

Yoga observed in Golaghat



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Suvansu Bora 21 June 2017 Updated 22 Jun 7200 views

The 3rd International Day of Yoga was observed in Golaghat on Wednesday with a slew of programmes organized by the district administration in association with Patanjali Yoga Samiti.

MLA, Khumtai, Mrinal Saikia ceremonially inaugurated the programme at the Golaghat District [Sports](#) Association (GDSA) [Cricket](#) Indoor Stadium here by lighting the ceremonial lamp. A mass demonstration of Common [Yoga](#) Protocol was also held at the venue. Deputy Commissioner Gaurav Bothra, Additional Deputy Commissioner Amarjyoti Barman and senior officials and staff of the district administration took part in the mass [yoga](#) demonstration.

A discussion forum on the benefits of [yoga](#) was also organized at the District Library Auditorium to mark the day. Leading citizen and social [workers](#) Prakhyat Dowerah and Dinesh Gogoi took part in the discussion forum. Speakers from Patanjali [Yoga](#) Samiti also spoke on the benefits of inculcating [yoga as](#) a regular part of one's lives.

Later, a [yoga](#) demonstration competition was held among the public at the District Library Auditorium and prizes were distributed among the winners. A cultural programme was also held at Golaghat District Jail to mark the occasion.

Similar programmes were also held across the district at the sub-divisional, block and gaon panchayat [level](#).

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Golaghat

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