



YOGA PROGRAMME
AS A PART OF 7TH INTERNATIONAL YOGA DAY::2022
NOWBOICHA COLLEGE YOGA CENTRE

- On 20th May, 2022 Nowboicha College Yoga Centre organized a Yoga programme as a part of 7th International Yoga Day at **Nowboicha College indoor stadium in collaboration with Institute of Yoga & Nutrition Science, Guwahati.** In the Programme, more than 65 participants including teachers and students participated. Dr. Gunindra Nath Sarmah, Principal of the college inaugurated the programme with lightening a candle. He delivered a useful lecture on the importance of Yoga and its benefits in our life. After the inauguration, Mr. Madhob Borah, In-charge of the Yoga Centre started Yoga practice according to Yoga Protocol for the students and teachers participants. He practiced all the Asanas and explained its benefits. Students of the Yoga Centre very sincerely show their performance and advised their friends to regularly practice the yoga for a healthy life.
- Mr Ratul Dutta, HoD, Department of History, member of the Yoga Centre gave vote of thanks to all participants and oblige for all round success of the programme.

Report prepared by:

M/B
20.5.2022

(Madhob Borah)

In-charge

Nowboicha College Yoga Centre