

4th International Yoga Day Celebrated in Hojai.



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Nikhil Mundra 21 June 2018 Updated 21 Jun 10112 views

In photo: [Hojai](#) MLA, Shiladitya Deb along with government officials performing Yoga at [Hojai](#) Indoor Stadium [Campus](#) in [Hojai](#) on Thursday.

HOJAI:- Along with rest of the World, the 4th International Yoga day was celebrated in [Hojai](#) on Thursday under the aegis of [Hojai](#) District Administration at [Hojai](#) Indoor Stadium [Campus](#).

At around 6:45 AM in the morning, the programme began with lighting the lamp. [Hojai](#)'s MLA Shiladitya Deb along with Deputy Commissioner of [Hojai](#) District Manvendra Pratap Singh, IAS, Superintendent of Police Ankur Jain,IPS and officials from all the department's were present on this occasion.

Speaking on the occasion, Legislator Shiladitya Deb said,"Yoga brings a balance between the mind and body and enables an individual to go along a right track"

Deb further stated that in present day context nearly 185 countries are eyeing on [India](#) to learn the skills of Yoga, but our youths are enaging themselves in Gym.He urged the denizen's of [Hojai](#) to practice Yoga for 15 minutes in regular basis.

DC Manvendra Pratap Singh said, "Performing [yoga](#) improves the overall health condition of a person reducing stress and other form of ailments."

Hundred's of school children, college students, people from all walks of life enthusiastically participated in the event and performed various [yoga](#) asan's and pranayam's under the guidance of [Yoga](#) Guru and [President](#) of [Hojai](#) Patanjali Yoga Samity Gopal [Das](#). Children's from SOS Children's Village along with the Village Director Paresh Badyakar, students from [Hojai](#) College NCC unit, trainees from Ajmal Foundation, Deen Dayal Upadhyaya Grameen Kaushalya Yojana, Karyakartakas of [Hojai](#) Patanjali unit, Sarv Hindustani Parishad also took part in this event.

Other venue's such as CRPF camp, Lachit Yoga Kendra, Life Insurance Corporation [Hojai](#) branch and many schools teemed with participants.



Nikhil Mundra

Journalist Based in Hojai Town.

BY NIKHIL MUNDRA

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