

## **INTERNATIONAL YOGA DIWAS AT R.K.D. COLLEGE, PATNA**

On the occasion of International Yoga Day on 21<sup>st</sup> June, 2023, a yoga camp was organized by NSS Wing of R.K.D. College. The event was organized under the Chairmanship of the Principal Dr. Arbind Kumar and Miss Smita Vaidehi, NSS, Programme officer was the convenor. Yoga Guru, Vijender Kumar gave yoga lessons along with Yoga Asana to the college staff comprising Faculty members, non-teaching staff and students. Various queries on the importance of particular asanas were addressed by the Yog Guru. Dr. Umesh Prasad, Dr. Shailaja Sinha, Dr. Amar Kumar, Dr. Akhilesh Kumar, Dr. Mangal Murti were present among teachers. NSS Volunteers practiced Yoga and vowed to opt for healthy living and making yoga part of their everyday lives. Among students. Sanjeev Kumar, Lalu, Rajnandan, Sujoy, Gaurav, Bunty, Dheeraj etc were actively involved.











