

International Yoga Day observed at Bhergaon



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Third International Yoga Day has been observed at sub-divisional HQ [Bhergaon](#) in [Udalguri](#) district today on June 21 with gaiety. The event was organized by office of the [SDO](#) (Civil), [Bhergaon](#) in association with Patanjali Bharat Swabhimani, Mangaldai branch. DN [Hazarika](#), ADC, [Udalguri](#) cum [SDO](#) (Civil), [Bhergaon](#), formally inaugurated the Yoga session at [Bhergaon](#) High School play ground at 7 am. Speaking on the occasion he requested people to practice various [yoga](#) asanas daily. "Parents

must teach [yoga](#) to children from early ages so that they can be both physically and mentally fit",he remarked.Lakhya Jyoti [Das](#),Assistant Commissioner, [Bhergaon](#) and army personnel of 14 Dogra Regiment, Borongajuli camp beside local personalities were present on the occasion.Nearly a thousand people mostly woman and students participated in the Yoga programme.Students of the locality performed spectacular cultural programmes on the occasion to much delight of the people present.

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BY AT STAFF REPORTER

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