

YOGA CELL
NAGAON G.N.D.G COMMERCE COLLEGE
NAGAON: ASSAM

Nodal Officer: Krishna Kamal Das

Designation: Assistant Professor, Dept. of Commerce (P.G.)

Mobile no. : 7002702935.

Nagaon G.N.D.G. Commerce has a Yoga Cell formed under the support of NSS unit Nagaon. The Yoga cell highlights its activities mainly in the area of students' as well as employees overall health and fitness. The Cell has organized various programs in this context in the year 2021-2022.

Objectives of the Cell:

- To enable the students and employees of the College to have good health.
- To bring certain amount of self-discipline among the students and employees of the college.
- To organise health related workshops, seminars and events for awareness.
- To practice mental hygiene.
- To integrate moral values among students and employees of the college.

Members of The Yoga Cell:

1. **Dr. Mriganka Saikia**, Principal & Chairman
2. **Mr. Mridul Mahanta**, V.P. & Vice- Chairman
3. **Mr. Krishna Kamal Das**, Nodal Officer
4. **Dr. Jonali Sharma**, Member
5. **Mr. Ram Prasad Patar**, Member
6. **Miss Tridhara Garg**, Member
7. **Miss Banti Kalita**, Member

Activities:

15 Days Yoga Programme Nagaon G.N.D.G. Commerce College

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

The cellin 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. Prafulla 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. Total 60 students registered their name as participants for the 15 Days program.

“International Yoga Day - 2022 (IDY).”

(Celebration on 21st June, 2022. Nagaon G.N.D.G. Commerce College)

Nagaon G.N.D.G. Commerce College has observed 8th International Day of Yoga – 2022 as per the programme planned by Ministry of Ayush and framed by the Office of the Director of Higher Education Assam. The college celebrated the occasion in association with NSS Unit of College. The Yoga Day began at 6:30 am with the Broadcast of the Prime Minister live speech, from Mysore palace. On around 7:30 am the lighting of lamp was done by Dr. Mriganka Saikia, Principal of the College. The entire Yoga Programme was conducted by Yoga trainer Mr. Krishna Kamal Das. More than 100 participants comprising students, teaching and non – teaching staff participated in this programme. The Programme finally came to end with the “Shanti Path” by the participants.

Sd/-

Principal

Nagaon G.N.D.G. Commerce College,

Nagaon :: Assam

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



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