

REPORT ON YOGA

From 8th April, 2019 to 12th April, 2019 a workshop on ‘Nriya Yoga and Indian Classical Dance (Bharatnatyam)’ was conducted by Beauty and Wellness Centre, IQAC, Tinsukia College from 8th April, 2019. Workshop was carried out in Library Conference Hall. The programme was Inaugurated by Maitreyee Baruah Bhowmick, Socio-cultural Activist, Dibrugarh. She delivered a lecture on Inter-relationship of Yoga with Classical Dance along with all sorts of music. She told, “All these are contributory elements to make a balanced person.” The session was followed by a lecture on ‘Importance of Nriya and Yoga in our Day to Day Life’ by Nriya Gaurav, Diganta Borah, Dibrugarh. In the afternoon session Nriya Yoga demonstration was done by Nriya Jyoti Xeuj Xondhya Changmai followed by Practical class. On 9th, 10th and 12th April morning sessions were started by yoga class which were taken by Jitendra Ingle, Nagar Sangathak, Vivekananda Kendra, Kanyakumari, Tinsukia Branch. This was followed by Nriya Yoga meditation by Natya Jyoti Xeuj Xondhya Changmai. Every afternoon the practical classical dance classes were done.

**IQAC SPONSORED REGIONAL WORKSHOP ON
NRITYA YOGA AND INDIAN CLASSICAL DANCE
(BHARATNATYAM)**

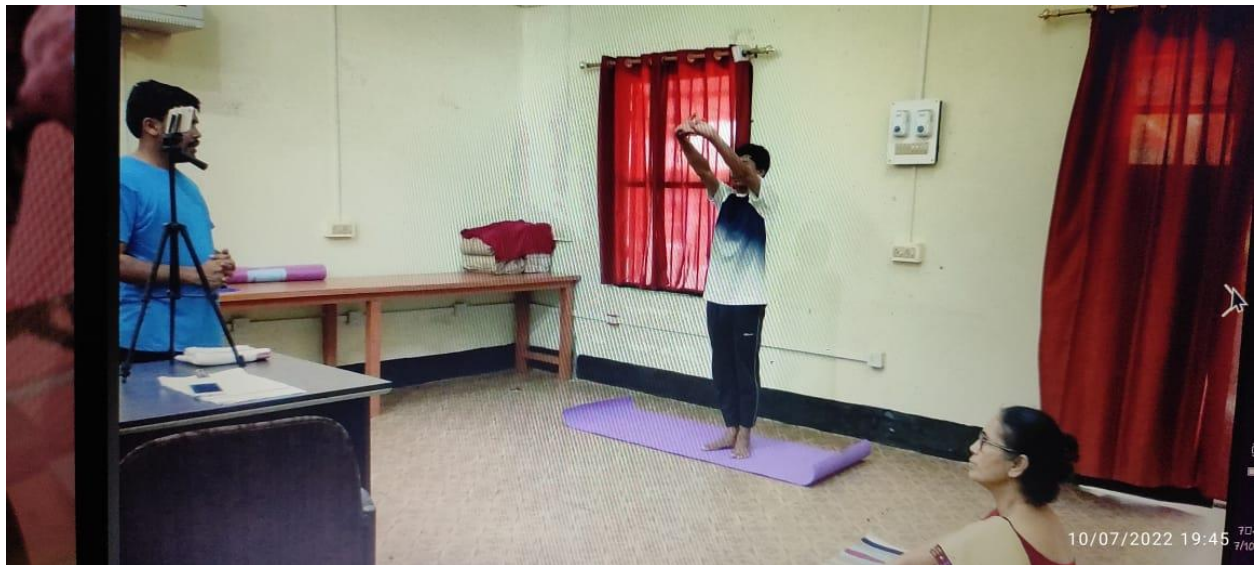
**ORGANIZED BY BEAUTICIAN AND WELLNESS
CENTRE, TINSUKIA COLLEGE, TINSUKIA**

**Venue: Library Conference Hall
Date: 8th April to 12th April, 2019**








On the occasion of Yoga Day a webinar on “Benefits of Yoga” was organised by IQAC, Tinsukia College on 21st June, 2020. Mr. Jugendra Ingle from Vivekananda Kendra, Tinsukia was invited as the resource person for the programme. He spoke on the various aspects of Yoga highlighting the benefits of Yoga in one’s life. Several students and faculty members participated virtually in this event.

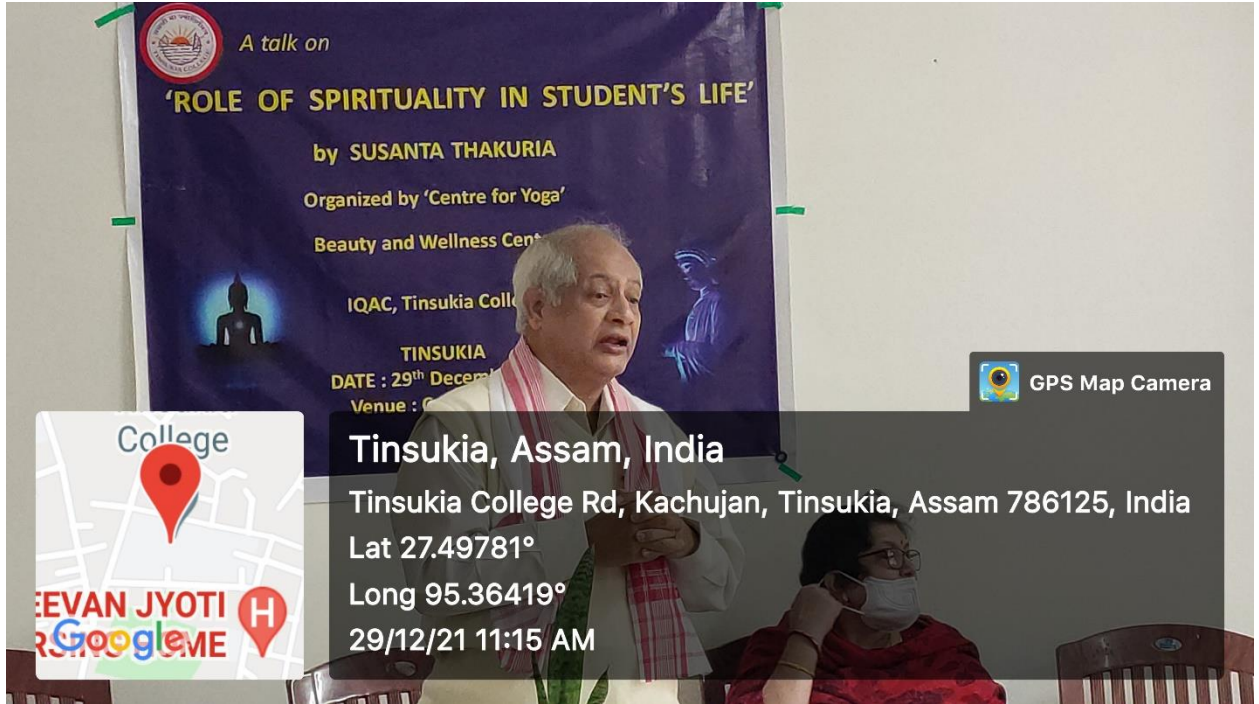


On 26th November, 2021, a Yoga Centre was formally inaugurated for the benefit of the students as well as the other members of the institution. As part of the inaugural programme, Santoshi Sahu, Yoga instructor and spiritual activist and Om Prakash activist, Heartfulness were invited as speakers for delivering motivational speech on Yoga & Meditation. They delivered their lectures along with practical yoga and meditation. It was followed by a lively interaction with the resource persons.



Inauguration of
Centre for Yoga
at Tinsukia College
and
A Motivational Speech on
Yoga & Meditation
Speakers : Ms. Santoshi Sahu & Om Prakash Agarwal
Date : 26th November, 2021
Time : 10:30 am
Organised by : Beauty & Wellness Centre, IQAC, Tinsukia College
Venue : Conference Hall

A lecture programme on spirituality titled “The Role of Spirituality in Students’ Life” was carried out on 29th December, 2021. The resource persons were Mr. Sushanta Thakuria, Brahmakumari, Tinsukia and Ms. Camellia Chakraborty, PhD student, Cancer and Cell Biology, Institute Curie, Paris, France. They delivered their lectures on how spirituality helps to attain goal in life. Students present in the session interacted actively with them. The programme was organized by Centre for Yoga, Tinsukia College. Dr. Ruby Baruah was the co-ordinator of the programme. Payel Ghosh, a Higher Secondary student and Aquil Junaid and Bagmita Das, both B.Sc. 4th Semester students were the members of the programme. They effectively helped to carry out the programme.



A talk on

'ROLE OF SPIRITUALITY IN STUDENT'S LIFE'

by SUSANTA THAKURIA

Organized by 'Centre for Yoga'

Beauty and Wellness Centre

IQAC, Tinsukia College

TINSUKIA

DATE : 29th Decem

Venue : C



GPS Map Camera



Tinsukia, Assam, India

Tinsukia College Rd, Kachujan, Tinsukia, Assam 786125, India

Lat 27.49781°

Long 95.36419°

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A talk on

"ROLE OF SPIRITUALITY IN STUDENT'S LIFE"

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Organized by 'Centre for Yoga'

Beauty and Wellness Center

IQAC, Tinsukia College

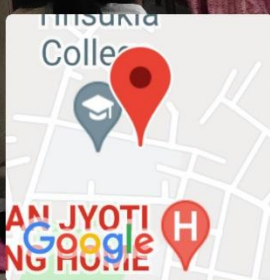
TINSUKIA

DATE : 29th December, 2021

Venue : Conference Hall



Activate Wind



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Long 95.365014°
29/12/21 11:32 AM

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