

International Yoga Day

Organized By
GYMNASIUM CELL
in collaboration with
NSS UNIT
Nirmal Haloi College



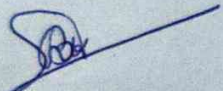
On June 21, 2024, Nirmal Haloi College celebrated International Yoga Day with great enthusiasm and participation. The event was organized by the GYM CELL in collaboration with NSS Unit of the college promote the benefits of yoga and mindfulness among the students and faculty.

The celebration began early in the morning with a mass yoga session led by certified yoga instructor Lohita Hajong. One of a faculty members of the department of Philosophy, Ms. Banasri Kumar delivered a resourceful speech on the Theoretical part of Yoga, it's Philosophical depth and it's significance on today's society. Students and teachers gathered on the college auditorium to practice various yoga asanas and breathing exercises. The mentioned guest speaker, a renowned yoga expert, shared insights on the origins of yoga and its holistic approach to physical, mental, and spiritual well-being. Students were captivated by the speaker's in-depth knowledge and practical examples of how yoga can be integrated into daily life.

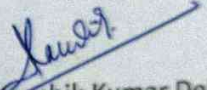
[Signature]
Principal
Nirmal Haloi College
Patacharkuchi

Nirmal Haloi College's International Yoga Day celebration was a testament to its commitment to providing a well-rounded education that nurtures the overall development of its students.




(Banasri Kumar)
Co-ordinator, Gym Cell
Nirmal Haloi College




Dr. Kaushik Kumar Deka
Principal
Nirmal Haloi College

Principal
Nirmal Haloi College
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