



GOVERNMENT OF WEST BENGAL

Office of the Principal

ACHARYA PRAFULLA CHANDRA ROY GOVERNMENT COLLEGE

HIMACHAL VIHAR, MATIGARA, SILIGURI, DARJEELING

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NAME: PHYSICAL, MENTAL AND SPIRITUAL AWAKENING SESSION

The NSS unit of the college organized the physical, mental and spiritual awakening session on **02-06-2019** with the local people of Himachal Vihar area in the college campus.

PLACE: APCRGC

DATE: 02/06/2019

OBJECTIVE:

The objective of the programme was to spread awareness about how to address mental and physical health issues through the age-old Indian system of Yoga.

PHOTOS:



Few glimpses of physical, mental and spiritual awakening session, 2019

OUTCOME:

Participants learnt preliminary Yoga techniques which they could bring into their daily practice to maintain a healthy body and mind. This programme was successful in providing the necessary impetus to adopt and incorporate yoga as a conscious lifestyle choice. It is hoped that such mindful living will benefit the larger community by instilling the values of simplicity, spirituality and close connection with nature.



Officer-In-Charge
AP C ROY GOVT. COLLEGE
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