

Yoga 5 Days Workshop
Organized by Yoga Cell with the support of NCC & NSS Unit of
Nagaon G.N.D.G. Commerce College

Venue: College Mini Auditorium

Duration: 5 Days

Date: 08/11/2024

Timing: 9:30 AM - 10:30 AM

Day 1: Opening Session & Introduction to Yoga

- **9:30 AM - 9:40 AM:** Opening Ceremony and Lighting of lamp
 - Welcome Address by Dr. Mriganka Saikia, Principal & Secretary, NGNDGCommerce College.
 - Speech by the Chief Guest, Mr. Prabhat Ch. Bora, Vice President, YogaFederation of India
 - **9:40 AM - 10:00 AM:** Introduction to Yoga
 - **10:00 AM - 10:30 AM:** Basic Yoga Practice
 - Light Warm-Up and Introduction to Foundational Yoga Poses
 - Breathing Techniques for Relaxation
-

Day 2: Introduction to Asanas

- **9:30 AM - 9:35 AM:** Recap of Day 1
 - **9:35 AM - 9:50 AM:** Introduction to Asanas
 - Explanation of Different Types of Asanas and Their Benefits
 - **9:50 AM - 10:30 AM:** Practice Session
 - Demonstration and Practice of Basic Asanas (Mountain Pose, Tree Pose, Warrior Pose)
 - Tips for Proper Alignment and Modifications
-

Day 3: Introduction to Meditation

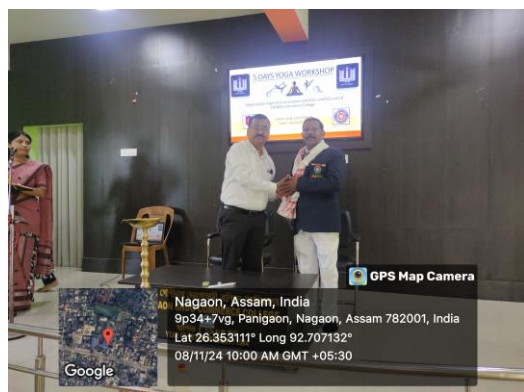
- **9:30 AM - 9:35 AM:** Warm-Up and Recap of Day 2
 - **9:35 AM - 9:50 AM:** Introduction to Meditation
 - Benefits of Meditation for Mindfulness and Stress Reduction
 - **9:50 AM - 10:30 AM:** Guided Meditation Practice
 - Simple Techniques for Beginners
 - Focus on Breathing and Mindful Awareness
-

Day 4: Introduction to Pranayama

- **9:30 AM - 9:35 AM:** Warm-Up and Recap of Day 3
- **9:35 AM - 9:50 AM:** Introduction to Pranayama
 - Importance of Breath Control and Its Effects on the Body
- **9:50 AM - 10:30 AM:** Practice Session
 - Techniques: Deep Breathing, Nadi Shodhana (Alternate Nostril Breathing), and Kapalabhati
 - Tips for Safe Practice and Relaxation

Day 5: Introduction to Kriyas & Closing Session

- **9:30 AM - 9:35 AM:** Warm-Up and Recap of Day 4
- **9:35 AM - 9:50 AM:** Introduction to Kriyas
 - Explanation of Simple Yogic Cleansing Techniques
- **9:50 AM - 10:15 AM:** Demonstration and Practice of Basic Kriyas
 - Focus on Trataka (Concentration on Flame)
- **10:15 AM - 10:30 AM:** Closing Session
 - Reflections on the Workshop
 - Certificate Distribution and Farewell Remarks



Coordinator
IQAC
Nagaon GNDG Commerce College
Nagaon Assam

PRINCIPAL
NAGAON GNDG
COMMERCE COLLEGE
NAGAON ASSAM