

Tezpur University Celebrates International Yoga Day



Tezpur University joined the World community in celebrating the International Yoga Day on 21st June, 2015 with a host of programmes. Starting with special yoga training sessions during 15 to 20 June, 2015, competitions in three categories (under 12 years, 12 – 16 years and Open) were organized on the International Yoga Day. Yoga demonstration and lecture sessions on the benefits of practicing yoga were organized during the day. The prizes for the various yoga competitions and the essay competition on the theme “Yoga for a Disciplined Life” were given away. A photo exhibition on yoga postures and their benefits for the human health as well as remedial use in different ailments like hypertension, diabetes, asthma, constipation, gastritis *etc.* was also organized. The community yoga practice session was well attended by everyone in the audience and saw enthusiastic participation.