

**Observation of
12th International Day of Yoga 2026
Central Institute of Technology Kokrajhar BTC Assam
THEME –YOGA FOR HEALTHY AGEING
21st June 2026**

Time:- 6:30 am-7:45 am

Venue:- Academic Block -II First Floor

Yoga Sangam activities

Introduction By NSS Programme Coordinator

Speech on IDY by Dean Students Affairs

Yoga Sangam – Administer by Jeshmin Goyary (yoga Instructor)

Vote of Thanks by NSS Programme Officer

NB:- Followed by Refreshment