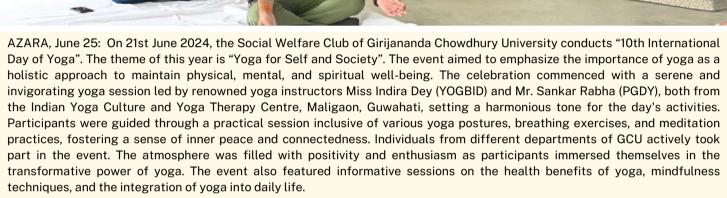
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GCU CELEBRATES 10TH INTERNATIONAL YOGA DAY "YOGA FOR SELF AND SOCIETY"

GIRIJANANDA CHOWDHURY UNIVERSITY



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.

