

## **International Yoga Day**

Mariani College, NSS Unit, IQAC & Student Union in collaboration with Women Volunteer Organisation 'Anajori', Mariani, celebrated 9<sup>th</sup> International Yoga Day on 21<sup>st</sup> June, 2023 from 7 a.m to 9:30 a.m at Mariani College Auditorium (Arts Campus) under the guidance of Principal, Mariani College. The Theme for the International Yoga Day, 2023 was "Yoga for Vasudhaiva Kutumbakam". The whole event was co-ordinated by NSS Programme Officer, Ms. Kritika Agarwal and two other faculty members- Mr. Bosanta Borah & Ms. Anju Pandey of Mariani College.

The event started with a felicitation programme. Principal, Dr. Horen Goowalla, Mariani College was felicitated with a Fulam Gamusa. He addressed the gathering with a short speech on the importance of Yoga. He mentioned that Yoga is a part & parcel of education system & is very good for health and everyone should do yoga regularly to maintain proper health. Two Yoga Instructor, Ms. Jun Duwara & Ms. Sujata Bordoloi were also felicitated with great honour & respect. They began the Yoga session with a prayer for good health and then continued several Ashanas & Pranayams in the Auditorium Hall. Few Faculty members of Mariani College, Mr. Prabudh Gogoi- CTO of NCC, Mr. Rupeswar Sonowal, Ms. Archana Saikia, Mr. Bhaskar Buragohain, 12 Volunteers of NSS Unit, 25 NCC Cadets, 15 Karate Students & Karate Instructor, Mr. Debojit Saikia & several other guests joined the Yoga Programme with full enthusiasm. At last healthy refreshment was given to all the participants and the programme ended successfully.

