



Activity Title Workshop on 'Yoga and Wellness'

Date 21-Jun, 2024

Organised by Department of History and NCC Unit

Collaboration Yoga Cell

Note

The Department of History, Nowgong Girls' College and Assam Yoga Association organised the International Yoga Day on 21st June, 2024. The programme was collaborated with K.K Handique State Open University, Nowgong Girls College Study Center, Yoga Cell, Nowgong Girls' College and Assam Yoga Bigyan Mahavidyala. The introductory speech of the programme was delivered by Sarat Hazarika, Associate professor, Department of History, Nowgong Girls' College. Dr. Kulen Ch. Das, Principal of Nowgong Girls' College inaugurated the programme and delivered his inaugural speech. Dr. Krishnakumar Bora, Retired Joint Director of Health (Diphu) and Tapan Kumar Das, President Assam Yoga Association graced the occasion and spoke about the importance of Yoga in human life. The Resource person of the programme was Yogaguru Prabhat Ch. Bora. He briefly mentioned about the various aspects of Yoga and its impact on human mind and soul. Along with this programme a workshop was also organized on the topic 'Yoga and Wellness' and various participants of the workshop performed Yoga. A total Nos of 82 participants participated in the workshop.

Photographs





Nowgong Girls' College

ACTIVITY REPORT

Academic Session 2023-24

