

INTERNATIONAL YOGA DAY

Activity	International Yoga Day
Date	21 st June, 2018

The international yoga day was celebrated in the college premises by NSS Unit. 70 NSS cadets and other students participated in the programme. Bitupan Goswami acted as the yoga instructor for the event. In the same event a demonstration and lecture programme were also organised. Dr. Manjit Gogoi, Principal, Jhanji Hemnath Sarma College delivered an inspirational speech on “The importance of yoga in day-to-day life”.

