

102/1, Raja Rammohan Sarani, Kolkata - 700009

## Notice

This to inform all that NSS Unit, City College is going to organise a Yoga Awareness Rally on 21.06.2024 (Friday) at 3pm. The rally will be started from the college gate. Students are requested to Participate in the rally and make it successful.

Stal Clatheger Principal City College

Name of the Programme: Yoga Awareness Rally

Date: 21.06.2024

Time: 2.30 pm

## Report

NSS, City College organized a Yoga Awareness Rally on June 21, 2024, to celebrate International Yoga Day. Dr. Sital Prasad Chattopadhyay, the Principal of City College, inaugurated the program with a brief speech highlighting the importance of yoga for physical and mental well-being.

Led by the Principal, the rally began from the college campus. Despite the **summer recess**, **more than 30 students** and **20 college staff members** participated in the rally, making it a great success. The participants marched through the local neighborhood, spreading awareness about the benefits of yoga and encouraging others to join the practice. The rally culminated with a group yoga session in a local park, where participants performed various yoga asanas and meditation techniques.









