

Report on World Yoga Day Celebration

Date: 20 June 2026

Venue: ICFAI Tura CAMPUS

Organized by: NSS Tura Unit

Introduction

World Yoga Day, officially known as the International Day of Yoga, is celebrated every year on 21 June to promote the physical, mental, and spiritual benefits of yoga. Our institution observed the day with great enthusiasm and active participation from students, teachers, staff members, and guests.

Program.

The event commenced at 11:00 AM with a warm welcome from the NSS team to the guest yoga instructors, Mrs. Doly Paul and Mrs. Mithee Roy, owners of the Sadananda Yoga Cultural Centre in Tura. After a brief introduction emphasizing the vital role of yoga in maintaining a healthy lifestyle, the certified instructors led participants through a series of yoga asanas, breathing exercises (pranayama), and meditation techniques.

Participants practiced several yoga postures, including:

- Neck Movement (Sthiti)
- Knee Movement -(Chair Pose)
- Bhujangasana (Cobra Pose)
- Padahastansana
- Surya Namaskar (Sun Salutation)
- Ardhakrasan sana

The instructor explained the health benefits of each posture and encouraged everyone to include yoga in their daily routine.

Participation and Response


Students attended the program. The session was conducted in a peaceful and disciplined environment. Participants expressed appreciation for the opportunity to learn techniques that improve flexibility, concentration, and overall well-being.

Conclusion

The celebration of World Yoga Day was a great success. It helped create awareness about the importance of yoga in leading a balanced and healthy life. The event inspired participants to adopt yoga as a regular practice for physical fitness, mental peace, and emotional well-being.

Report Prepared by: NSS Unit, Program Officer



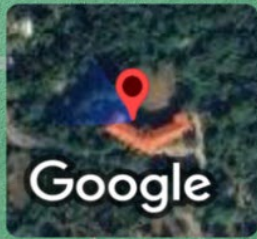
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