CSIR-NEIST Celebrated 5th International Yoga Day

Along with the rest of the world, CSIR-NEIST also celebrated the 5th edition of International Yoga Day with great joy and enthusiasm at its premise on 21st June 2019. The Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131. The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

CSIR NEIST celebrated the day with a well charted out programme. A special function was held at Dr J.N Auditorium, CSIR-NEIST wherein Dr S C Kalita, Scientist-Incharge, CSIR-NEIST presided over the function attended by large number by CSIR-NEIST staff and students. Renowned person Shrijt. Probin Kumar Goswami, Founder Principal of Jorhat Yogabigyan Mahavidyalaya, Jorhat graced the occasion as Chief Guest and delivered a motivational lecture on Yoga for Healthy Life. He mentioned that Hon'ble Prime Minister, Shri Narendra Modi Ji is on a mission to spread awareness to the whole world about the importance of Yoga in everyone's life. Talking about the health benefits of Yoga, Shrijt Goswami said that he never visited any doctors or took medicines after performing yoga for last 30-35 years. In the end Shrijt Goswami advised that by performing yoga for 30-40 minutes every day can boost or improve the immune system which could result in happy, healthy and positive life.

On the auspicious occasion, a Yoga Class was also arranged at CSIR-NEIST Staff Club at 6.00 PM onwards for all the staff members & their family members and Students.

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Shri S C Kalita, Scientist-Incharge, CSIR-NEIST felicitating Shrijt. Prabin Kumar Goswami, Founder Principal of Jorhat Yogabigyan Mahavidyalaya, Jorhat

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Shrijt. Prabin Kumar Goswami, delivering lecture on Yoga for Healthy Life.

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