



HAJI ANFAR ALI COLLEGE, DOBOKA

OBSERVANCE OF INTERNATIONAL DAY OF YOGA



**OBSERVANCE OF
INTERNATIONAL YOGA DAY- 21ST JUNE, 2023**
and
INAUGURATION OF CERTIFICATE PROGRAMME ON 'YOGA'
Organised by :
Department of Education and History
HAJI ANFAR ALI COLLEGE, DOBOKA
In Collaboration with
SHEEBA HEALTH CARE CENTRE
(A YOGA and Neurotherapy Centre)
College Road, Doboka
Venue : Auditorium Hall | Time : 11:30 A.M.

Today the 21st June 2023, the 9th International Day of Yoga, is celebrated at Haji Anfar Ali College, Doboka. The Programme is jointly organised by the Department of History and Education. The programme is inaugurated by Mojaharul Islam, Vice-Principal, Haji Anfar Ali College. The objectives of this Programme are

- To raise awareness about the benefits of Yoga for physical and mental well-being.
- To promote the practice of Yoga as a means of achieving a balanced and harmonious lifestyle.
- To encourage students, staff, and community members to adopt Yoga as a part of their daily routine.

Throughout the day a series of Yoga sessions were conducted, led by qualified Yoga instructors namely Sri Dipankar Sarkar, Senior Neuro Therapist and Sunita Das, PGDYN. These sessions catered to different age groups and skill levels, ensuring inclusivity and maximum participation. Participants were guided through various Yoga asanas (poses), pranayama (breathing exercises), and relaxation techniques.



On this occasion, a Certificate Course on Yoga is launched which is designed by the Department of History and will be offered jointly by the Department of History and Education, Haji Anfar Ali College in collaboration of Sheeba Health Care Centre, Doboka from the Academic Session, 2023-24 as part of MoU signed with Sheeba Health Care Centre.



In short, the observation of 9th International Day of Yoga at Haji Anfar Ali College, Doboka is a resounding success. The various activities conducted throughout the day successfully raised awareness about the significance of Yoga and its potential to improve physical, mental, and emotional health. The event fostered a sense of community, unity, and well-being among participants. It is recommended to continue organizing similar initiatives to promote the practice of Yoga and its associated benefits.

Sd/-
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