



JAINZIA EASTERN COLLEGE, KHLIEHRIAT

East Jaintia Hills, Meghalaya 793200

(Affiliated to North Eastern Hill University, Shillong)

Reaccredited Grade 'B' by NAAC (2nd Cycle)

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Dated Khliehriat, the 21.06.2024

Report **Observation International Yoga Day 2024** **Date: June 21, 2024**

Location: Jaintia Eastern College Hall

Participant: 54

Principal: 01

Programme Officers: 03

NSS Volunteers: 50

Introduction

International Yoga Day (IDY), celebrated on June 21, 2024, at Jaintia Eastern College organized by National Service Scheme (NSS) of the College. IDY was a remarkable event dedicated to promoting physical, mental, and spiritual well-being through the practice of yoga. This year's observance saw enthusiastic participation and a well-coordinated effort by a dedicated team of 50 volunteers under the theme "Yoga for Self and Society".

Planning and Preparation

The event was meticulously planned, involving coordination with local yoga instructors, and ensuring all necessary logistics were in place. Key preparatory activities included:

- **Volunteer Training:** All 50 volunteers received training on their specific roles, including Yoga demonstration.

Event Highlights

1. Opening Ceremony:

- The event commenced with a brief opening ceremony featuring a welcome speech by Miss. Wansakani Nongtdu, students of Commerce and NSS volunteer, emphasizing the importance of yoga in daily life.
- Principal of the College Dr. Phervision Nongtdu was invited to inaugurate the event, adding a touch of prestige and encouraging more participation.
- Shri Jamphrang Lyngdoh, Programme Officer NSS Unit-I, talked on the of second Semester and NSS volunteer deliver a theme of the IDY "Yoga for Self and Society".
- Shri. John Lyngdoh, a student of BA Second Semester, an active volunteer of NSS Unit of the College delivered a talked on the "The Important of Yoga"

- Shri. Thiar Phawa, a student of Second semester, a Volunteer of NSS unit delivered a vote of thank.
- The observation of IDY is conducted smoothly under the supervision of Miss Hannah Bell Lapasam and Shri. Jamphrang Lyngdoh, Programme Officers of the NSS Units.

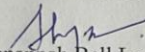
2. Yoga Sessions:

- **Morning Session:** A comprehensive yoga session was led by a certified yoga instructor, focusing on beginner.
- **Yoga Demonstration and Special Workshops:** Throughout the day, various workshops were conducted, including breathing exercises (pranayama), meditation techniques, and advanced yoga postures for seasoned practitioners by **Shri. Amnusha Malang** a trained Yoga Instructor.

Conclusion

The International Yoga Day celebration on June 21, 2024, was a resounding success, thanks to the collective effort of volunteers, organizers, and participants. The event not only promoted the benefits of yoga but also strengthened community bonds and encouraged a healthier lifestyle among attendees. Plans for future events include expanding outreach efforts and incorporating more diverse wellness activities to cater to a broader audience.


21/6/2024
Principal
Jaintia Eastern College
Khliehriat


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