

15 Days Yoga Programme

Nagaon G.N.D.G. Commerce College

(Date – 20-05-2022 to 03-06-2022 & Time - 8.30AM-9:30AM)

In response to the letter from UGC No. 1-16/2021(website) dated 25th March'2022 regarding International Day of Yoga (IDY) 2022, a 15 Days Yoga Programme on “Common Yoga Protocol (CYP)” has been started from 20th May'2022 to 3rd June'2022, organised by NSS unit of Nagaon GNDG Commerce College. The programme was inaugurated by the Principal Dr. Mriganka Saikia and introduces Mr. Krishna Kamal Das as Yoga Instructor for the 15 days programme. In the brief meeting they discussed about the benefits of Yoga. In this context Dr. Prafull Saikia, associate professor of Nagaon GNDG Commerce College also elaborated why Yoga awareness is important in our current busy and exhausted life style and also how we can achieve a healthy body and mind through yoga. All of them encouraged the students, faculties and college staff to take active participation in the programme.

The 15 days programme will cover the Theory on Yoga, Practical (Asana & Pranayama) and Meditation styles.

