



National Service Scheme (N.S.S.)
S.M.S.G. College Sherghati (Gaya)
(A Constituent Unit of Magadh University, Bodh-Gaya)



International Yoga Day Programme organised on 21th June, 2021



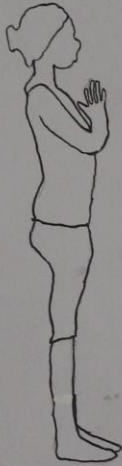
SMSG COLLEGE



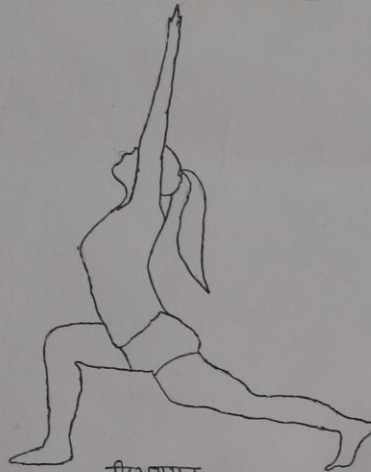
INTERNATIONAL YOGA DAY



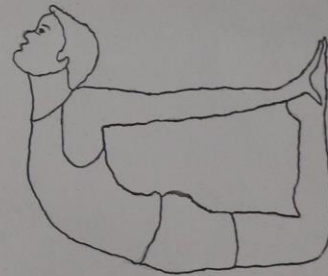
पद्मसासन (Lotus position)



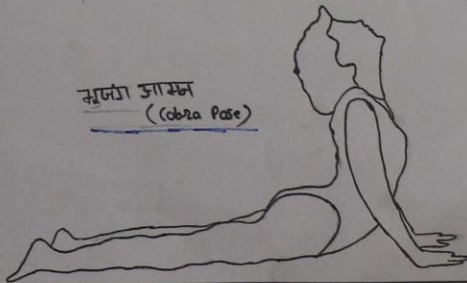
सूर्य नमस्कार - 1
(Sun Salutation)



वीरभद्रासन
(Warrior pose)



धनुर्सासन (Bow pose)



भुजंगा सासन
(Cobra Pose)

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TRAT