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OFFICE OF THE PRINCIPAL
RAJA SHIV PRASAD COLLEGE

NAAC ACCREDITED - 'B' (CGPA - 2.59)
(A Constituent unit of Binod Bihari Mahto Koyalanchal University, Dhanbad)

Ref No : RSPC/NSS/06/2019

Date : 21/06/2019

International Yoga Day Report 2019

5th International Yoga Day was celebrated in the College Campus of RSP College, Jharia (Begaria) under the able administration of Prof In-charge Shri S K Chopra. The programme was successfully organized by the NSS Programme Officer, Dr. Anshuman Rahul.

The students and faculty members of the College performed Yoga under the guidance, supervision and instruction of Dr. Nilesh Kumar Singh.

Dr. N. K. Singh highlighted the theme "Yoga for Heart" and while performing Yoga described 38 health benefits it brings to the overall health.

He recommended breathing exercises which brings PRANA into the right upper chest. Various Asanas, Pranayams, Meditation, Chanting, Lectures on Philosophy and various Kriyas (internal cleansing practices) were observed for the better physical and mental health.

The program concluded with the National Anthem and Pledge to the Nation.

Anshuman Rahul
21.6.19

NSS Programme Officer

PRINCIPAL
R. S. P. COLLEGE
Jharia, Dhanbad 21/6/19







