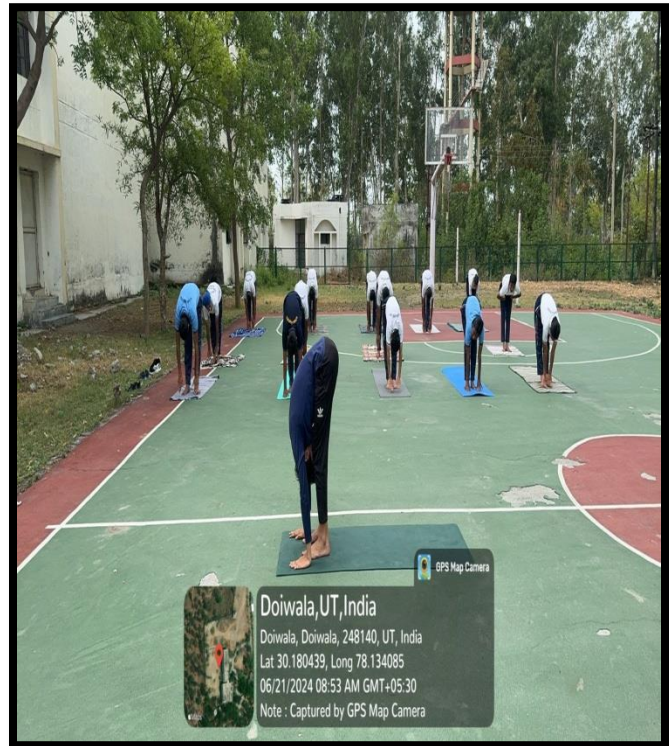


INTERNATIONAL YOGA DAY-2024
21/06/2024
29UKBN,NCC
S.D.M.GOV.T.P.G.COLLEGE, DOIWALA

International Yoga Day-2024 was celebrated on 21/6/2024. 15(10SD+5SW) NCC cadets of S.D.M.Govt.P.G.college, Doiwala practiced pranayam followed by various asanas as demonstrated by Mr. Sachin Dangal, Yoga expert & instructor. Cadets were informed about the benefits of different asanas as well as conditions in which a particular yogasana cannot be performed. The cadets were guided for the correct postures during the asanas.





JAI HIND