jyoti Kapoor and Dr. Sumita Sahgal, Dr. Vinita Mishra and non- teaching staff were also present on the occasion.



