



Report

Activities on Xth International Day of Yoga on 21st June 2024 IGNOU REGIONAL CENTRE JORHAT

The 10th International Yoga Day (IYD) 2024 was observed at IGNOU Regional Centre Jorhat on 21st June 2024. On account of Yoga Day, Regional Centre Jorhat has conducted a Training Session on Yoga for the officials and staffs of the Regional Centre.

All the officials and staff of RC Jorhat participated in the Yoga session. Ms. Kabita Neog, Yoga Instructor and Academic Counsellor of CPY programme was the the yoga trainer in the programme.

The training session started with the Invocation prayer followed by loosening/warm up exercise like neck rotation, shoulder rotation, forward and backward twisting etc. After the loosening exercise, the yoga trainer demonstrated various Yogasanas/postures and the participants also practiced the yogasanas as per the protocol of International Yoga Day 2024.

After yogasanas, pranayams were performed like Kapalabhati, Nadisodhana pranayam, Sitali pranayam, Bhramari pranayam followed by Pranadyan .

The Yoga Instructor also elaborated the importance of Yoga in human life, its effectiveness and how it helps to keep the body fit and healthy.

The yoga session came to an end by performing Shanti Mantra followed by vote of thanks offered by the Senior Regional Director.

Please insert good quality photographs (Maximum 04) along with the captions.



Prayer performed by officials and staff of RC Jorhat



Pranayam



The Yoga Instructor elaborating on importance of yoga in human life



A group photograph after yoga session