



Report on the activities in connection with the observation of International Day of Yoga

B.N.College, Dhubri
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As in other parts of India, Dhubri, Assam 21st June, 2018 the 4th International Yoga Day was observed at B.N. College under the aegis of Extension Service Cell and NSS unit of B.N. College. The day began with the lightening of holy lamp by Prof. B. K. Sarma followed by a session of Yoga at 6.00 am. The Yoga Guru from Patanjali Yogapith, Golakganj, Mr. Pradip Sutradhar and Mr. Sibu Roy demonstrated different types of “asans” before the gathering consisting of a large number of teachers and students of the college and local residents of Dhubri. The audiences enthusiastically participated in the “asans”. They felt happy and expressed that they would continue Yoga in their daily life.





The session of Yoga was followed by a seminar on the “**Importance of Yoga in our life**”. Mr. Prodip Sutradhar and Dr. Chandra Shekhar Upadhyaya were the chief Speakers in the seminar. Mr. Sutradhar deliberated on the art of Yoga and its need in keeping our body, mind and soul fit and healthy. “Yoga is the art of uniting our body, mind and Soul”, he said. In his speech, Dr. Upadhyaya dwelt on how the regular practice of Yoga can prevent various diseases including cancer. Both the speakers hoped that the audiences would carry on the practice of Yoga regularly. Prof. A.M. Mondal, Vice Principal of the college acted as the moderator in the seminar. It came to an end with vote of thanks by Dr. Rezibul Alom, convener of B.N. College NSS Unit.



Principal
B N College, Dhubri