



Report on-
International Yoga Day, 2023

21 / 06/ 2023
Wednesday

Today, on 21st June, 2023 at 11 AM, Baosi Banikanta Kakati College, Nagaon, Barpeta (Assam), celebrated this year's Yoga Day under the aegis of 1 Assam Battalion of NCC Unit with a large number of students and faculty member & actively supported by the IQAC of the college. The programme started with lighting of the lamp in the presence of the Principal of the college, Dr. Pradip Das and ANO Captain Jakir Hussain. The theme of International Yoga Day for this year is ***Yoga for Vasudhaiva Kutumbakam***. The United Nations General Assembly designated the International Day of Yoga in December 2014, following a proposal by India's Prime Minister, Narendra Modi, and since then the day is being celebrated worldwide on 21st June every year. Yoga is an ancient practice of physical & spiritual exercises developed in India for a holistic well-being of all. Yoga practices include physical exercises known as 'asanas', breathing techniques and meditation. Yoga seeks to enhance general well-being and harmony between the mind, body, and soul. Today, different types of 'asanas' or postures of yoga are practiced by the students, the NCC cadets and the staff members of the college. The significance of the postures are being explained to the gathering and importance of the accuracy of breathing while doing the asanas are also explained to the students and teachers. Captain Jakir Hussain of 1 Assam Battalion of the NCC Unit, Dr. Kishor Kr. Deka, Associate Professor, Deptt. Of English, Ridip Lahkar, Librarian of the college & Dr. Hiramani Haloi, Assistant professor, Deptt. Of Assamese also taught the students and others some important postures. In connection with the occasion the honourable Principal of the College spoke on the importance of some 'mudras', he also showed few 'mudras' to the participants. He thanked everyone involved in the yoga day, especially the NCC unit for organizing the event and teachers and students present. At the end Cap. Jakir Hussain, ANO of 1 Assam Battalion, of NCC unit gave the vote of thanks.

Fig.1: Snapshot of the flyer on the occasion

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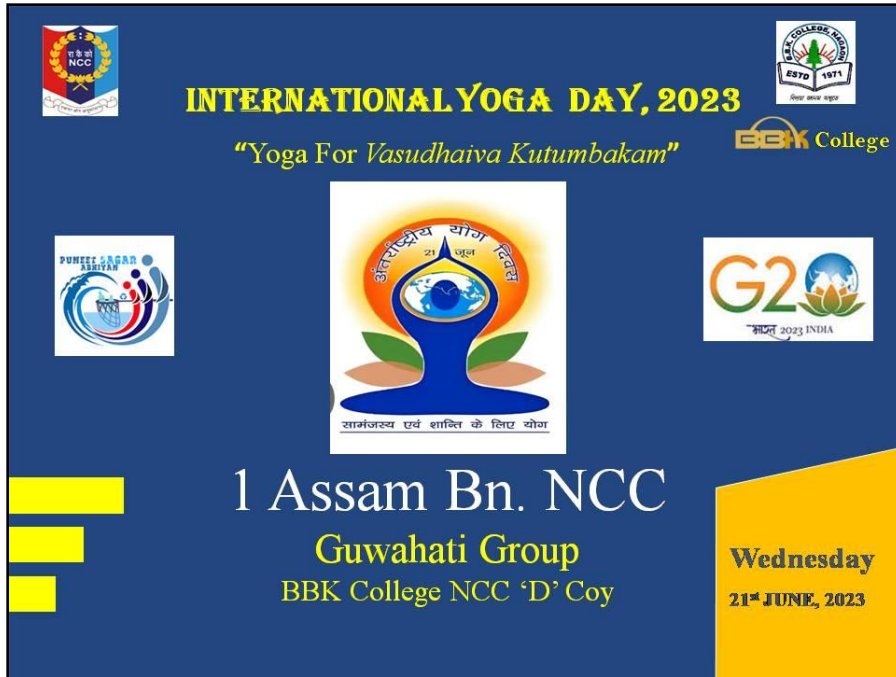


Fig.2: Snapshot of “International Yoga Day, 2023”



Fig.3: Snapshot of “International Yoga Day, 2023”

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Fig.4: Snapshot of “International Yoga Day, 2023”

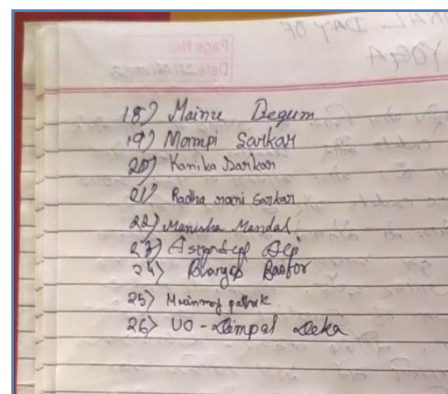
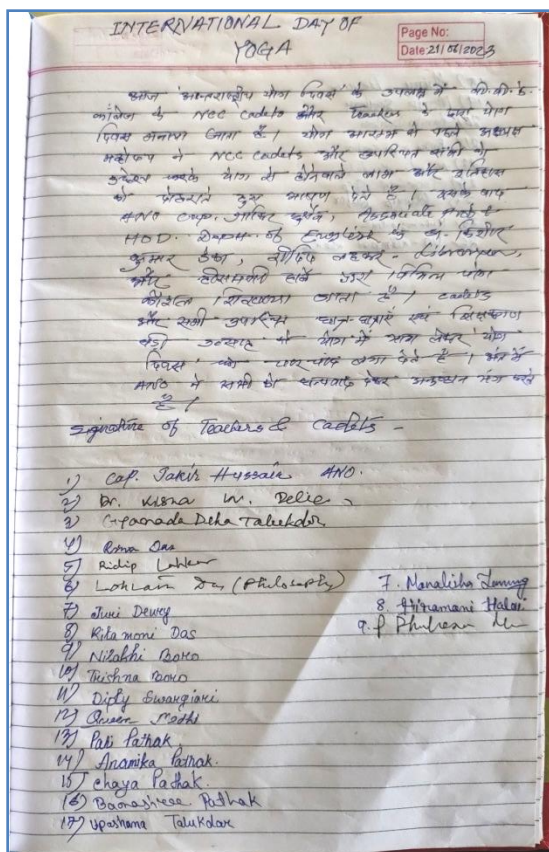


Fig.5: Snapshot of “International Yoga Day, 2023”

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Fig.6 Signature of the participants



Gopal Kr. Sarma

(Dr. Gopal Kr. Sarma)

Coordinator

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