

## **Program Report of 11<sup>th</sup> International Yoga Day**

### **Date :21/06/2025**

**Chief Guest:** Dilkush Mohra, Panchayat, Saureni, Ward No.1

**Guest of Honor:** Deepak Biswakarma, Headmaster, Saureni Jr. High School, Saureni

**Yoga Instructors Name:** Maya Kumari Sharma and Bisnhu maya Rai

**The Number of participants: 112**

CRC Sikkim celebrated **11<sup>th</sup> International Yoga Day** on theme **"Yoga for One Earth, One Health"** on date **21/06/2025** at Saureni, Ward No. 1 along with Panchayat of Assam Lingzey Gram Panchayat Unit. The programme started with an Introduction of the program and welcoming address by the program coordinator Farnash Begum, Special Educator, CRC Sikkim. People of Saureni, Ward No. 1, Students and Teachers of Saureni Jr. High School also participated in the Program. Two Yoga instructors lead demonstrated and explained about various yoga asanas, pranayama and importance of a disciplined lifestyle. The yoga instructor detailed how yoga can increase flexibility, strength, reduce stress and anxiety. 20 yoga mats and small kits with pen, writing pad & file cover were also distributed to the students by CRC Sikkim who participated in the activities enthusiastically. The program ended with light refreshment and with a Vote of thanks by Palden Tamnag, Accountant, CRC Sikkim.





**(Farnash Begum)**  
Program Coordinator  
Special Educator, CRC Sikkim