



Report on Celebration of International Yoga Day, 2023

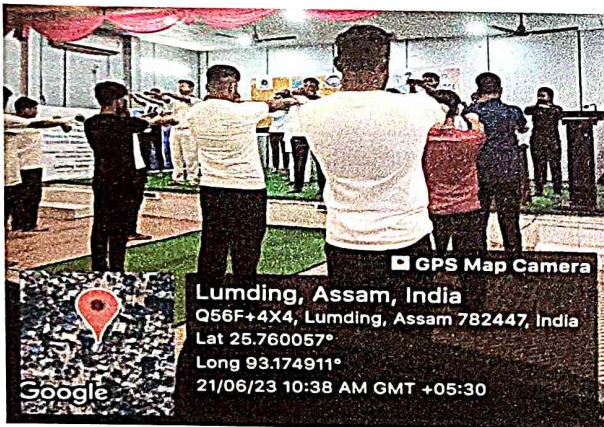
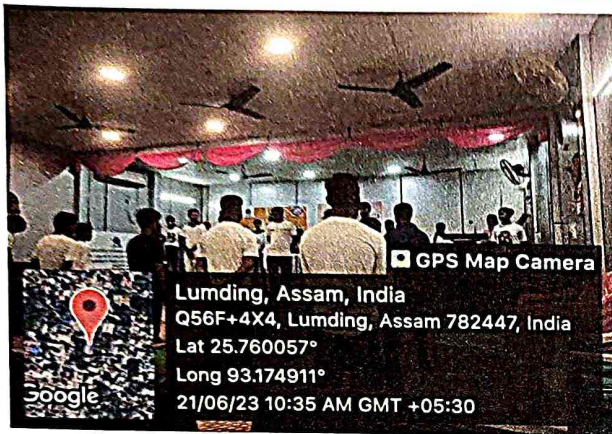
The International Yoga Day, celebrated on June 21, 2023, marked a significant event at Lumding College, orchestrated by the Value Education Committee, IQAC, in collaboration with the Lumding College Students' Union (LCSU). The program commenced at the college seminar hall at 10:00 a.m. with the ceremonial lighting of the lamp, symbolizing the dispelling of darkness and the ushering in of light, followed by a reverential floral tribute to goddess Saraswati, the epitome of knowledge and wisdom. Dr. Sanghamitra Das Bose, Head, Department of Zoology, Lumding College shared her profound insights on the transformative power of yoga for nurturing a healthy body and mind.

Participants were then guided through a series of invigorating exercises, starting with the performance of Surya Namaskar, a sequence of twelve dynamic poses that pay homage to the sun. This was preceded by an initial warm-up session to prepare the body and mind for the ensuing asanas. Under the guidance of experienced instructors, participants delved deeper into the practice of yoga, exploring high-level asanas that challenged their physical prowess and mental resilience.

As the session drew to a close, Dr. Das Bose delivered a poignant valedictory speech, expressing her heartfelt gratitude to all those who contributed to the success of the event. She extended her appreciation to the organizing committee, participants, instructors, and volunteers for their unwavering dedication and enthusiasm, which culminated in a truly enriching experience for everyone involved.

Some snaps from the event:





Picture: Students performing various yogasana





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Report prepared by:

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Rapporteur Group, IQAC,

Lumding College



Signature

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