

Report  
On  
Celebration of International Yoga Day.



*Organised by*

**IQAC & NSS Unit,**

**Marangi Mahavidyalaya**

*In association with*

**Kreedha Bharati & Nehru Yuva Kendra, Golaghat**

*In Collaboration with*

**Sewa Bharati.**

**Venue: Marangi Mahavidyalaya**

**Date: 21<sup>st</sup> June 2022.**

## Introduction:

The International Yoga Day has been celebrated across the world annually on 21<sup>st</sup> June since 2015, following its inception our college has decided to celebrate the Day under the supervision NSS Unit of the college since 2019. On 21<sup>st</sup> June 2022 the International Yoga Day has been organised by IQAC and NSS Unit at the college in association with Kreedha Bharati & Nehru Yuva Kendra, Golaghat in collaboration with Sewa Bharati. The programme has been inaugurated by the respected principal of the college. Yoga practitioner Sri Bhrigu Nath Lohar.

Yoga is a physical, mental and spiritual practice which originated in ancient India. Yoga embodies unity of mind and body through an action restraint and fulfilment, harmony between man and nature, a holistic approach to health and well-being.

## Objectives:

The main objectives of celebrating the Yoga Day are-

1. To encourage the participants to grow the habit of doing yoga daily.
2. To teach them how yoga keeps us physically, mentally and spiritually fit.

## Explanation:

On 21<sup>st</sup> June 2022 the International Yoga Day has been celebrated in our college auditorium. The Co-ordinator of IQAC Mr. Yugal Jyoti Borah has welcome the students and the participants to the programme and described the importance of the day.



Sri Bhrgu Nath Lohar has been invited as the Resource person for the programme. He has briefly explained the benefits of Yoga in our day to day life and the rules and regulations for doing Yoga.



After the inauguration session, Lohar has started the technical session. In this session he has taught the participants how to do Yoga. He has performed the Yoga in the platform and the students have followed her. Along with Yoga, he has been describing the benefits and ways of doing Yoga



### **Outcomes:**

The outcomes of this celebration are-

1. The participants feel physically and mentally strength after practising Yoga in the technical session.
2. They are eager to do yoga regularly at home and asks the NSS programme Officer to organise this session regularly at the college.

3. The spiritual talks of the Resource Person have changed the thoughts of the participants.

**Conclusion:**

Many Students and teachers along with office staff have participated in yoga, and they have practised yoga successfully. After the technical session the resource person has thanked the participants for their active participation in the session and also asks them to practise yoga regularly.

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