

Celebration of International Yoga Day, Assam

21st of June, 2024, Duration of Event : One Day

Location : Simolvangi LPS, Biswanath, Assam





SHINING SOULS Project Review

CELEBRATING YOGA DAY

Project Title

CELEBRATING YOGA DAY

Overview

On 21st June, 2024 a special program was conducted by Souls Trust at Simolvangi LPS, Biswanath, Assam in occasion of 10th International Yoga Day. Shining Souls Trust is a Delhi based NGO operating all over India which mainly focuses on Backward Communities, Specially abled persons of the Society etc for their development.

- The motive of the program was to spread the awareness among the students and the local community there that how Yoga can keep us healthy by improving immunity.
- The day was celebrated among the students in the most backward areas, 180 students were distributed T.Shirts each from shining souls trust in conjunction with yoga, it encouraged the children.
- In view of this some of the Yoga Asanas were performed among the student, invites and other participants. First of all participants came together and seat to perform the Asanas. The Yoga instructor first briefed about Yoga and then she performed yoga in front of the participants and instructed to follow her. The participants followed her and did whatever she does. All the participants actively and happily participated.

Invites and Participants

- Sangita Saikia, who has made a name for herself in Biswanath by teaching yoga in different parts of Assam, was invited as a Yoga instructor.
- Mainu Hazarika (CRCC of Panibharal Cluster) and Janmoni Borah (CRCC of Burigang Cluster) were also invited.
- A total of 170 students of the school participated in the yoga programme. Other invites include Atul Das (President of Gana Natya Sanmilon, biswanath Assam).
- School staffs namely Ripunjoy Borah (Head Teacher), Kamal Jyoti Kalita (Asst. Teacher) and Apu Gogoi(Asst. Teacher) participated actively and also helped a lot on successfull completion of the program.





- Some of the electronic media persons of Biswanath Pratidin, Local Biswanth and ND24 came to broadcast the news.
- Assamese news paper "Niyomiya Barta" already printed and published the news in their news paper and some are yet to publish it.

Successful Completion of the Program

- On a very positive note Shining Souls Trust completed the Program.
- First, everyone was felicitated with Gamosa. Then yoga instructor, Atul Das and Croc gave their small talk on yoga.
- Students, others participants gave their valuable feedback for the said program.
- All of them positively responded for the program and suggested that such programs should be conducted for students and communities well being.
- They are hoping such programs will happen in future also with the help of Shining Souls Trust in near future.
- On the whole conducted a successful program from many perspectives.
- After teaching yoga to the children, break fast was arranged and the parents also had snacks.

