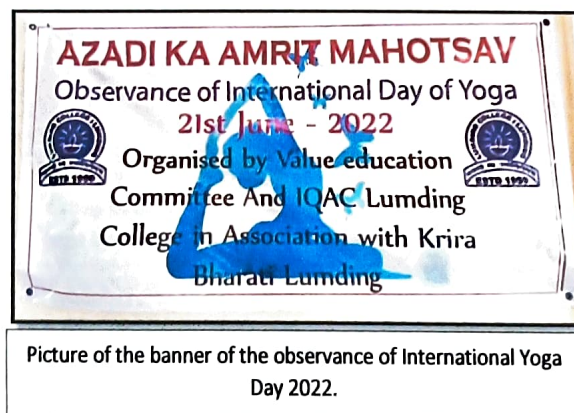


Report on
Celebration of International Yoga Day 2022.

The International Yoga Day is celebrated every year to raise awareness about the benefits of yoga. Yoga brings balance between body, soul and mind. It helps us to understand the purpose of life better and how to survive in the changing environment. On 27th September 2014, our honorable Prime Minister Narendra Modi had proposed the date 21st June to be celebrated as International Yoga Day in the United Nations General Assembly in 2014. Since 2015 onwards it is celebrated annually across the world on 21st June and like every year it focused on the holistic approach to health and well-being.

The International Yoga Day 2022 was observed at Lumding College, Lumding on June 21 in the presence of the principal, some faculty members and students as per D.H.E guidelines and yoga protocol. From 14th June onwards, a weeklong yoga session was held every day at 8:00am in the college premise under proper supervision. A yoga instructor, Shri Sajal Kanti Dey of Kriya Bharati, Lumding was invited to instruct the participants of the programme. After successful completion of the weeklong event, on the day of the International Yoga Day celebration the participants gathered at the venue by 7:30 am and the programme was initiated where Dr. Sanghamitra Das Bose gave a welcome and introductory speech on the importance of yoga followed by the lighting of the lamp. After that, Dr. Mrinal Kanti Paul, principal of Lumding College, Dr. Sanjay Kanti Das, Coordinator, IQAC of Lumding College and Shri Sajal Kanti Das, yoga instructor, Kriya Bharati, Lumding were felicitated. Following the felicitation Shri Sajal Kanti Das delivered a brief speech on the occasion. The yoga session then started with the chanting of prayers followed by performing surya namaskar for ten minutes then various yogasana (standing/sitting/sleeping positions), kapalbhati asana, pranayama, dhyana, sankalpa and lastly shanti path was performed. The entire programme and yoga were smoothly conducted without any hindrance.

Snippets of the celebration





Dr. Sanghamitra Das Bose addressing the event (left), lighting of the lamp by Dr. Mrinal Kanti Paul, principal of Lumding College, Lumding (centre) and Dr. Sanjay Kanti Das, Coordinator of IQAC, Lumding College, Lumding felicitated by Dr. Akhil Chandra Kalita, faculty of Lumding college. (right).



Faculty members and students performing yoga.



Group photo of the faculty members and students with the yoga instructor, Shri Sajal Kanti Dey, Kriya Bharati, Lumding.



Report Prepared by

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Dated: 23.06.2022

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