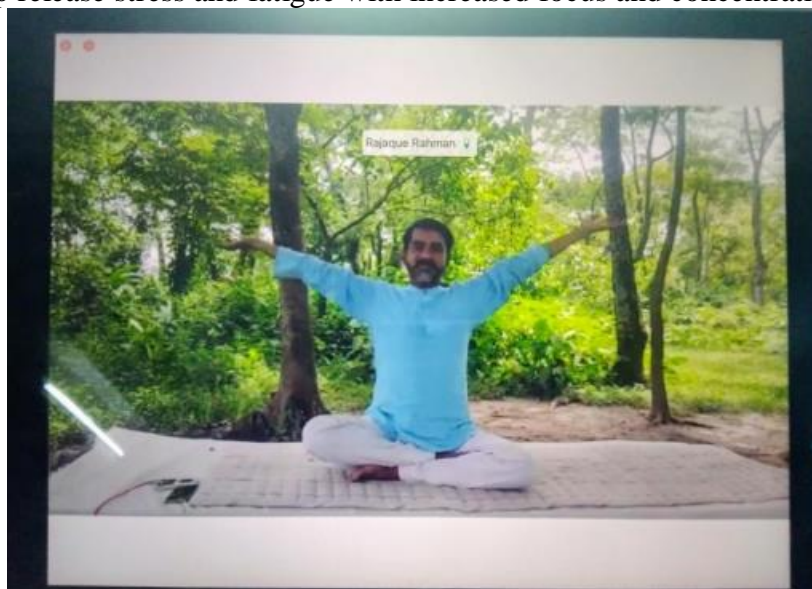


The NSS Cell of Bodoland University organized a four-day programme from 21st-24th June 2021 to observe the International Yoga Day in collaboration with the Art of Living Foundation. The International Day of Yoga is observed on 21st June 2021, since its inception in the United Nations General Assembly in 2015. With the theme of the event, which was, “BE WITH YOGA, BE AT HOME” a webinar was conducted to observe the International Day of Yoga where esteemed guests, faculties from different colleges, members of the NSS units were present along with the Vice-Chancellor and faculty members of the university. The webinar began with the welcome speech by Prof Sujit Deka at 9:30 am. Prof Deka is the programme coordinator of the NSS Cell, Bodoland University, and the HoD of Geography. Prof. Deka warmly welcomed all the participants with his humble and kind words, followed by the inaugural speech by the honourable Vice-Chancellor of Bodoland University, Prof. Laishram Ladu Singh.

Prof Singh is an eminent personality in population statistics and a man with vast knowledge and experience. He shared his urge for the introduction of yoga in all educational institutions for its numerous benefits. After the inauguration of the programme, a yoga session was conducted, which was led by Mr. M. Rajaque Rahman. Mr Rahman is a senior faculty in the Art of Living Foundation. The Art of Living Foundation is an educational and humanitarian NGO that offers breathing techniques, meditation, and yoga programmes. Mr Rahman has been an editor with top publications such as The Economic Times, Bengaluru, India and The Business Today in Muscat, Oman. He has also been the media coordinator of the Art of Living from 2005-2008. Mr Rahman commits to spreading the essence and wisdom of yoga, meditation and Indian spirituality to all sections. Mr. Rajaque Rahman shared his immense knowledge on yoga and its benefits and the science of how yoga plays its role in protecting the COVID-19. In his yoga session, a great orator and a better yoga teacher, Mr Rahman, showed some basic and easy but extremely important yoga steps that one can practice while being seated. He patiently and kindly taught all the steps and explained the science behind it whilst stating their advantages. He gave special attention to the students and displayed the yoga steps that help release stress and fatigue with increased focus and concentration.



YOGA WITH M RAJAQUE RAHMAN

Scientific researches have proved that yoga reduces stress and tension and increase physical and mental health. With COVID-19 taking a toll on everyone’s mental and physical health, this year, the International Yoga Day focuses on the wellbeing of society while it is still recovering from the impact of COVID-19. Mr Rahman after an hour of yoga session, spared some of his precious time and answered the questions patiently that were raised by the audience. All the participants in the webinar were greatly benefitted and they expressed their

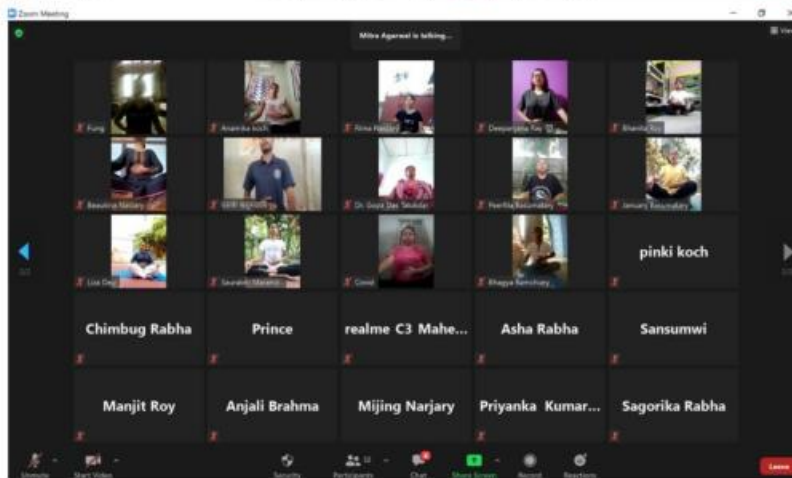
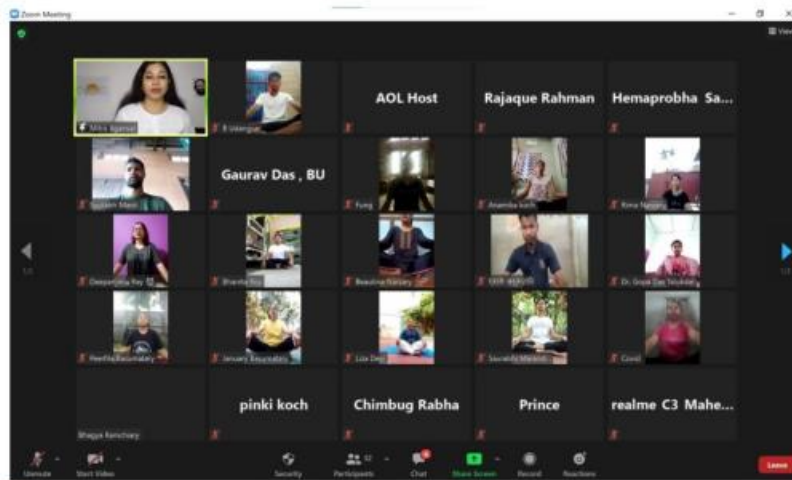
gratitude to him. After the interactive session, it was followed by the vote of thanks which Mr Solomon Islary, Asstt. Prof. of the Department of Political Science and the programme officer of the

NSS Cell, Bodoland University. He thanked all the dignitaries present in the event and the technical coordinator Dr. Manoj Deba and Mr Bhargab Jyoti Kachari. They were instrumental in the smooth conduction of the programme. Mr Islary also thanked the NSS programme coordinator and its members for taking this initiative to observe Yoga Day while being at home. Lastly, he conveyed his gratitude to all the participants present in the webinar for their support and cooperation.

For the next three days (22nd, 23rd and 24th June), a virtual yoga session led by Mr M. Rajaque Rahman was conducted every morning at 9:30 hours, attended by a large audience. The four days programme held by the NSS Cell, Bodoland University, has been a great success. In these desperate times where we are demanded to stay indoors, virtual events can prove to be very beneficial.



**AT THE MOMENT OF PRACTICING YOGA OFFLINE BY
NSS VOLUNTEERS OF AFFILIATED COLLEGES**



AT THE MOMENT OF PARTICIPATING IN YOGA ONLINE



AT THE MOMENT OF PRACTISING YOGA AT HOME



NSS Volunteer
Anjali Brahma
KC College, Hazuwa



"KAPALABHATI"
Bhagya Ramchiary
Program Officer, NSS Unit
koklabari Chapaguri College, H
azuwa



College: Anundoram Borooh Acedamy Degree college
Yoga: Vakrasana
Name: Jyotirupa Devi
Class: BA 5th semester
Department: Political science



AT THE MOMENT OF PRACTISING YOGA AT HOME

Organizing Committee

Patron

Prof. Laishram Ladusingh
Deka
Vice-Chancellor
Geography &
Bodoland University

Adviser

Dr. H.K. Sahoo

Registrar (i.c)

Bodoland University

Convener

Prof. Sujit

HoD,

Programme Coordinator
NSS
CELL,
BU

Technical Coordinators

Dr. Manoj Deka
HoD, Associate Professor
Dept. of Computer Sc &
Technology

Mr Bhargab J Kachari
Asst. Professor
Dept. of Geography

Members

Dr. Hemaprabha Saikia
Asst. Professor
Dept. of Chemistry
P.O., NSS Unit, BU

Mr Soloman Islary
Asst. Professor
Dept. of Political Sc
P.O., NSS Unit, BU