

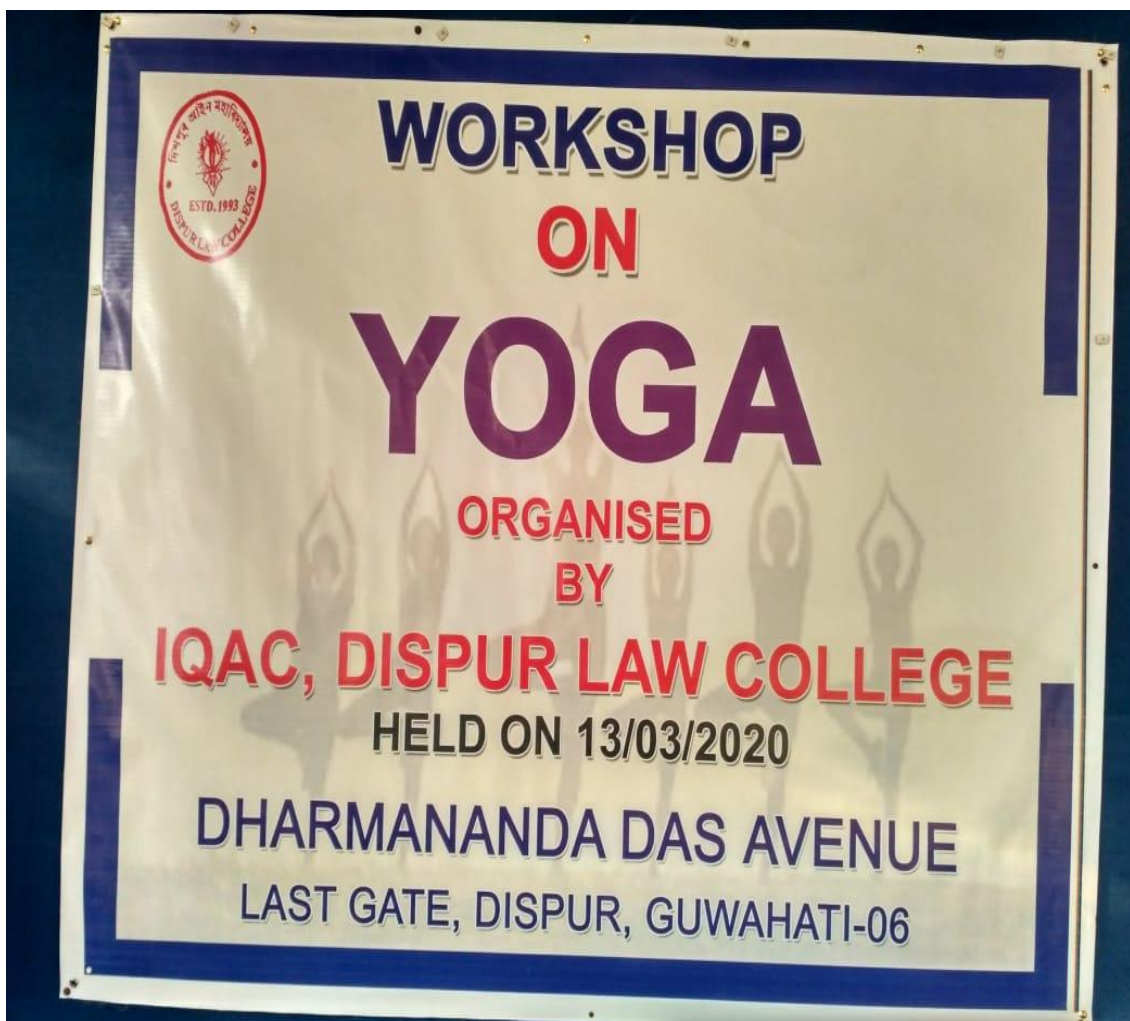
Title of the Programme: WORKSHOP ON YOGA

Objective: IQAC, Dispur Law College organised the workshop on Yoga with the holistic aim to strengthen the mental and physical health of the students and the faculty members and develop their concentration and inner peace.

Date: 13-03-2020

Time: 10.00 a.m.—11.30 a.m.

Resource Person: Dr. Eeshankur Saikia, Assistant Professor Implied Science Department, Gauhati University.



The IQAC Cell of Dispur Law College, Guwahati organized a “Workshop on Yoga” on 13th of March, 2020 in the college premises from 10 am to 11:30 am. The Programme was started with the welcome speech of Dr. Swapna Manindranath Deka, Vice Principal, Dispur Law College. In the Programme Dr. Eeshankur Saikia, Assistant Professor Implied Science Department, Gauhati University was invited as a resource person. All the faculty members and students of B.A. LL.B. and 3Year LL.B. participated in the workshop.



Fig.1: Felicitation of Dr. Eeshankur Saikia, Assistant Professor Implied Science Department, Gauhati University as the resource person

The workshop was organized for the young students studying in the College which is very important for their motivation and concentration in study and for the treatment of their various mental and physical disorders. Dr. Saikia expressed the importance and significance of Yoga in our life in a very systematic and scientific way. According to him, Yoga is one of the best instrument to remove all the blockages in human system and a means to attain the inner peace.



Fig.2: Mr. Saikia providing the demonstrations of different Ashanas and Pranayams

He encouraged the students as well as the faculty members to exercise yoga regularly. He demonstrated some important ashanas and pranayamas like Surya Namaskar, Kapal Bhati, Anolom Binolom with the cooperation of the faculty members and students. He also discussed the importance of a good diet for maintain a healthy life.

The Programme was concluded by the vote of thanks delivered by Dr. Mridula Dhekial Phukan, Assistant Professor, Dispur Law College.

Authenticated by:

(Dr. Gargi Dutta Paul)
Principal
Dispur Law College

(Dr. Swapna Manindranath Deka)
Coordinator, IQAC
Dispur Law College

