

Report on International Yoga Day

Organized by Yoga Cell & Gym Cell

Nirmal Haloi College, Patacharkuchi

21st June, 2025

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.



Today, on 21st June 2025, the mentioned cells of the college celebrated 11th International Yoga Day. It was attended by many prominent Professors, faculty members and Students from the very college with great enthusiasm. The event began with a brief introduction on Yoga Day by Ms. Banasri Kumar, Assistant Professor (Philosophy) and by welcoming the guest of honor Kishore Sarma, Vice Principal of the college.

Warm up exercises were taken and all the students practiced & performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with the speech of our Hon'ble Co-Ordinator of IQAC, N.H. College. He encouraged students to practice regular yoga to remain fit and improve concentration. Hon'ble Dr. Chitraranjan Sarma Sir addressed the participants on the importance of yoga practice in our life and deliberate a beautiful speech regarding the importance of Yoga as well as its ancient origination.

All Faculties, Staff and students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives.



*Ranasei Kumar
Co-ordinator
Yoga & Gym.*