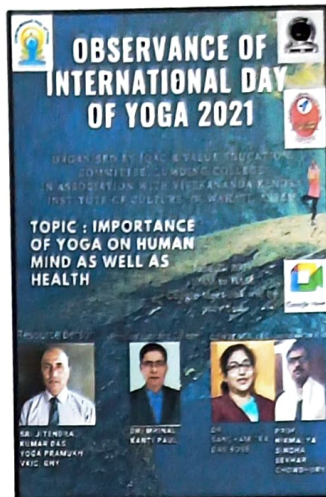


Report on the celebration of International Yoga Day 2021.



The International Yoga Day celebrated every year on 21st June aims to raise awareness about the benefits of yoga. It is believed that yoga brings balance between body, soul and mind and it helps us to understand the purpose of life better and how to survive in the changing environment.

The International Yoga Day 2021 was observed at Lumding College, Lumding on June 21 in the presence of the Principal, Dr. Mrinal Kanti Paul, IQAC coordinator, Prof. Nirmalya Shekhar Singha Chowdhury, some faculty members and students. The Convenor of the event was Dr. Sanghamitra Das Bose and the invited resource person for this event was Sri Jitendra Kumar Das, Yoga Pramukh, VKIC, Guwahati. It was organized by Internal Quality Assurance Cell (IQAC) and Value Education Committee of Lumding College in association with Vivekananda Kendra Institute of Culture, Guwahati, Assam. The program began at 10:00 am and it was held online observing the COVID-19 SoP. A Google Meet link was posted that enabled the participants to participate online from the comfort of their homes. The speaker spoke at length on the theme for this year i.e. "Yoga for Wellness" and the focus is on practicing yoga for physical and mental wellbeing. He highlighted that in this present time when the society is still recovering from the impact of the COVID-19 pandemic, yoga can help us bear the crisis. The COVID-19 plight was not just a physical crisis, it also left lasting impacts on mental health, with many left in psychological suffering, depression and anxiety dealing with the post pandemic-necessitated restrictions and loss. Yoga can help the people to deal with both physical and mental crisis. It can encourage people to find creative outlets during monotonous situation. Though the event was conducted virtually, it was well conducted with a good number of active participants.



Report Prepared by

Dated: 21.06.2021

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