

**Report on 5<sup>th</sup> International Yoga Day**  
**21<sup>st</sup> June 2019**  
**Organised by Janata College Kabuganj, Assam**

The 5<sup>th</sup> International Yoga Day was jointly organised in the college by 3<sup>rd</sup> Assam Battalion NCC Boy's wing, 62<sup>nd</sup> Assam Battalion NCC Girl's wing and the National Service Scheme of the College at 8.30 am in the College Auditorium. Mr Pradip Kumar Singha hosted the programme and Mr. Shyam Kishore Sharma delivered a small lecture on the benefits of Yoga and its importance in life. Two NCC cadets from the Boy's wing Cadet Suman Sinha and Cadet Karnendu Sinha were the Instructors in the programme. A series of Yoga and Pranayams were performed and all the students and the faculties present in the programmed enjoyed the session for two hours and completed at 10.30 am.



Submitted by  
Pradip Kumar Singha