

Program Report of 11th International Yoga Day

Date :21/06/2025

Chief Guest: Dilkush Mohra, Panchayat, Sauren, Ward No.1

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

Yoga Instructors Name: Maya Kumari Sharma and Bisnu maya Rai

The Number of participants: 112

CRC Sikkim celebrated **11th Internationa Yoga Day** on theme **"Yoga for One Earth, One Health"** on date **21/06/2025** at Sauren, Ward No. 1 alnog with Panchayat of Assam Lingzey Gram Panchayat Unit. The programe started with an Introduction of the program and welcoming address by the program coordinator Farnash Begum, Special Educator, CRC Sikkim. People of Sauren, Ward No. 1, Studenents and Teachers of Sauren Jr. High School also participated in the Program. Two Yoga instructors lead demostrated and explained about various yoga asanas, pranayama and importance of a disciplined lifestle. The yoga instructor detailed how yoga can increase flexibility, strength, reduce stress and anxiety. 20 yoga mats and small kits with pen, wrting 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