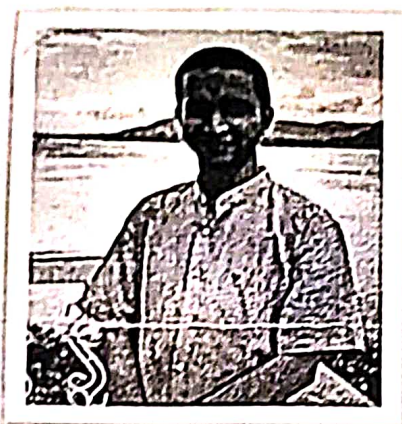




REPORT ON

INTERNATIONAL YOGA DAY 2020

The 21st of June being celebrated as International Yoga Day every year since 2014, this significant day was observed on online mode due to the pandemic in the presence of the principal, some faculty members and students of Lumding College, Lumding on June 21, 2020. The resource person for this event was Shri Vishnu Prakash, founder and Director at Sridhenu.org, an NGO for social upliftment. He is also associated with Art of Living organization. During the program, the speaker spoke about the importance and role of yoga and meditation especially during the world wide COVID-19 crisis. He encouraged everyone to meditate every day to deal with the impact of the pandemic and to bring balance between body, soul and mind.



**Be happy, its an order as
well as blessings.**

Vishnu Prakash is the founder and Director at Sridhenu.org, an NGO for social upliftment. Before devoting his life full time to the Art of Living organization, he served as a veteran software developer and designer at Microsoft. Passionate about Indian startups, later he worked as Programme Manager at Marjack and 42 gears. Inspired by Gurudev Sri Sri Ravi Shankar, he knew teaching was his calling and he has been conducting the Art of Living workshops at IITs, ISB, IIM, Banking corporates, Central Prisons and remote villages since last 6 years. Currently he travels in North East, India conducting numerous Art of Living programs. He also leads a research wing at Sridhenu about indigenous cows therapy.

A public speaker, he has been invited to conduct Lifestyle talk and stress-relief sessions at Microsoft, Infosys, Prosoft, Bank of Baroda, iQuant, Wipro. He loves to cook, compose poem, explore Vedas, meet people and mediate for conflict resolutions. An amalgamation of Innocence and intelligence is what that defines Vishnu.

A brief portfolio of the resource person, Shri Vishnu Prakash.

Report Prepared by: Team IQAC, Lumding College

Date of Event: June 21, 2020

Date of Reporting: June 21, 2020

Co-ordinator
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