

JOYA GOGOI COLLEGE, KHUMTAI
P.O.: KHUMTAI, DIST.: GOLAGHAT, PIN: 785619 (ASSAM)
Mobile No.: 9854719773, Email:

Organised by	NSS Unit Joya Gogoi College
Programme Name	Yoga Training Programme
Programme date & time	14/05/2022 and 20/06/2022
Venue	Auditorium, Joya Gogoi College
No of participant	130
Resource person	Mrs. Anjumoni Saikia Bora, Renowned Yoga Trainer, Jorhat
A brief report	NSS Unit, Joya Gogoi College organized a Yoga Training Programme on 14/05/2022 and 20/06/2022. This Programme was inaugurated by Dr. Amiya Kr. Das, Principal, Joya Gogoi College. In this programme, Mrs. Anjumoni Saikia Bora was present as Yoga Trainer. About 130 nos of students and faculties were participated in this Programme. Yoga trainer taught different steps of yoga to the participants as well as shared her knowledge about its importance. This training was carried out for about 1 hour. The programme was concluded with vote of thanks by Dr. Pares Ch. Kalita, Programme Coordinator, NSS Unit, Joya Gogoi College.

Photographic evidence:



