

Yoga for health

A report on Yoga Day Celebration (2021-2022)

The Lady Keane College, Shillong, celebrated 8th international Yoga Day by organizing “A talk on health benefit of Yoga” on June 21, 2022.

The event was graced by the presence of Dr. D. K. B. Mukhim, the principal, Ms. Annie Blah, the resource person along with other faculty members and students of the college. Dr. Mukhim started the event by felicitating Ms. Blah with a bouquet of flowers.

Ms. Annie Blah is a certified yoga instructor from Yoga Vidya Gurukul, Nasik, India. She has also completed a Yoga Teacher Training Course from Gobardhan school of Yoga of International Society for Krishna Consciousness (ISKCON). Presently she is working as yoga instructor in the Gold Gym in Shillong.



Ms. Blah highlighted various adverse effects of our present lifestyle and explained how by incorporating yoga into our daily routine can help us in leading a much healthier and fulfilling life free from lifestyle diseases.



She demonstrated various asana postures and pranayama like Surya Namaskara, Vastrika, Anulom-Vilome etc., to students and categorically explained their health benefits respectively. She encouraged students to regularly practice these asanas and pranayamas for avoiding numerous health problems that have become part and parcel of our fast paced stressful, corporate, consumeristic, urban lifestyle.

The event was a great success giving students a glimpse of the hidden gems of Indian traditions fostering pride, privilege and a sense of Indianness. Dr. Joyashree Misra, the convener of the event, concluded the event with a vote of thanks. The students are provided refreshments at the end of the event.

No event was celebrated in year 2021, due to Covid protocol outlined by the Ministry of Health, Govt of India and administered by State Govt. of Meghalaya.