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# TINSUKIA COLLEGE



TINSUKIA - 786 125 ( ASSAM )

Established : 1956

Accredited by NAAC with B' Grade

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Ref. No.

Date: 09/12/2022

## Workshop on Meditation

8<sup>th</sup> to 10<sup>th</sup> 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.

  
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(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

06-06-2022

Teacher's Name:

1. Ruby Baruah
2. Julika Das
3. Ankit Sen
4. Biswadeep Doley 8/6/2022
5. Karmita Baruah 8/6/22
6. Biplab Barik 08.06.22
7. Langita Baruah 08.6.2022
8. Jolly Dutta. 8.06.22
9. Ryumali Kalita 8.06.22
10. Sanghamitra Barua 8.06.22
11. Manika Devi 8.6.2022
12. Rajen Sainia - 8/6/22
13. Rindra Das (Yoga-Enthusiast) 08/06/22

Student's present:

- 1) Lakshmi Ojha
- 2) Parishrma Sika
- 3) Janakrue Gupta
- 4) Reshob Mazumder
- 5) Abhash Kumar Prasad
- 6) Aniket Chowdhury
- 7) Gauram Jaiswal
- 8) Arpita Das 8/6/22
- 9) Sanjaya Roy 8/6/22
- 10) Simi Dohida
- 11) Bhagyalaxhi Moran
- 12) Praya Kucmi
- 13) Renuma Doley
- 14) JANNABI BARUAM
- 15) Monisha Bonowal
- 16) Payal Ghosh
- 17) Bagmati Das
- 18) Mithunshi Jyoti
- 19) Alisha Bhowal
- 20) Aniket Kumar Shah (Sec 4th Sem (10th-11th))
- 21) Pratyasha Borboran
- 22) Yugant PM Gaddha
- 23) Angulima Das 8/6/22
- 24) Chitta Khanikan