

International Yoga Day observed at Bhergaon



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Third International Yoga Day has been observed at sub-divisional HQ [Bhergaon](#) in [Udalguri](#) district today on June 21 with gaiety. The event was organized by office of the [SDO](#) (Civil), [Bhergaon](#) in association with Patanjali Bharat Swabhimani, Mangaldai branch. DN [Hazarika](#), ADC, [Udalguri](#) cum [SDO](#) (Civil), [Bhergaon](#), formally inaugurated the Yoga session at [Bhergaon](#) High School play ground at 7 am. Speaking on the occasion he requested people to practice various [yoga](#) asanas daily. "Parents

must teach [yoga](#) to children from early ages so that they can be both physically and mentally fit",he remarked.Lakhya Jyoti [Das](#),Assistant Commissioner, [Bhergaon](#) and army personnel of 14 Dogra Regiment, Borongajuli camp beside local personalities were present on the occasion.Nearly a thousand people mostly woman and students participated in the Yoga programme.Students of the locality performed spectacular cultural programmes on the occasion to much delight of the people present.

AT Staff Reporter

BY AT STAFF REPORTER

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