



# REPORT ON 8<sup>TH</sup> INTERNATIONAL YOGA DAY 2022

*Organized by*

**NSS unit and Yoga Centre**

**Panigaon OPD College, Lakhimpur, Assam**

*At*

**Yoga Centre, Panigaon OPD College**

**21<sup>th</sup> June, 2022**

**Theme: "Yoga For humanity"**

## **INTRODUCTION**

“Yoga is the journey of self, to self, through self” . The concept of the International Day of Yoga was first proposed by Prime Minister Modi during his speech at the UN General Assembly (UNGA), on September 27, 2014. The United Nations General Assembly on December 11, 2014, announced that June 21 will be seen as International Yoga Day or World Yoga Day. International Yoga Day is celebrated on June 21 every year to spread awareness about invaluable benefits of Yoga. Yoga is believed to have originated in India thousands of years ago and also finds mention in ancient mythological books like the Rig Veda.

## **THEME OF INTERNATIONAL YOGA DAY 2022:**

World Yoga Day is celebrated internationally with a unique theme every year. The theme of this year’s International Day of Yoga is ‘*Yoga for Humanity*’. As the International Day of Yoga is falling in the year of ‘Azadi Ka Amrit Mahotsav’, Yoga Day is being celebrated in 75 iconic places across the country. This year the main event demonstration was led by the Prime Minister of India, Narendra Modi, at Mysuru, Karnataka.

## **YOGA PROGRAMME SCHEDULE:**

As per the direction of the Dept. of Higher Education the schedule for the 8<sup>th</sup> International yoga day is as follows:

Sl. No.	Time	Program
1	07:30	Assemble of Yoga Asana
2	07:35	Lighting of Lamp
3	07:40	Inauguration of International Yoga day 2022
4	07:45	Chanting of Prayer
5	07:50	Surya Namaskar
6	08:00	Various Yogasana
7	08:30	Kapalbhati Asana
8	08:35	Pranayama
9	08:40	Dhyana
10	08:45	Sankalpa
11	08:50	Shanti path

## **PROGRAMME REPORT**

The NSS unit and Yoga Centre of Panigaon OPD College celebrated the 8<sup>th</sup> edition of *International Day of Yoga* in collaboration with Telahi ICDS Project, Nowboicha Block PHC, Panigaon SHG, Panigaon GP, Pachim Telahi G.P, Uttar Telahi G.P and Madhya Telahi G.P on 21<sup>st</sup> June, 2022. Thirty NSS student volunteers of Panigaon OPD College, with Mr. Joyprakash Bhuyan, NSS Programme officer, Panigaon OPD College and other faculty members also joined in the Yoga Program. A total number of hundreds members participated under the mentioned organizations. The program was held at Yoga centre of college premise.

The day opened with a bright and sunny morning with the number of participants at the venue for yoga practice. The presence of hon'ble Principal Dr. Suresh Dutta, Vice- Principal Mrs Ambika Dutta Hzarika, Mrs Karuna Dutta, Jibedhar Nath, Rina Gogoi and other officials have made the event more enthusiastic. The program was inaugurated by respected Principal of Panigaon OPD College with a voice on the importance of Yoga practice in day to day life. He was felicitated by Mr. Joyprakash Bhuyan, Program Officer, NSS unit of the college.

Yoga protocol was headed by Yoga instructor Mr. Biren Bhuyan and he also performed a yoga demonstration to reflect the mind and body balance. This event was open for all in which people from outside the college has also participated and found themselves relaxed after the session.

Dr. Parimal Das, SDMS and H.O, Naoboicha Block PHE, Dr Annanya Pegu, Telahi block ITDS, CDPO Monjit Sarma, President Jintu Bora of Panigaon GP, Ratul Bora of PachimTelahi GP, Mohendra Bhuyan of Madhya Telahi GP also participated in the program. At the end of the session Dr Parimal Das who was the chief guest of the event delivered his valuable speech pointing out the impact of Yoga practice on mental, physical and social development of human being. The program concluded with the Shanti path and refreshment. In a nutshell the event was great success and reflected the theme "Yoga for Humanity".



# GLIMPSE OF THE EVENT



**OBSERVANCE OF**  
**8TH INTERNATIONAL DAY**  
**OF YOGA- 2022**  
**DATE : 21<sup>ST</sup> JUNE, 2022**

**THEME : YOGA FOR HUMANITY**  
**ORGANISED BY**  
**NSS UNIT AND YOGA CENTRE OF**  
**PANIGAON OPD COLLEGE**

**IN COLLABORATION WITH**  
**TELAHI ICDS PROJECT, NOWBOICHA BLOCK PHC**  
**PANIGAON SHC, PANIGAON GP, PACHIM TELAHI GP**  
**UTTAR TELAHI GP, MADHYA TELAHI GP**  
**VENUE : YOGA CENTRE, PANIGAON OPD COLLEGE**