

# A Certificate Course on YOGA

On 10<sup>th</sup> June, 2023 BBA department of Nagaon G.N.D.G. Commerce College has arranged an inaugural session of a three months certificate course on YOGA in collaboration with YOGA Cell, Nagaon G.N.D.G. Commerce College. The meeting was conducted as per the following agenda.

1. Taking chair by the Chair person.
2. Felicitation Programme.
3. Objective of the meeting.
4. Inaugural speech by Principal Nagaon G.N.D.G. Commerce College.
5. A brief lecture on YOGA by Dr. Prafulla Saikia.
6. Addressed by the Chief Guest.
7. Vote of Thanks.

The meeting is presided by the Principal of the college Dr. Mriganka Saikia. The purpose of the meeting is to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence. Yoga helps to keep the internal organs in the body to function properly by increasing the oxygen and blood flow. The meeting is inaugurated with a brief introduction on Yoga by the Principal of Nagaon G.N.D.G. Commerce College. A lecture on the importance of Yoga is also given by Dr. Prafulla Saikia, associate professor, department of Economics in this session. In this context, the special invitee **Miss. Nilakhi Das**, Lecturer of Yoga, College of Education, Kaliabor has addressed the college students and emphasized the importance of Yoga and Physical exercises in daily life.

At the end, after vote of thanks session, Mr. Krishna Kamal Das, assistant professors of BBA department together with the special invitee Miss. Nilakhi Das have arranged a fruit-full practical session on Yoga for another one hour with the college students. The two sessions are conducted by co-ordinator Mrs. Rupsikha Goswami on behalf of the BBA department Nagaon G.N.D.G. Commerce College.





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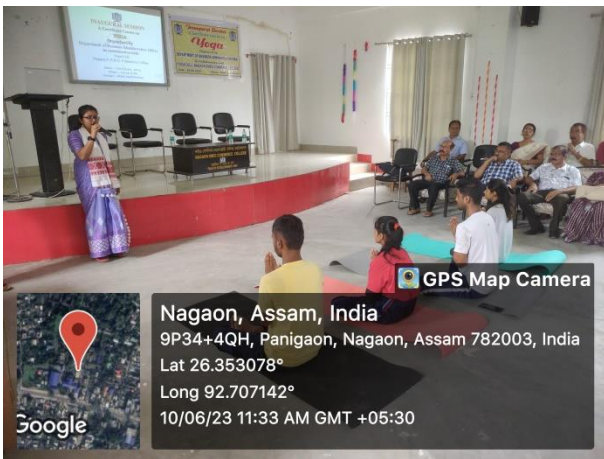
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