

Celebration of 4th International Yoga Day in North Lakhimpur College

North Lakhimpur, June 21st, 2018: As part of worldwide celebration of 4th International Yoga Day on 21st June, 2018, North Lakhimpur College (Autonomous), Lakhimpur, has also celebrated this day on June 21st, 2018 in its campus. A Yoga session of ninety minutes was organized by the NSS and Stress Management Committee, North Lakhimpur College (Autonomous) in collaboration with 72 Assam Girls(I) COY N.C.C North Lakhimpur and Vivekananda Kendra Kanyakumari (Lakhimpur Branch) in which about 315 students from North Lakhimpur College, Lakhimpur Girls' College, Nawboicha College, North Bank College, Lakhimpur Commerce College, N. L. Govt. Higher Secondary School alongwith many faculty members, NSS Volunteers and the staff took part enthusiastically and practiced various 'asanas' of Yoga and Pranayama. Dr. Bornali Borah, the co-ordinator of the Stress Management Committee has welcomed everyone on the 4th International Yoga Day. The Principal of the college, Dr. Biman Chandra Chetia delivered a welcome speech and talked about the importance of this day. Dr. Bornali Borah introduced the Yoga practitioners Birendra Kalita, Pompha Rana, Dawa Bait-I, Urmila Rana and Rinju Kaur of Vivekananda Kendra (Lakhimpur Branch) who were invited to demonstrate various Yoga postures and explain correct ways of doing the asanas. Yoga session was started with the chanting of 'Pranay Mantra OM' followed by Sookchma Vyama, Vajrasana, Tadasana, Vrikshashana, Surya Namaskara, Nodi Shodhan Pranayama and Bhramaree Pranayama. Bipul Saikia, NSS Programme Officer, North Lakhimpur College, LT COL Anup Avasthi, Officer Commanding, Suv A. K. Mishra, 72 Assam Girls(I) COY NCC, North Lakhimpur, Suv Warson Anal, Narendra of 8 Assam BN NCC were also involved in the event. After the session the participants were provided some refreshments. All the members present in the session expressed their experiences and stated that they were feeling relaxed, refreshed and calm.

