

4th International Yoga Day Celebrated in Hojai.



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Nikhil Mundra 21 June 2018 Updated 21 Jun 10088 views

In photo: [Hojai](#) MLA, Shiladitya Deb along with government officials performing Yoga at [Hojai](#) Indoor Stadium [Campus](#) in [Hojai](#) on Thursday.

HOJAI:- Along with rest of the World, the 4th International Yoga day was celebrated in [Hojai](#) on Thursday under the aegis of [Hojai](#) District Administration at [Hojai](#) Indoor Stadium [Campus](#).

At around 6:45 AM in the morning, the programme began with lighting the lamp. [Hojai](#)'s MLA Shiladitya Deb along with Deputy Commissioner of [Hojai](#) District Manvendra Pratap Singh, IAS, Superintendent of Police Ankur Jain, IPS and officials from all the department's were present on this occasion.

Speaking on the occasion, Legislator Shiladitya Deb said, "Yoga brings a balance between the mind and body and enables an individual to go along a right track"

Deb further stated that in present day context nearly 185 countries are eyeing on [India](#) to learn the skills of Yoga, but our youths are enaging themselves in Gym. He urged the denizen's of [Hojai](#) to practice Yoga for 15 minutes in regular basis.

DC Manvendra Pratap Singh said, "Performing [yoga](#) improves the overall health condition of a person reducing stress and other form of ailments."

Hundred's of school children, college students, people from all walks of life enthusiastically participated in the event and performed various [yoga](#) asan's and pranayam's under the guidance of [Yoga](#) Guru and [President](#) of [Hojai](#) Patanjali Yoga Samity Gopal [Das](#). Children's from SOS Children's Village along with the Village Director Paresh Badyakar, students from [Hojai](#) College NCC unit, trainees from Ajmal Foundation, Deen Dayal Upadhyaya Grameen Kaushalya Yojana, Karyakartakas of [Hojai](#) Patanjali unit, Sarv Hindustani Parishad also took part in this event.

Other venue's such as CRPF camp, Lachit Yoga Kendra, Life Insurance Corporation [Hojai](#) branch and many schools teemed with participants.



Nikhil Mundra

Journalist Based in Hojai Town.

BY NIKHIL MUNDRA

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