

TINSUKIA - 786 125 (ASSAM) Established: 1956

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Ref. No.

Date: 09/12/2022

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## $\frac{\text{Workshop on Meditation}}{\underline{8}^{\text{th}} \text{ to } 10^{\text{th}} \text{ June, 2022}}$

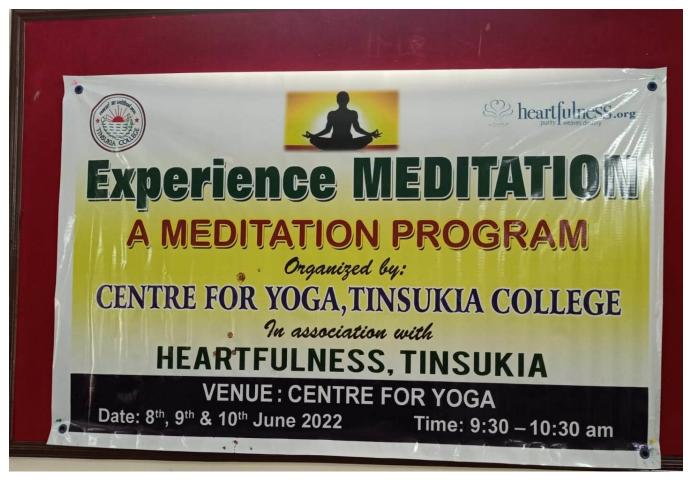
Centre for Yoga, Tinsukia College, organized a workshop on meditation, titled "Experience Meditation" in association with HEARTFULNESS, Tinsukia, in the meditation centre of the college held from 8<sup>th</sup> to 10<sup>th</sup> June, 2022. The resource persons in this three day long workshop were Mr. Om Prakash Agarwal and Mr. Ashim Hazarika, both of them are prefects of Heartfulness Institute. All together 13 teachers and 24 students from our college participated in the programme. The resource persons gave every detail of 'Heartfulness' approach of meditation and the benefits from practicing it in a regular manner. Each day's programme was concluded with a relaxation practice followed by a 15 minutes session of meditation.

PRINCIPA TINSUKIA

(Dr. Surjya Chutia) Principal Tinsukia College Tinsukia

## **Three Days Meditation Programme**

(From 08.06.2022 to 10.06.2022)



Banner of three days Meditation Programme (8-10 June, 2022)



Resource Person, Subrahmanya Kumar Sripada, Member of Heartfulness Institute, Tinsukia delivering the speech on meditation (08.06.2022)



## Students doing meditation at the college (09.06.2022)

Experience Meditation Workshop on Meditation 08-06-2022 Jiacher's Name! 1. Ruby Barush Armit den 12) Rayin Sairie - 13 Biswaderp Doley 3/6/2022 (3) Riondere Das. (2005. Requister Bernstoley s/6/22 (1990 - Instranch) 08/06/22 Reptab Barick 02 06.22 Sanget Barnah 08.6.2022 Thely Sutta. 8.06.22 Ryumah kalili 8 06 22 Banghamitra Sarma 8.06.22 (11) Monther Davi - Star 6 2022 Student's present 1) Eakshi Ofha AD) Analast Kumun shain (BSC 4115 from (1000-1000)) + Paulshina Detra 21) Pracyasha Borborah 1) Januhrue Gupta 22) Yugant PM Guddha. 1 Respot Mazimden 23) Amgelian cregai \$16/22 1) Azlash Kumar Brasad 24) Chitta Mhanikan 1) Aniket Choudhury 7 Crawtom Jalsevel 1) Aupite Das 8/6/22 " Sanjana Roy 8/6/22 1) Simi Dohada " Rhagyalakhi Moran 2) Praya Kustra 9 Renumai Doley B) JAHNERS BARUAM 15) Monisha Bonowal. 14 Payel Ghosh 1) Bagfiulto Das 18) Millionshi Ljoger 19) Alisha Bhoral