



NEWS BULLETIN

GCU CELEBRATES 10TH INTERNATIONAL YOGA DAY “YOGA FOR SELF AND SOCIETY”



AZARA, June 25: On 21st June 2024, the Social Welfare Club of Girijananda Chowdhury University conducts “10th International Day of Yoga”. The theme of this year is “Yoga for Self and Society”. The event aimed to emphasize the importance of yoga as a holistic approach to maintain physical, mental, and spiritual well-being. The celebration commenced with a serene and invigorating yoga session led by renowned yoga instructors Miss Indra Dey (YOGBID) and Mr. Sankar Rabha (PGDY), both from the Indian Yoga Culture and Yoga Therapy Centre, Maligaon, Guwahati, setting a harmonious tone for the day’s activities. Participants were guided through a practical session inclusive of various yoga postures, breathing exercises, and meditation practices, fostering a sense of inner peace and connectedness. Individuals from different departments of GCU actively took part in the event. The atmosphere was filled with positivity and enthusiasm as participants immersed themselves in the transformative power of yoga. The event also featured informative sessions on the health benefits of yoga, mindfulness techniques, and the integration of yoga into daily life.

Girijananda Chowdhury University, Tezpur campus embraced the holistic spirit of Yoga by celebrating the 10th International Yoga Day with great fervor and enthusiasm. The event, themed “Yoga for Self and Society,” underscored the transformative power of Yoga in fostering personal well-being and societal harmony. The Yoga session was expertly conducted by Mr. Harekrishna Das, an expert Yoga instructor with 15 years of dedicated practice. His extensive experience and deep knowledge of Yoga brought a profound and enriching experience to all participants. The celebration commenced with the felicitation of Mr. Harekrishna Das by Prof. Abdul Baquee Ahmed, Principal of the School of Pharmaceutical Sciences, GCU, Tezpur. Prof. Ahmed expressed his gratitude to the guest instructor for sharing his expertise and inspiring the community with the principles of Yoga. Faculty and staff participated in the event with full enthusiasm, embodying the event’s theme. The session included various Yoga postures, breathing exercises, and meditation techniques aimed at enhancing physical flexibility, mental clarity, and emotional balance. Girijananda Chowdhury University, Tezpur campus, continues to advocate for the importance of wellness and self-care through such enriching activities, fostering a vibrant and healthy community.



Lighting of the auspicious lamp.



The enthusiastic participants immersing in the transformative power of yoga.



The fraternity of GCU, Tezpur campus enhancing physical flexibility, mental clarity and emotional balance on International Yoga Day.

