



Report on Event

1. **Title of the event:** Internal day of Yoga, 2022

2. **Venue:** Nalbari College

3. **Date:** 21.06.2022

4. **Organized by:** NCC “C” Coy of 1 Assam Bn.

5. **NCC ANO:** Lt. Anjanjyoti Sarma,

6. **No of Participants:** 25

7. **Nature of Participants:** NCC Cadet

8. Description of the event: The NCC “C” Coy of 1 Assam Bn. Nalbari College, organized Internal day of Yoga, 2023. This initiative aims to promote Ancient Indian Culture & Yogic Lifestyle, addressing the ongoing demand for Yogic Lifestyle for wellbeing and alternative medication therapy. By raising awareness and fostering community engagement, the event underscores the significance of Healthy lifestyle and supports this process in needs within the region.

9. **Photographs of the event:**



Key Points:

- Total No. of participants: 25
- Geo-tag photos are taken

Attachment:

Geo-tag photos of the Programme

Signature of Participants



