

Yoga for Wellbeing

N.S.S I & II, J.D.S.G.college, Bokakhat in association with Vivekanandra Kendra, Kanyakumari and Bokakhat District Yoga Association, have organized a webinar on “ **Yoga for Wellbeing**” on the occasion of 7th International day of Yoga on the 21st June, 2021. In this webinar, Mrs. Geeta Medok, Vibhag Promuk, Golaghat and Karbi Anlong Vibhag, Vivekanandra Kendra, Kanyakumari and Mr.Ranjan Rajkhowa, working president, Bokakhat District Yoga Association have participated as Resource Persons. Mr. Prasanta Kumar Phukon, Programme officer, NSS Cell-I and Mr. prasanta Saikia, Programme officer, NSS Cell-II have coordinated the webinar. In the webinar, the importance of Yoga in developing mental and physical aspects of human being is elaborately discussed. Here, how some chronic and major diseases have been treated and cured through the Yoga exercise is consulted and suggested for doing regular Yoga especially for the students. It has an important positive contribution to the education also. Memory and remembering capacity can be improved through Yoga. Through Yoga, even the pleasure of divine power and intrinsic talents can be brought out to the practice. It enhances the tolerance level of human-being, renders confidence to work efficiently, provide internal energy and peace and finally help in human well-being and development.