

# Report on Observance of International Day of Yoga 2020

Date 21/06/2020

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps us relaxing.

International Day of Yoga is celebrated with a unique theme every year. This year, however, due to the coronavirus pandemic, International Day of Yoga was celebrated via digital platforms. The theme for this year's Yoga Day is 'Yoga at Home and Yoga with Family'. The Yoga Cell, Margherita College organised an online programme as a part of observance of International Day of Yoga. Internationally acclaimed yoga practitioner Miss Pratyusha Shyamali Gogoi demonstrated yoga asans in the programme. Another resource person, Ms. Binjumoni Sonowal, Assistant Professor, Margherita college talked on history of yoga. The programme was attended by 52 participants comprising faculty members and students of margherita College.

Coordinator (jt.)

Yoga Cell,

Margherita College

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Online celebration of International Yoga Day on 21<sup>st</sup> June 2020 with by Margherita College Yoga Cell demonstrated by Miss Pratushya Shyamali Gogoi, an internationally recognised and award winning Yoga practitioner and student.

