

CONSOLIDATED REPORT ON INTERNATIONAL DAY OF YOGA - 2019

5th International Day of Yoga was observed on 21st June, 2019 at NIH campus from 9:30 AM onwards. The program was inaugurated by Director I/C Prof (Dr) Abhijit Chattopadhyay. Deputy Medical Superintendent I/C Dr Pralay Sharma gave the welcome speech. Mr K Doren Singh, Assistant Research Officer of Morarji Desai National Institute of Yoga, New Delhi was present in the event as resource person. He demonstrated meticulously all asanas to nearly 600 participants according to the Common Yoga Protocol Booklet, published by Ministry of AYUSH. Leaflet on yoga was distributed among general public for publicity and awareness on yoga. Quiz and puzzle game contest was organized in the auditorium as part of International Yoga Day observation. 21 participants participated in the quiz program. The program ended with prize and certificate distribution ceremony to the winners and participants. The whole program was coordinated by Dr Pralay Sharma (Deputy Medical Superintendent I/C) and was assisted by Raja Bhattacharya, Physiotherapist.

