

5 day community Yoga camp at Kalaigaon



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Jayanta Kumar Das 30 October 2009 29517 views

A five day community yoga camp was organized at Sri Bhagawat Mandir premises Kalaigaon from 24 to 28 October 2009. The camp was organized by Bigyananda Yogashram Sangha, Kalaigaon branch in association with central committee of the Sangha, Mangaldai. The camp well attended by more than 500 people (including 200 woman and girls) was inaugurated on the morning of October 24 by D.N. Hazarika, Circle Officer i/c Kalaigaon revenue Circle. In his inaugural speech, Hazarika thanked the organizers for the arrangement of the camp and said that it was a matter of pride to see hundreds of youths in the yoga camp. The community yoga camp was conducted by Yoga Guru Hiranya Garva, by 15 boys and 12 girls yoga teachers.

Yoga and Naturopathy expert Chandana Bharati told this scribe that several Asanas, Pranamayas and Kriyas had been taught during the camp days to be followed later. She said that exercise of the eyes, laughing therapy and meditation played vital roles for a healthy life. Yoga Guru Hiranya Garva gave a few naturopathy tips to the people, who had attended the camp.

The closing ceremony of the yoga camp was held on October 28 at 6 am. Mahesh Deka, secretary of Bigyananda Yogashram Sangha, Kalaigaon branch anchored the proceeding of the closing ceremony and thanked all who had attended the camp. On the occasion, Yoga Guru Hiranya Garva was felicitated with a gamocha and a citation letter for his mission of charity. In his replying speech, Yogaguru thanked nonagenarian freedom fighter and social worker of Kalaigaon Sevashram Pani Ram Das, who had donated two bighas of land worth Rupees ten lakhs at Kalaigaon for the establishment of a Yoga treatment centre at Kalaigaon.

A few patients suffering from chronic diseases also addressed the gathering saying that they had been feeling better after practicing yoga, meditation and naturopathy. A few difficult yoga asanas had also been demonstrated by the members of the Sangha headed by Chandana Bharati. The closing ceremony was also addressed by a few dignitaries including BPF central secretary Jagadish Sarkar; Keshab Deka, MCLA, BTC; Arun Sarma, president Kalaigaon AASU; social worker Mahendra Saikia and journalist Tankeswar Barua.

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BY JAYANTA KUMAR DAS

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