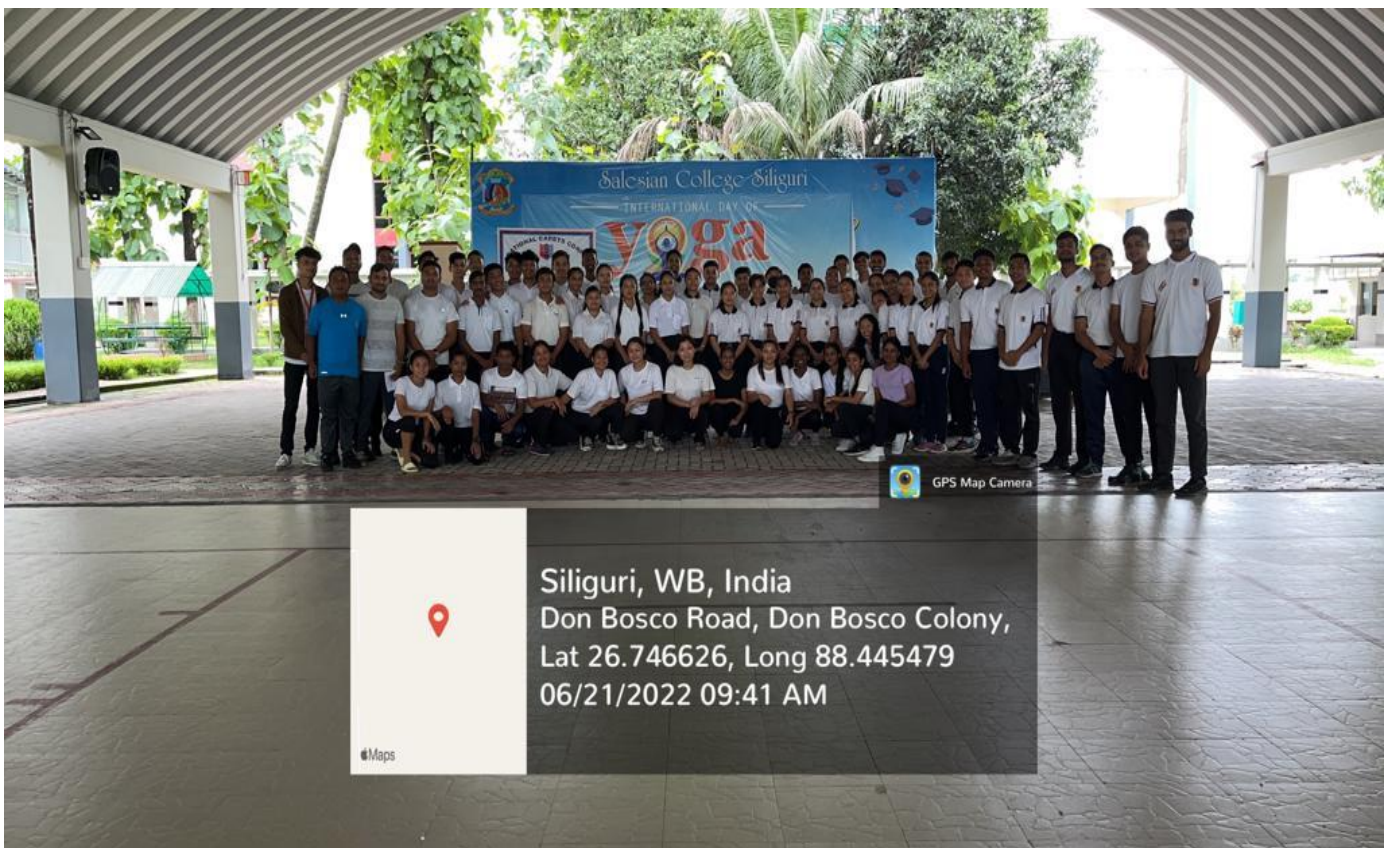


INTERNATIONAL YOGA DAY

International Day of Yoga was celebrated throughout the world for first time on 21st of June in 2015. The declaration was done after the call by the Indian Prime Minister, Narendra Modi to the United Nations General Assembly on 27th of September in 2014 during his address to the UN General Assembly. On that day, record number of people practised Yoga in Delhi under the leadership of Indian Prime Minister Mr. Narendra Modi.



8th International Yoga Day was celebrated in by the NCC cadets, NSS members, and Physical Education Department of Salesian College, Siliguri on 21st June, 2022. The session started at around 8:30 am in Killian Hall. The theme for International Yoga Day 2022 was **“YOGA FOR HUMANITY”**.



The session started with a small speech by Father Principal George Thadathil. Then three students of Physical Education Department lead the yoga session and we all followed them. Everyone participated with great zeal and enthusiasm. The session was very relaxing and refreshing and it ended with the National Anthem.

Jai Hind!

Cadet Ming Sangmo Sherpa
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