

## Report on International Yoga Day, 2024 held at Lady Keane College, Shillong.

Organised by the NSS Unit.

Date: 21.06.2024

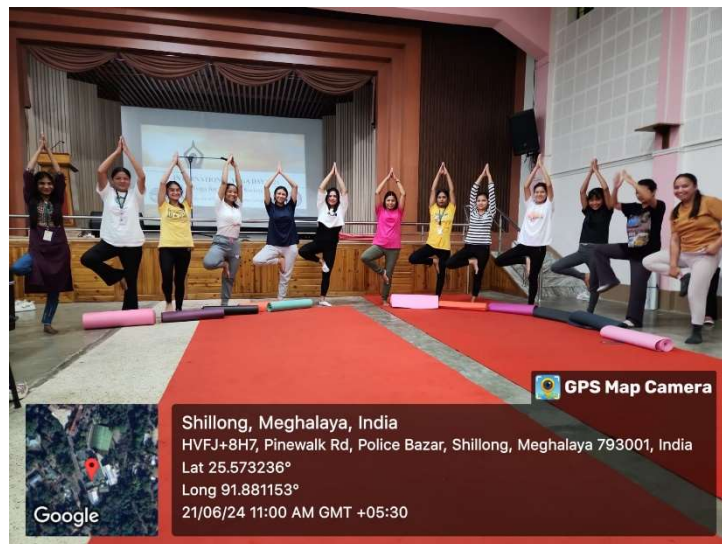
The NSS unit of Lady Keane College organized a special event on Yoga for Self and Society to celebrate International Yoga Day on the 21<sup>st</sup> June 2024. The event highlighted the benefits of yoga for individual well-being and community health. A total of 40 students participated in the program, showcasing their enthusiasm and eagerness to embrace the practice of yoga.

**Guests and Speakers:** The event was graced by the presence of:

- Principal, Dr. D.K.B. Mukhim
- Special guest and yoga instructor, Ms. Annie Blah

### Event Highlights:

**Welcome Address:** Dr Ms Juniorika Lyngdoh hosted the program and commenced with a warm welcome to all attendees and guests.



**Principal's Speech:** Dr. D.K.B. Mukhim delivered an inspiring speech, emphasizing the holistic benefits of yoga.

**Introduction of Yoga Instructor:** Ms. Annie Blah, an accomplished yoga instructor with national and international certifications, was introduced. Her background includes teacher training from the prestigious Mumbai Yoga Institute and experience at the Wellness Center in Laitmukrah and Gold's Gym. She has been teaching yoga at Lady Keane College for two years and also imparts her knowledge at Sunny Dale School in Nongthymmai.

**Yoga Session:** Ms. Annie Blah led an enlightening yoga session focused on the theme of Yoga for Self and Society. The session was both rejuvenating and inspiring, reinforcing the importance of yoga for physical and mental well-being. The participants actively engaged in the session, benefiting from Ms. Blah's expertise.

**Token of Appreciation:** The NSS member, Mr. Meban Langstieh, presented a token of appreciation to Ms. Annie Blah for her insightful and energizing session.



**Vote of Thanks:** The event concluded with a vote of thanks from Dr Ms Juniorika Lyngdoh, expressing gratitude to:

- Principal, Dr. D.K.B. Mukhim, fir his support and presence.
- Ms. Annie Blah for her inspiring yoga session.
- NSS members and staff for their hard work in organizing the event.
- The students for their enthusiastic participation.

**Conclusion:** The event successfully highlighted the significance of yoga in promoting personal and community health. The participation of 40 students demonstrated a strong interest in integrating yoga into their daily lives. The event concluded with refreshments served at the canteen, leaving participants refreshed and inspired.