

## 4<sup>th</sup> International Yoga Day (2018) Observed S.B.Deorah College, Ulubari, Guwahati, Assam

The fourth International Yoga Day was observed at S.B.Deorah College, Ulubari, Guwahati (Assam) on 21/06/2018 in the college premises. Five Karyakarta from the Vivekananda Kendra, Guwahati were invited for the occasion.

The programme started with a welcome address speech. The invitees were felicitated with 'Phulam Gamocho' by the students.

The necessity and importance of 'Yoga' in this modern age was highlighted by Smti. Rashmi Rekha Mallick of Vivekananda Kendra emphasised the need and benefits of yoga among the youth. Various yogic postures, free-hand exercises, pranayamas and meditations were taught. Special focus was given on Nari-Suddhi, Vastrika and Kapalbhati pranayama. Surya Namaskar was done for three rounds. The participants were relaxed after chanting 'Omkar' and 'Sarbashan'.

An interesting and motivating interaction took place among the participants and instructors, which was followed by vote of thanks. A large number of students and faculty members were attended the programme.

