

Governor leads International Day of Yoga celebrations

STAFF REPORTER

GUWAHATI, June 21: Governor Lakshman Prasad Acharya today participated in the 11th International Day of Yoga (IDY) celebrations organized by the Sports Authority of India (SAI), Regional Centre, in collaboration with Kreedha Bharati in the city.

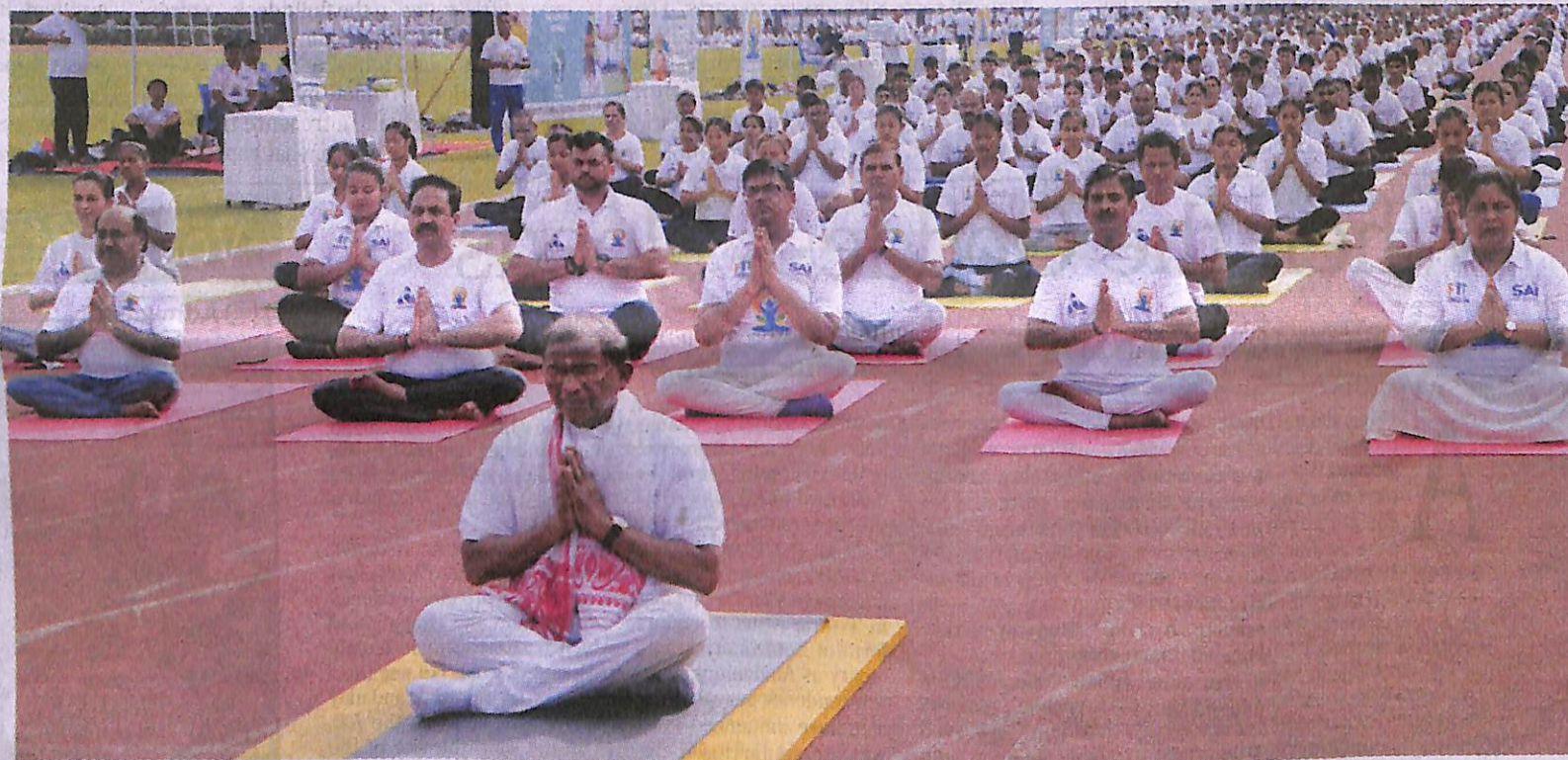
The Governor took part in the celebrations and practised different *asanas* of yoga with other participants.

Speaking on the occasion, the Governor expressed his happiness over the participation of several sports representatives, yoga trainers, enthusiastic youth and the people in general. He emphasized that yoga enhances not only physical health but also cultivates discipline, focus, and self-reliance.

As part of the celebration, the Governor also planted a sapling on the premises of SAI, Regional Centre and stated that the inclusion of environmental activities such as tree plantation drives, underscores yoga's message of harmony not just within, but also with nature.

He also urged the youth to consider yoga as a way forward for a sound and balanced body, mind and soul. He also asked them to integrate yoga into their daily lives, not as a one-day observance but as a lifelong practice. He further said, "On this International Day of Yoga, let us take a collective pledge to embrace yoga as a way of life and contribute to building a healthy, inclusive, and green India."

The event witnessed participation from MP Guwahati Lok Sabha Constituency Bijuli Kalita Medhi, Executive Director of the Sports Authority



Assam Governor Lakshman Prasad Acharya take part in the 11th International Yoga Day in Guwahati Saturday – AT photos

of India, Guwahati Regional Centre DK Mittal; Deputy Director General, Ministry of Tourism RK Suman; organizing secretary, Kreedha Bharati, North Eastern Zone Manoj Kumar Mohanty; sports persons, officials, yoga practitioners and a host of other dignitaries.

Meanwhile, International Yoga Day 2025 was celebrated with great zeal and enthusiasm by the NCC group headquarters, Guwahati at the Sarusajai stadium, Guwahati. The event was conducted by 1 Assam Battalion NCC, Guwahati, of NCC group headquarters, Guwahati under the NCC Directorate North Eastern Region and included participation from all NCC institutions across Guwahati.

The event witnessed the participation of 10 officers, 50

staff members and 1,700 NCC cadets from various colleges and schools across the city, who came together to perform a series of yoga *asanas* and breathing exercises.

Similarly, Sashastra Seema Bal, Frontier Guwahati and 1st Battalion, Sonapur also celebrated the 11th International Yoga Day. Sudhir Verma, Inspector General, shared the vision of SSB Frontier Guwahati for a healthy world population and adopted the theme "Yoga for One Earth One Health". Families of martyrs also participated in the programme and were honoured by the Inspector General.

The 11th International Yoga Day 2025 was also observed at the Regional Meteorological Centre, Guwahati. All the officials of the centre participated in the yoga session. KN

Mohan, Scientist-G and Head, Regional Meteorological Centre, Guwahati spoke about the importance of yoga in enhancing physical and mental well-being.

The occasion was also celebrated by the Power Grid Corporation of India Limited, Guwahati office, with a vibrant and rejuvenating session aimed at fostering physical vitality, mental clarity, and holistic wellness among employees. Held at the Guwahati campus, the morning event saw enthusiastic participation from employees and support staff.

Gauhati University in association with Vivekananda Kendra, Guwahati branch celebrated the day at the multipurpose indoor hall of the university. Around 150 participants from GU including its faculties, officials, employees, NSS volun-

teers and students participated in the programme.

In NFR Headquarters, the International Day of Yoga programme was held at the Railway Indoor Stadium, Maligaon. Chetan Kumar Shrivastava, General Manager, NFR along with other senior officials were present on the occasion where railway officials and staff participated to perform *asanas* with their families. The IDY 2025 was also celebrated by NFR (Construction) at the office of the General Manager (Construction). The programme was led by Arun Kr Chaudhary, General Manager/ NFR (Construction).

A programme was also organized at the BSF Frontier HQ campus at Patgaon under the leadership of Sukhdev Raj, Inspector General, Frontier Headquarters, Border Security

Force. In this invigorating session, officers, subordinate officers of the BSF Frontier Headquarters, Guwahati, and the composite hospital at Patgaon, along with their families, enthusiastically participated in large numbers.

The Dispur Co-District Administration in collaboration with Dispur College also organized the International Yoga Day, 2025 at the Pratima Barua Pandey Auditorium of the college today.

The National Service Scheme (NSS) Unit, Geetanagar College, in association with the Council for Teacher Education Foundation, Assam Chapter, celebrated the occasion at Geetanagar College today with great enthusiasm and contentment with the presence of students, teachers, and local community

members.

The Department of Philosophy in collaboration with the Research and Development Cell IQAC, Yoga Cell, NCC and NSS units of Narangi Anchalik Mahavidyalaya organized a special lecture titled "Yoga Philosophy and Practice" sponsored by the Indian Council of Philosophical Research to commemorate the day. The event aimed to raise awareness on the benefits of yoga with a special emphasis on its philosophical roots and practical relevance in enhancing holistic health and wellbeing.

At the National Science Centre, Guwahati, a unit of the National Council of Science Museums functioning under the Ministry of Culture, Government of India, the International Day of Yoga was celebrated with great enthusiasm and active participation at its premises in Khanapara. The programme began with a lecture on the importance and benefits of yoga delivered by Kalyan Dutta, a specialist from the Vivekananda Kendra Institute of Culture, Guwahati, who elaborated on the spiritual and scientific aspects of yoga in daily life. The celebration concluded with an open quiz on yoga. A free health check-up camp was also organized in association with SBI Life.

The International Day of Yoga was celebrated at Dr T Ao Indoor Stadium at Cotton University. The celebration was attended by its Vice Chancellor Prof Ramesh Chandra Deka, Dean of Students' Welfare Prof Eeshan Kalita, DSW Dr Prasanta Sarma, Academic Registrar Dr Bedanta Bota and other officials, heads of departments, faculty members, staff and students. Prof Deka

emphasised the importance of yoga and urged everyone to make yoga a part of their everyday lives.

The staff of EMRI Green Health Services' Mrityunjay 108 Emergency Response Services participated in yoga sessions across various districts of Assam on Saturday. Hundreds of frontline workers gathered at their respective operating bases early in the morning to perform yoga.

Assam Skill University observed the International Day of Yoga 2025 with enthusiasm and active participation, in alignment with this year's national theme "Yoga for One Earth, One Health", encouraging institutions to observe the day using the official IDY 2025 handbook.

The event aimed to promote holistic well-being and strengthen the bond between individual health and societal harmony through the practice of yoga. The programme was attended by Subhash Chandra Das, Vice Chancellor of the institute, who encouraged the university community to adopt yoga as an integral part of daily life.

The event witnessed the participation of the academic head, deputy registrar, faculty members, non-teaching staff, and support staff of the university.

Buy Export Quality Layman T Shirts Cotton & Cotton Blend in Different Colors

Visit : **amazon.in**

Search : **The Layman T Shirts**

For bulk quantity and dealership contact : **9831021153**

E-mail : thelayman1@gmail.com