

**NSS UNIT**

**NIRMAL HALOI COLLEGE**

**PATACHARKUCHI: BAJALI: ASSAM:781326**

**Website :www.nhcollege.ac.in**

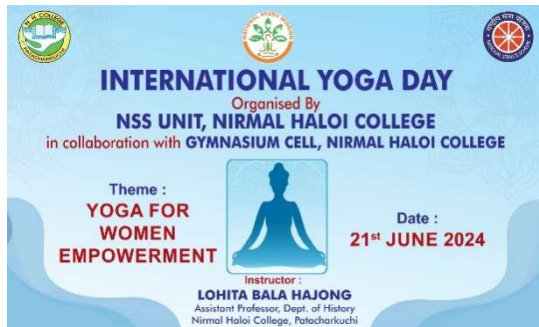
## REPORT ON INTERNATIONAL YOGA DAY

**Date: 21/06/2024**

**Venue: Nirmal Haloi College**

International Yoga Day was observed at **Nirmal Haloi College** on **21 June 2024** with great enthusiasm and participation. The program aimed to promote health, mindfulness, and overall well-being through the practice of yoga. Students, faculty members, and invited participants took part in various yoga activities that encouraged physical fitness and mental peace.

The event began with a welcome address by the organizers, highlighting the importance of yoga and its role in maintaining a balanced life. Participants then performed a series of yoga asanas and breathing exercises under the guidance of yoga instructors/volunteers.



A significant number of students and staff members attended the program. The participants actively demonstrated discipline and interest throughout the event. Their active involvement reflected the growing awareness and acceptance of yoga in educational institutions.

The International Yoga Day celebration at **Nirmal Haloi College** was a successful and meaningful event. By practicing yoga together, the participants learned the value of a healthy lifestyle and mindfulness. The program motivated everyone to continue yoga regularly for a better quality of life.

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