

Webinar on the occasion of International Yoga Day
Organized by
NSS unit & Sports Committee, Namrup College
in collaboration with
IQAC, Namrup College &
Supported by Center for Yoga & Meditation (CYM), Namrup College
Date: 21st of June (Monday), 2021
Time: 7pm
Platform: Google meet
Programme Schedule

Particular	Speaker
Greeting and introduction of the program	Dr. Ashim Jyoti Baruah Assistant Professor Department of Mathematics Namrup College
Welcome cum Inaugural speech	Mr. Bimal Ch. Gogoi Principal i/c Namrup College
Introduction of the speaker	Sajidur Rahman Assistant Professor Department of Zoology Namrup College
Expert talk	Ms. Dorodi Saikia Borah Associate Professor Department of Zoology Namrup College
Presentation by Center for Yoga and Meditation, Namrup College	Dr. Durga Prasad Gogoi Associate Professor Department of Physics & Founder of CYM Namrup College
Speech from	Ms. Utpala Barman Baruah Vice- principal Namrup College
Vote of thanks	Mr. Kalyan Gogoi Assistant Professor & Programme officer (NSS unit, Namrup College) Department of Political Science Namrup College

verified

D Principal i/c
Namrup College



A report on
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Yoga which has been originated from our country India is a practice to promote mental as well as physical wellbeing. It has been practiced in India since time immemorial. To promote and share the knowledge as well as importance of Yoga, Honorable Prime Minister Mr. Narendra Modi ji proposed the idea of International Yoga Day during his address in United Nation General Assembly in 2014. Since 2015, every year 21st June has been celebrated as Yoga Day by following the initial draft resolution by UN in 2014. By taking this in consideration and to promote Yoga among student community and common people, **NSS unit & Sports Committee of Namrup College** celebrated (virtually) International Yoga Day, 2021 by organizing a webinar on the topic "*Yoga at home and Yoga with Family*" which is the theme of this year in collaboration with **IQAC and Center for Yoga & Meditation (CYM), Namrup College**. At the very fast, Dr. Ashim Jyoti Baruah, Assistant Professor of Department of Mathematics & Chairperson of Sports Committee, Namrup College greeted the guest and give a brief description of this programme which was followed by the welcome cum inaugural speech given by respected Mr. Bimal Ch. Gogoi, Principal i/c, Namrup College. In his welcome address, he mostly emphasized on habit of practicing of Yoga in daily life and its importance and inaugurated the webinar. After the welcome address, Mr. Sajidur Rahman, Assistant Professor of Department of Zoology & Convener of Sports Committee, Namrup College introduced the resource person of the webinar, respected Ms. Dorodi Saikia Borah who is presently working as an Associate Professor of Department of Zoology, Namrup College. In her speech, our respected resource person nicely presented the every aspect of Yoga and highlighted the importance of yoga in day to day life. Moreover, she told about the significance of the theme of International Yoga Day, 2021 very nicely and suggested everyone to make Yoga as a habit. After the completion of the talk by the resource person, Dr. Durga Prasad Gogoi, Associate Professor of Department of

International Yoga Day, 2021.



Mr. Sajidur Rahman
Assistant Professor
Of
Department of Zoology
&
Coordinator of the Webinar
Namrup College

Dr. Ashim Jyoti Baruah
Assistant Professor
Of
Department of Mathematics
&
Chairperson, Sports Committee
Namrup College

Mr. Kalyan Gogoi
Assistant Professor
&
Programme officer (NSS unit,
Namrup College)
Department of Political Science
Namrup College

Ventred

Principal i/c
Namrup College

