

Surya Namaskar Program Organised on Makara Sankranti dt 14/01/2022 in NEHU, Shillong-793022.

The Vice-Chancellor, NEHU welcomed the participants to Surya Namaskar Program organized as part of Azadi ka Amrit Mahotsav (75th Year of India's Independence). He spoke about the importance of Makara Sankranti as an auspicious day when the Sun moves towards northern direction entering Makara (Capricorn Zodiac). The day is dedicated to the deity Surya (Sun) the source of energy in our Solar System, and many festivals are organized all over the country. He also spoke about the importance of Surya Namaskar and its benefit for the Youth of India in general and NEHU in particular.



Prof. P.S. Shukla, Vice-chancellor, NEHU speaking on the occasion

Prof Rout also emphasized the importance of Surya Namaskar asanas.



Despite winter vacation and severe cold weather there was enthusiastic participation in Surya Namaskar program from various sections of the University consisting of students, teachers and non-teachers.



Surya Namaskar Session in progress.



The Yoga teacher and members of Art of Living, Shillong conducted the Surya Namaskar session.

