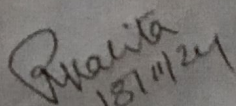


Department Of Education

Name of the event : Two Days Workshop on Yoga and Meditation for promoting mental Health
Date : 29-10-24 to 30-10-24
Collaboration : IQAC, Chhaygaon College
Organizer : Department of Education
Venue : Indoor Stadium, Chhaygaon College
Master Trainer : Mr. Pabitra Kalita
No. of attendant : 101 students

A brief note on the event:

A two days workshop on "Yoga and Meditation for promoting mental Health" was organized by the Department of Education, Chhaygaon College in collaboration with IQAC, Chhaygaon College. Mr. Pabitra Kalita was invited as a master trainer for providing training on yoga (at least 10 types). As a guest Mr. Kamal Thakuria, Vice Principal and academic in-charge, Dr. Lakhyadhar Sarma, IQAC Coordinator and Mr. Gagan Choudhury, UDA, Chhaygaon College were present in the inaugural ceremony. Mr. Kamal Thakuria focuses on the importance of yoga for maintaining healthy lifestyle in his speech, while Dr. Rina Kalita (HOD, Deptt. of Edu), Dr. Lakhyadhar Sarma and Mr. Gagan Choudhury throwing the light on the need and importance of yoga and meditation in our day today life and encourage our students to practice yoga regularly for promoting mental health respectively. In these two days of workshop students were participated actively, learned at least 10 types of yoga and their benefits along with the meditation process.


18/11/24
Dr. Rina Kalita(HOD)

Department of Education, Chhaygaon College

Two Days Workshop on Yoga and Meditation for promoting mental Health Department of Education

Date: 29-10-24 to 30-10-24

