

## **OBSERVATION OF INTERNATIONAL DAY OF YOGA, 2022**

NSS Unit, Shillong College, observed the 8<sup>th</sup> International Day of Yoga on the 21<sup>st</sup> June, 2022 by organising a Yoga Workshop and Yoga exercises. The programme is being jointly organised by the NCC Unit, Shillong College and The Directorate of Census Operations, Meghalaya & Arunachal Pradesh, Ministry of Home Affairs, Government of India. The programme was graced by Smti. Pooja Pandey, IAS, Director Census Operations, Meghalaya & Arunachal Pradesh, Ministry of Home Affairs, Government of India as Chief Guest and Pf. B. Syiem, Vice Principal Self Financing Courses, Shillong College and Pf. K. Dutta Roy, Vice Principal, Shillong College as Guests of Honour. In this programme, Kumari Euginia Davida Hek, Yoga Teacher at 200Hr TTC at Yogadarshanam, Mysore, is the Resource Person. In the first session of the programme, she gave a lecture on the importance of Yoga and various health benefits of practicing Yoga. She also explained on the different types of Yoga. In the second part of the programme, she demonstrated these different Yoga types and mentioned different aspects associated with each of these types.

The programme concluded with a vote of thanks from Dr. B. P. Tripathi, Associate Professor and Teacher Incharge NCC Unit, Shillong College. About 120 participants attended the workshop.

