

Report on Two days Workshop on
Yoga and Meditation

Date:

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Two days workshop on Yoga and Meditation was organized by Department of Education, Women Cell in collaboration with IQAC and Science Society, Bahona College at Indira Stadium, Bahona College on 29th & 30th November, 2021. Prof. Shantana Saikia, Vice-Principal of our College formally inaugurated the workshop. Prof. Mani Bara, Assistant Professor of our department coordinated the programme. Prof. Indrani Barthakur, HOD of Education Department and President of Women Cell, welcomed the august gathering. Siddhartha Shankar Saikia, Yoga instructor was invited as the Resource Person for the workshop and he gave valuable speech on the significance of daily practice of yoga and meditation. The formal meeting concluded and practice session started for the students who participated in the workshop. Total 200 number of students participated in the workshop.

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