

Udalguri joins in 4th International Yoga Day



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UDALGURI: Along with the rest of the country, the 4th International Yoga Day was observed in various parts of [Udalguri](#) district. The [Udalguri](#) district administration in association with the [Udalguri](#) Block committee of [yoga](#) centre and 14 Gharwal Rifles, organised two hour long [yoga](#) camp and awareness meet at Bishnu Rabha Kristi Sangha in [Udalguri](#) town which was inaugurated by Deputy Commissioner of [Udalguri](#), Dilip Kumar [Das](#) in presence of Commanding officer of 14 Garhwal Rifles, Col. Rahul. T. Basak and Tezimala Devi, two [yoga](#) instructors of [Udalguri](#). Block [yoga](#) centre imparted the [yoga training](#) on the occasion. District nodal officer of Yoga under the [ministry](#) of Ayush, Dr. Rabin Deka offered vote of thanks to around two hundred trainees. Members of Shristi [Yoga](#) centre demonstrated various 'asanas' and 'pranayamas' on the occasion. Meanwhile, [yoga](#) day was also observed at schools and colleges, of Bhergson, [Tangla](#), Kalaigaon, Rowta, [Orang](#) and [Mazbat](#) areas of the district.

Shajid Khan

Recipient of The Annual Colosseum Awards 2014 & 2015 (by The Assam Tribune group), Shajid Khan is an Independent journalist based in Assam. He has contributed numerous political, socio-political stories for bountiful national, international as well as Assam based publications including The New York Times, Firstpost, The Telegraph. He also pens down analytic commentary on print and web based publications.

BY SHAJID KHAN

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