

## **A Week long Workshop on Yoga and Meditation**

**Organized by Health Team, N.S.S. & IQAC, Sipajhar College**

**In Collaboration with Prajapita Brahmakumari Ishwariya Vishwa Vidyalaya**

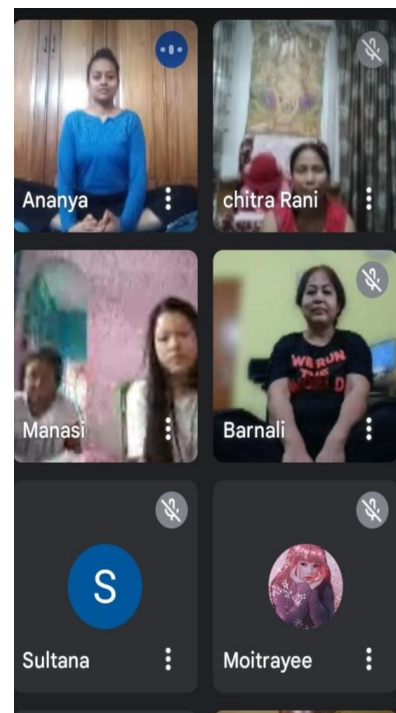
Venue: Meeting Hall, Sipjhar College.

Date: 15<sup>th</sup> – 21<sup>st</sup> June, 2022.

Report:

A workshop was organised on Yoga and Meditation was organized in by health team, N.S.S. Unit & IQAC, Sipajhar College in collaboration with Prajapita Brhmakumari Ishwariya Vishwa Vidyalaya from 15<sup>th</sup> of June to 21<sup>st</sup> of June culminating on International Yoga Day Celebration. On day 1, Jayashree behen from the Prajapita Brahmakumaris Ishwariya Vishwavidyalaya was invited to give some moments of learnings on meditation and Rajyoga. The following day i.e., on 16<sup>th</sup> of June there was a training on yoga by Ananya Saikia, yoga instructor and also a student of 2<sup>nd</sup> semester of English department. On day 3 to day 6, there was online yoga training due to sudden flood and declaration of holiday by the DC of Darrang district.





A week-long - Yoga Workshop on Yoga and Meditation  
 organised by Healthcamp, NSS & IQAC Sirajhori College  
 Date: 15/6/22

Signatures

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- 4 Sulendra Nath 15/6/22
- 5 Gultaz Begum 15/6/2022
- 6 Mridunika Mahanta.
- 7 Mausumi Das 15-6-22
8. Kousala Devi 15/6/22
9. Bipraylaxmi Sahariah.
10. Meresi Aggarwal 15.6.22
11. Suman Agarwalla 15/6/22
12. Kashmini Nath Datta 15/6/22
13. Nirmal Chakraborty 15/6/22
14. Sultana Rani 15/6/22
15. Sason Ram Kochari 15/6/22
16. Tilak Deka 15-06-2022
17. Bismita Reddy 15-06-22
18. Punterappun Pegu 15/6/22
19. Rinku Mari Baruah
20. Chitra Rani Barua 15/6/22
21. Manash Dyoti Deka 15/6/22
22. Trishna Mari Devi
23. Lata Kumar 16/6/22