



EMBRACING UNITY AND WELL-BEING: International Yoga Day Celebration (21st June 2023)



The 9th International Day of Yoga was organised at Dev Sangha Institute of Professional Studies & Educational Research, Deoghar, bringing together students, faculty, and staff to embrace the beauty of yoga and its transformative power.



The International Day of Yoga, observed annually on June 21st, is a global celebration that promotes the physical, mental, and spiritual well-being of individuals through the practice of yoga. This special day serves as a reminder of the profound impact yoga has on our lives, fostering unity, harmony, and holistic development.

To commemorate the International Day of Yoga, DIPSER organised several engaging activities during the day. The day was marked with collective Yoga session at the college grounds by students, faculty, and staff wherein various yoga *Asanas* (poses) and *Pranayama* (breathing exercises) were performed. The session aimed to create a serene and rejuvenating atmosphere, fostering a sense of unity and relaxation, was graced by Prof. Sudeep Ranjan Ghosh, Chairman, DSSP, Mr Debashish Datta, Vice Chairman, DSSP and Mr S N Singh. Prof. Ghosh and Mr Singh also addressed all present and talked about the benefits of Yoga for our physical, mental and emotional well-being.

To encourage active participation and showcase the talent and dedication of our students, the college also organized a Yoga Competition. The competition offered participants the opportunity to demonstrate their mastery of various yoga poses, creative sequences, and the art of balance. The competitions not only fostered healthy competition but also inspired individuals to strive for excellence in their practice, igniting a passion for yoga. Dr Babita Kumari, officiating Principal, DIPSER and Mr Subheshwar Jha, Assistant Professor, DIPSER spoke on the occasion and highlighted the virtues of Yoga. The new edition of Wall Magazine was also inaugurated on this special day. Ms. Priyanka Kumari, student teacher of B.Ed. extended vote of thanks.

The International Day of Yoga, organized by N.S.S. Wing of DIPSER, was an enriching and memorable day that brought the entire college community together in a spirit of unity, well-being, and personal growth. Through the collective practice of yoga and exciting competitions provided participants with a deeper understanding of the holistic benefits that yoga offers. By embracing the principles of yoga and nurturing their well-being, students, faculty, and staff were sensitized to lead healthier and more balanced lives, both within and beyond the college campus. This celebration served as a reminder of the universal appeal of yoga and its potential to transform individuals and societies for the better.

