

As part of Azadi Ki Amruti Mahotsav, NEHU organised Suryanamaskar program in association with Patanjali Yog Samiti, Meghalaya and Meghalaya Yog Samiti supported by Meghalaya Yogasana Sports Association on 26<sup>th</sup> January'2022, the 73<sup>rd</sup> Republic Day.



Honourable Vice-Chancellor, Registrar, Assistant Director of Sports, and many students and non-teaching staffs took part in the Suryanamaskar program which started at 9:30am and continued till 10:20am on 26/01/2022 in front of the Administration Building, NEHU, Shillong.



Mr. Manik Paul from Patanjali Yog Samiti, Meghalaya conducting the Suryanamaskar Session.

Mr. Manik Paul, Mr. Dipankar Nandi and Mr. Siva Sewa from Patanjali Yog Samiti, Meghalaya conducted the session. Mr. Nantu Das, Asstt Director Sports, Mr. P. P. Dey, Convener, Azadi Ki Amrit Mahotsav Committee, NEHU were present to make the occasion a success.



The participants were given T-shirts and were provided with refreshment after the session was over.