

ACTIVITY REPORT
ON
INTERNATIONAL DAY OF YOGA
ORGANISED BY NEHRU YUVA KENDRA SANGATHAN, GUWAHATI
IN COLLABORATION WITH
NATIONAL SERVICE SCHEME&SPORTS AUTHORITY OF INDIA
MINISTRY OF YOUTH AFFAIRS &SPORTS, GOVT. OF INDIA



AASHAA BORA FOUNDATION

Nikita Complex, 1ST Floor,
345, G.S. Road, Khanapara

INTERNATIONAL YOGA DAY

On 21st June 2015, International Yoga Day was celebrated at Khanapara field, Guwahati. The team of Aashaa Bora Foundation had participated as a volunteer, which was organized by **NEHRU YUVA KENDRA SANGATHAN and NATIONAL SERVICE SCHEME**. The yoga day was declared by United Nations General Assembly on December 11, 2014. The Indian Prime Minister Narendra Modi in his UN Address suggested the date to be June 21 as the International Day of Yoga as it is the longest day of the year in the Northern Hemisphere and has special significance in many parts of the world. Our honorable **Prime Minister** had given the speech-

"Yoga is an invaluable gift of India's ancient tradition. This tradition is 5000 years old. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with you, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day."

—Narendra Modi,





On that day, the team of Aashaa Bora Foundation participated as a volunteer, they had done activities of filling up the registration form of the people belongs to the group of NYKS, NSS, and Others etc. The yoga programme was started according to the time schedule. The team interacted with the people and knows their point of view. After the completion of the programme, the member of NYKS, NSS had distributed certificates among the participants as well as the volunteers.

CONCLUSION: The team of Aashaa Bora Foundation had taken a good initiative in participating in the entire programme. As yoga is not about exercise but to discover the sense of oneness with ourselves, the world, and the nature .Huge crowd gathered in the programme and they are showing very much interested in taking part in the yoga programme. Various schools, colleges of different district participated in the programme.