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Kiang Nangbah Govt. College, Jowai

Yoga Cell

Dated: 21st June, 2023



Report on the International Yoga Day 2023

International Yoga Day, celebrated annually on the June 21st, promotes the physical, mental, and spiritual well-being of the students and the teachers. This year 2023, the college, along with the National Cadet Corps (NCC) and the National Service Scheme (NSS), made a collaborative effort to mark this important day. The primary objective of celebrating International Yoga Day was to raise awareness about the benefit of yoga and encourage students, NCC and NSS to incorporate it into their daily life. The event aimed to foster a healthy lifestyle, enhance concentration, and alleviate stress particularly considering the challenges faced by the NCC and NSS.

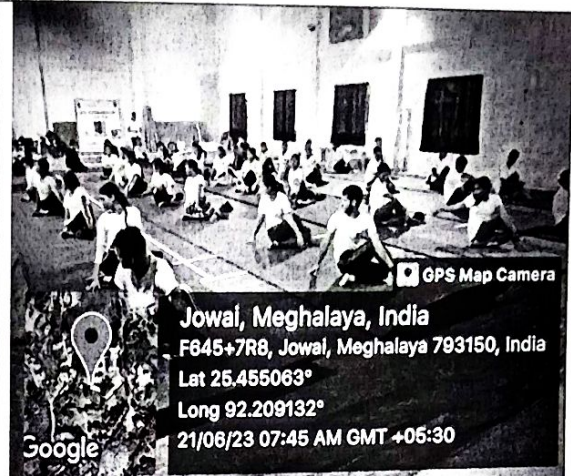
The preparation of the observation of International Yoga Day started on the 08/06/2023 when the meeting of Yoga Cell was called. The meeting resolved to observe this international event with the practise session on Yoga protocol which started from the 14th June 2023 under the guidance of Shri H.Toi , yoga instructor cum member secretary. The practice was conducted regularly from the 14th till the 20th June 2023.

On the 21st June 2023, the programme started at 6:30 am with the introductory speech by Shri H.Toi the yoga Instructor who have enlightened the participant about the important of this day and the theme of this year 2023 is "Yoga For Vasudhaiva Kutumbakam" which mean Yoga for the welfare of all in the form of "One World One Family". He then started the yoga session right from the warmup, the arsana, the breathing session and ended with the prayer. In this celebration, the participants are from NSS under the leadership of its Co-ordinator Shri M. Passah, the NCC of Kiang Nangbah Govt. College under the leadership of Smt D. Suchiang, Associate NCC Officer and Shri R. Pajuh NCC Care Taker Officer. We also have participants from the Kiang Nangbah higher Secondary school under the leadership of Shri O. Phawa NCC Care Taker Officer. The participation of 4 members from the 42 Meghalaya Bn NCC Shillong has made the programme more enthusiastic and livelier. The total number of participants in all are 56.



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Shri H. Toi

Member Secretary

Yoga Cell

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