



OFFICE OF THE PRINCIPAL

J.D.S.G. COLLEGE, BOKAKHAT

(JOGANANDA DEVA SATRADHIKAR GOSWAMI COLLEGE)

(NAAC ACCREDITED WITH 'B' GRADE)

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No.JDSGC/.....

Date : 18 . May . 2024

Report on 'Workshop on Yoga'

Date: 14th May, 2024

Venue: Community Hall, JDSG College

Participants: Teachers and students of JDSG College

On the 14th of May, 2024, Internal Quality Assurance Cell (IQAC), JDSG College organized a workshop on yoga at the newly constructed community hall. The event aimed to introduce the principles and practices of yoga to enhance the physical and mental well-being of the participants.

The workshop commenced with a welcome speech by Dr. Jayanta Gogoi, the Principal of JDSG College. Dr. Gogoi emphasized the significance of yoga in maintaining a healthy lifestyle and improving academic performance. He underscored the importance of integrating yoga into daily routines to achieve overall well-being.

Bedanty Tamuli, the esteemed resource person, delivered an insightful speech on the fundamental concepts of yoga. She elucidated the significance of various yoga asanas and pranayama techniques in promoting physical fitness and mental equilibrium. Tamuli highlighted the correlation between practicing yoga and enhancing academic performance, emphasizing the role of discipline in students' lives through yoga.

The workshop was efficiently coordinated by Parswa Jyoti Neog and Dr. Diganta Borah. Their meticulous planning and execution ensured the smooth conduct of the event. They facilitated an engaging environment for participants to learn and practice yoga effectively.

Following the informative sessions, participants engaged in practical demonstrations of pranayama and yoga asanas. Under the guidance of experienced instructors, students and teachers alike actively participated in performing various yoga postures and breathing exercises.

The yoga workshop at JDSG College proved to be a resounding success, fostering awareness about the benefits of yoga among students and faculty members. It provided a platform for holistic development, promoting physical fitness, mental well-being, and academic excellence. The event concluded with a sense of enthusiasm and commitment among participants to incorporate yoga into their daily lives.


Principal & Secretary
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