

“3-Days Free Yoga Workshop” as a part of “AZADI KA AMRIT MAHOTSAV” & “8th INTERNATIONAL DAY OF YOGA, 2022”

Venue: Sports Complex, D.K.College

Date: 30th, 31st May and 1st June, 2022

Time: 10:00-11:00 am.

Report:

The Women’s Forum of D.K College conducted ‘A Three Days Free Yoga Workshop’, from 30th May to 1st June 2022 in collaboration with Indian Yoga Culture and Yoga Therapy Centre, Guwahati as a part of Azadi Ki Amrit Mahautsav and 8th International Day of Yoga 2022, from 10am to 11am at Sports Complex , D.K. College. Mrs Dipali Brahma and Miss Kanika Das,were the yoga instructors of the workshop. The workshop was inaugurated with a speech by the Academic In-charge, Dr. Namita Sharma, HOD Department of Zoology, D.K. College. A total of 25 faculty members from different departments of the college along with 57 students from D.K. College and students from other institutions participated in the first day of the workshop, followed by 21 teachers and 44 students on the second day and 16 teachers and 32 students on the third day of the workshop. The practice of yoga in the present situation encourages the balance between mental health and physical health and the workshop was an attempt to achieve the same.

No of participants: Day 1 (30th May 2022): 25 Faculties and 57 students

Day 2 (31st May 2022): 21 Faculties and 44 students

Day 3 (1st June, 2022): 16 Faculties and 32 students.

“THREE DAYS FREE YOGA WORKSHOP”

AS A PART OF

“AZADI KA AMRIT MAHOTSAV”

&

“ 8TH INTERNATIONAL DAY OF YOGA, 2022”

Organized by

WOMEN'S FORUM, D.K. COLLEGE, MIRZA

DATE- 30TH , 31ST MAY AND 1ST JUNE, 2022

TIME- 10.00 AM TO 11.00 AM

VENUE - SPORTS COMPLEX, D.K. COLLEGE, MIRZA



Photographs: *During Yoga workshop*