



Report on the 9th International Day of Yoga on 21st June 2023

Organized by

NCC Unit, Ambedkar College, Fatikroy, Tripura

On 21st June 2023, the NCC Unit of Ambedkar College organized the 9th International Day of Yoga at the auditorium hall of Ambedkar College, Fatikroy. The event witnessed a remarkable turnout, with participants from various departments, faculty members, staff, students and the CTO of the NCC Unit, Ambedkar College coming together to celebrate the profound practice of yoga. The event commenced with a warm welcome extended to the esteemed guest, Mr. Dipak Sarkar, Yoga Trainer from the Vivekananda Yoga Centre in Kumarghat and Kanchanbari, Unakoti District, Tripura. Mr. Sarkar, being an expert in the field of yoga, brought valuable insights and knowledge to the proceedings of the day. His presence greatly enhanced the significance and impact of the event.

Following the welcome, the Principal of Ambedkar College, Dr. Subrata Sharma, delivered an inspiring speech highlighting the importance of yoga in our lives. He emphasized that yoga is not just a physical exercise but a holistic practice that promotes well-being on multiple levels. The Principal emphasized the transformative effects of yoga on individuals and society as a whole. His speech motivated the participants to delve deeper into the practice of yoga and embrace it as a way of life.

After the Principal's speech, Mr. Dipak Sarkar took the stage and delivered an enlightening discourse on the philosophy and science behind yoga. He shared his vast knowledge and experiences, elucidating the profound impact of yoga on physical health, mental well-being and spiritual growth. Mr. Sarkar's speech served as a source of inspiration, encouraging participants to explore the depths of yoga and harness its potential for personal and collective transformation.

Following the speeches, the participants actively engaged in invigorating yoga sessions conducted by certified instructors. These sessions catered to individuals of all skill levels, allowing participants to experience the physical and mental benefits of yoga firsthand. The yoga sessions encompassed various asanas (poses), pranayama (breathing exercises) and meditation techniques, providing a holistic approach to well-being.

Furthermore, the event included a panel discussion, which served as a platform for participants to share their experiences and insights related to yoga. Mr. Dipak Sarkar and distinguished faculty members of Ambedkar College participated in the discussion, exchanging ideas and perspectives on the significance of yoga in modern society. The panel discussion fostered a sense of community and learning, encouraging participants to incorporate yoga into their daily lives.


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The 9th International Day of Yoga organized by the NCC Unit of Ambedkar College received overwhelmingly positive feedback from the participants. The event successfully achieved its objectives of creating awareness about yoga, inspiring individuals to embrace the practice and fostering a sense of well-being among the participants. The presence of Dr. Sayan Saha, CTO, NCC Unit, Ambedkar College further emphasized the NCC Unit's commitment to promoting physical and mental fitness among the college community. The CTO of NCC Unit, Ambedkar College, would like to extend their sincere appreciation to Mr. Dipak Sarkar for gracing us with his presence and sharing his wisdom. His contributions were invaluable in making the event a grand success. The CTO would also like to express gratitude to the Principal of Ambedkar College, Dr. Subrata Sharma, for delivering an insightful and inspiring speech that set the tone for the event.

Furthermore, I extend my heartfelt thanks to the NCC Unit, the organizing committee and all the volunteers who dedicated their time and efforts to ensure the smooth execution of the event.

In conclusion, the 9th International Day of Yoga organized by the NCC Unit of Ambedkar College was a remarkable event that celebrated the essence of yoga and its immense benefits. The speeches delivered by the Principal and Mr. Dipak Sarkar, along with the engaging activities, served as a catalyst for participants to explore and enhance their physical, mental, and spiritual well-being through yoga. The event exemplified the college's commitment to holistic education and well-being.


Report Submitted by:

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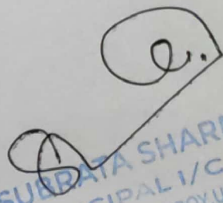
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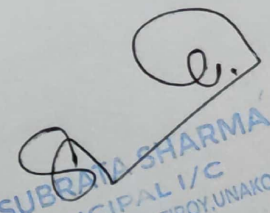



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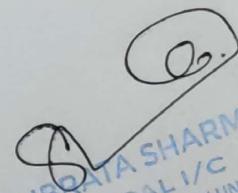



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