

## Report on the Celebration of International Yoga Day

International Yoga Day was celebrated by the Commerce Forum in collaboration with NCC Haflong Govt. College on 21<sup>st</sup> June 2019 in Room No: A-3 of Arts Block. In this connection Mr. Pankaj Bhattacharjya, Secretary, Weight Lifting and Body Building Club Haflong was invited as Teacher to Demonstrate Yoga to the participants.

The Programme was started at 7-00 AM with the welcome speech by the Secretay, Commerce Forum Mr.M.C.Bakali and felicitation of the guests By Dr.L.Nampui, i/c NCC girls unit. The Principal Dr. M.Rahman briefly explained the importance of Yoga for healthy living. He also expressed his satisfaction and thanked the Commerce Forum and NCC.for arranging the programme. Mr.Pankaj Bhattacharje and other instructors demonstrated the yoga to the participants. The total Participants were 51 the Demonstration was ended at 9-30 AM. The Yoga Teacher Mr. Pankaj Bhattacharjee thanked the students for active participation and suggested to continue the practice regularly. The programme ended with Vote of thanks by Mr. K.K.Ahmed. Teacher i/c NCC boys unit followed by light Refreshment

  
21/6/19  
President  
HGCCF

  
21/06/19  
Secretary  
HGCCF



