

Dakshin Kamrup Girls' College, Mirza

Three Days Free Yoga session – 30th May to 1st June 2022

Date: 01.06.2022

Report of day-1.

A three Days Yoga Session is being organized by Indian Yoga culture and Yoga Therapy Centre Guwahati along with the Institutions values and best practices of student support and progression communities of Dakshin Kamrup Girls' College from 30th May to 1st June of 2022 at the Science building of college campus. On this occasion First day on 30.05.2022 yoga was started at 08:00 A.M. with 21 participants, principal Dr. Nara Kanta Adhikary inaugurate the programme with a short speech and the was felicitated by Kamal Bora of Dakshin Kamrup Girls' College. As a part of "Azadi ka Amrit Mahotsav" Indian Yoga Culture and Yoga Therapy Centre, Guwahati has initiated the programme. On this day yoga was taught by Miss Dimpal Brahma And kanika Das and they were also felicitated by Mr. Habibur Rahman And Dr. Ripun Doley of Dakshin Kamrup Girls' College.

Report Day-2

Yoga in Continuing on this day and number of participants were the same. Both the Resource Person shows different 'Asanas' and 'Pranayama' on this day and participants with all their effort joined the programme.

Report Day-3

On 01.05.2022 same programme was held with and Concluding Speech was delivered by the principal Dr. Nara Kanta Adhikary and the vote of thanks was grand by Mr. Kamal Bora, the convenor of students support and progression committee of Dakshin Kamrup Girls' College.

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