

## Monthly Activities Report from Assam for the Month of June'2025

Criteria	Details
<b>Sector</b>	PACS/DCCB/StCB/Dairy/Fisheries etc.
<b>Location</b>	Assam
<b>Event/Activity Name</b>	<b>Celebration of 11<sup>th</sup> International Day of Yoga (IDY)</b>
<b>Brief Information on the Activity</b>	❖ On 21 <sup>st</sup> June 2025, 11 <sup>th</sup> International Yoga Day was celebrated by the Dept. of Cooperation, Govt. of Assam in all the Offices of Registrars of Cooperative Societies (Addl. RCS, Zonal RCS, DRCS & ARCS) including the Head Office.
<b>Objective</b>	<ul style="list-style-type: none"> <li>➤ To promote <b>physical, mental, and emotional well-being</b> among the officials and staff of the Cooperation Department through the practice of yoga.</li> <li>➤ To raise <b>awareness about the benefits of yoga</b> as a preventive and promotive healthcare approach.</li> <li>➤ To encourage the integration of <b>healthy lifestyle habits</b> into the daily routines of government employees.</li> </ul>
<b>No. of Participants</b>	➤ 66 Offices
<b>Achievements &amp; Outcomes</b>	➤ <b>Successful organization of yoga sessions</b> across all levels of the department, including the Head Office and field offices (Addl. RCS, Zonal RCS, DRCS, ARCS), ensuring uniform participation across Assam.

	<ul style="list-style-type: none"> <li>➤ <b>Active participation</b> of officers and staff, demonstrating enthusiasm and commitment towards adopting yoga as a part of daily life.</li> <li>➤ <b>Professional instructors and guided sessions</b> were arranged to ensure correct practices and maximum benefit from the sessions.</li> </ul>
<b>Photographs &amp; AV Content</b>	Attached below.
<b>Additional Remarks</b>	

**Photographs & AV Content:**



