

CE AND OTHERS

International Yoga Day observed in Guwahati

STAFF REPORTER

GUWAHATI, June 21: Various organizations and institutions observed the 11th International Yoga Day today in Guwahati.

Gauhati University: Gauhati University, in association with Vivekananda Kendra, Guwahati Branch, celebrated the 11th International Day of Yoga today at Multipurpose Indoor Hall, Gauhati University. The programme started with Guru bandana. Inaugurating the IDY programme, Prof. Nani Gopal Mahanta, Vice-Chancellor, GU, said that yoga has emerged as one of the most trusted means to boost physical and mental well-being.

Dispur College: The Dispur Co-district administration, in collaboration with Dispur College, organised the International Yoga Day,

2025, at the Pratima Barua Pandey Auditorium of the college today. The event was held from 6 am to 8 am.

The celebration featured a yoga session led by Dr Jnyanashree Patowary, a faculty member of Art of Living, and Amarendra Kalita, a certified yoga instructor from Sri Sri School of Yoga. Participants performed a series of asanas and breathing exercises aimed at promoting physical fitness and mental well-being and were also educated regarding the protocols that yoga practitioners need to follow.

Cotton University: International Day of Yoga was celebrated at Dr T. Ao Indoor Stadium at Cotton University. The celebration was attended by Vice Chancellor of the varsity Prof. Ramesh Chandra Deka, Dean of Students' Welfare Prof. Eeshan

Kalita, DSW Dr Prasanta Sarma, Academic Registrar Dr Bedanta Bora and other officials, heads of departments, faculty members, staff and students of the university. The hour-long meditative and yoga session was led by the varsity yoga instructor, Pratibha Teran, and was attended by more than 100 participants, which included officials, faculty members, staff and students.

EMRI Green Health Services' Mrityunjay 108: The staff members of EMRI Green Health Services' Mrityunjay 108 celebrated International Yoga Day across Assam.

Hundreds of EMTs, pilots, and other frontline workers gathered at their respective operating bases early in the morning to perform yoga asanas, breathing exercises, and meditation prac-

tices. The event aimed to promote physical and mental well-being among emergency healthcare professionals who work tirelessly under demanding conditions.

BSF Guwahati Frontier: The Frontier Headquarters of the Border Security Force, Guwahati, along with all sector headquarters and battalions under command, down to the BOP level, enthusiastically observed the 11th International Yoga Day to spread awareness of the benefits of yoga amongst the troops, families and border population. The theme of this year's International Day of Yoga is "Yoga for One Earth, One Health".

The day was organised at the BSF Frontier HQ campus in Patgaon under the leadership of Sukhdev Raj, Inspector General, Frontier Headquarters, Border Security Force.