

CELEBRATION OF INTERNATIONAL DAY OF YOGA 2025



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. Today it is practiced in various forms around the world and continues to grow in popularity. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga by resolution 69/131.

This year, the theme for **International Yoga Day 2025** is '**Yoga for ONE EARTH ONE WORLD**'. The 2025 theme underlines how yoga can foster mental peace, physical vitality, and environmental awareness in a world facing crises like climate change, pandemics, and lifestyle diseases.

The 11th International Day of Yoga has been observed at Silapathar Science College campus on **21st of June, 2025** at **MPDC Hall** at **10:00 a.m.** The **NSS Unit Silapathar Science College and Aryabhatta Science Centre** Jointly organised the program at the MPDC hall. The session started with explaining the importance of Yoga in one's life by Dr. Pradeep Upadhyaya, NSS Programme Officer. The guest during the sessions were **Suraj Das, Prosenjit Mandal, Suranjit Das, Swapna Debnath and Durlav Sarkar** from Patanjali Yog Samiti, Silapathar who are expertise in Yoga.

Just after the inaugural session, the invited Yoga Guru Suraj Das demonstrated different *Yoga Asanas* and Postures. A sense of enthusiasm was seen among the students and they eagerly participated in the program. Just after the conclusion of the *asanas*, the yoga guru **Suraj Das** urge the students to inculcate the habit of doing Yoga at their homes regularly.

Just after the Yoga Session, the vote of Thanks was delivered by Dr. Pradeep Upadhyaya, the NSS Programme Officer.

The students were served with light refreshment after the conclusion of the program. The students dispersed and thus came to the end of the Yoga Day celebration.

Dr. Pradeep Upadhyaya
NSS, Programme Officer





International Day of Yoga 2025

21st June 25

Yoga is an ancient form of Physical, Mental and Spiritual practice Originated in India.

Every year it has been celebrated on 21st day of June all over the world. It has been accepted all over the world. This year the theme of yoga is One Earth One Health.

Silapathar Science College also celebrated the International Day of Yoga at College MPDC hall under the Cell NSS unit. Aryabhatta Science Centre Dibrugarh, IQAC and MPDC. The programme started at 9:00 am with the Inaugural Speech delivered by Dr. Pradeep Upadhyaya.

Special invited Guest were present on this occasion. Suraj Das, Prosenjit Mandal, Anamjit Das, Swapna Debbari and Anshu Baskar were present at the programme. They demonstrated different postures and asanas including pranayami. The meeting ended with vote of thanks by Dr. Pradeep Upadhyaya, NSS programme officer.

Signature :-

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| 1. Kiran Rai | 16. Khushi Subedhi |
| 2. Anjum Gurusung | 17. Vivek Pasi |
| 3. Ritu Pegu | 18. Khushi Kumari |
| 4. Jashuda Gori Gossain | 19. Bhitarani Konar |
| 5. Samsum Nessa. | 20. Dimpi Hazarika |
| 6. Surabhi Saha. | 21. Anjali Ranchari |
| 7. Pinky Baidya | 22. Meghali Panmeyer |
| 8. Sanjita Nath | 23. Bharati Kardong |
| 9. Kritika Kar | 24. Aniya Pegu |
| 10. Riya Limbu | 25. Puja Rajbongshi |
| 11. Akshay Larey | 26. Afrin Begum |
| 12. Parshmita Boruah. | 27. Sarita Begum |
| 13. Sobitkumari Chudia | 28. Diya Biswas |
| 14. Dipika Mushahary | 29. Jintumoni Devi |
| 15. Ashmi Chetry | 30. Beati Jone wal |

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31. Sabina Parmesan
32. Ishu Bhowmik
33. Namida Khadun
34. Adity Chanda
35. Satyam Sharma
36. Harri Krishna Chetay
- 37) Anurag Narayan
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Amritpur, Silapathar

PAYMENT VOUCHER

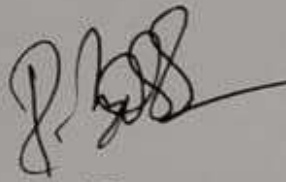
Paid to: DR. PRADEEP UPADHYAYA

Date: 21-06-2025

Sl No	Particulars	Cash/Cheque	Dr Account No	Amount	
1	Gamcha	Cash			
	3x@250			750/-	
2.	Chana				
	7kgx@90			870/-	
	Mogu				
	2kgx@120				
4	Banner			400/-	
5	Guest Rumeneration			2000/-	
6	Report Making Expenditure			1000/-	
				5020/-	

Passed by

Approve by


Received By
Programme Officer, N.S.S.
Silapathar Science College.
Silapathar