

International Yoga Day Celebrated with Enthusiasm Across Nazira



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The 12th International Yoga Day was celebrated with great enthusiasm across Nazira Co-District on Saturday, in line with the nationwide observance of the occasion.

Organized by the National AYUSH Mission, Assam, in collaboration with the Nazira Co-District Administration, a special yoga session was held on the banks of the historic Borbarua Pukhuri. The programme, themed **“Yoga for Healthy Ageing,”** witnessed the participation of more than 200 people.

The event commenced at 6:00 a.m. with participant registration, followed by the ceremonial lighting of the lamp by Assistant Commissioners Porshia Khanikar and Arunava Sonowal.

The yoga session was conducted by instructor Asim Dutta, assisted by co-instructor Chintamani Dutta. Participants were guided through various yoga postures (asanas), breathing exercises (pranayama), and meditation techniques. The instructors also explained the health benefits of regular yoga practice.

At the conclusion of the programme, participants took a pledge to practice yoga regularly and contribute towards building a healthier society.

Senior officials from various government departments, students from different schools under the Nazira Co-District, senior citizens, ASHA workers, members of the print and electronic media, and a large number of local residents attended the event, making it a vibrant and inclusive celebration.

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BY SK HASAN

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