



YOGA TRAINING CENTRE
D. R. COLLEGE, GOLAGHAT, ASSAM

Established under CPE action plan (phase II)

Sponsored by UGC, New Delhi

WEBINAR ON “THE TECHNOLOGY OF iPod”

The Covid-19 pandemic had created challenges to both mental and physical health system of each individual, not just in India, but across the world. And if we talk about mental health, the most severely effected section of our society is our Youth. Due to lock-down or due to the fear of spread of the virus, people are forced to stay indoors and this confinement had increased the stress on our bodies as well as minds.

As we know, Yoga is a practice that aligns our mind, body and spirit, and enhances mental clarity and in turns can effectively reduce stress and improve various health problem, we thought that it was high time to bring positivity, specially in our students, through a session of Inner Peace and Outer Dynamism. We organized and conducted a Webinar on “The Technology of iPod (Inner Peace and Outer Dynamism) on 19th July, 2020 at 10:30 AM through online platform Zoom. Around 200 people across the state had registered for the Webinar and a good number had participated. We also presented certificate of participation, after submission of feedback form, who have attended the complete session.

The key for the successful event was resource person for the Webinar “Dr Namita Kumari”. She is a research scientist in Centre for Nano Science and Engineering, Indian Institute of Science, Bangalore. She has a strong passion to bring health and happiness to every individual and this inspired her to learn yoga and meditation. She is a certified Advanced Yoga Trainer from Sri Sri School of Yoga aligned with QCI under the Ministry of AYUSH, Govt of India. She regularly imparts yoga sessions, youth training programs across the country and abroad.

Poster of the event:

 **DEBRAJ ROY COLLEGE**
Accredited by NAAC with A Grade in 2011
SINCE 1949

POWERED BY  **zoom**

Join our one day Webinar on
The Technology of iPod
Inner Peace & Outer Dynamism


 **19th July, 2020**  **Time: 10:30 AM**

Organized by:
YOGA TRAINING CENTRE, DEBRAJ ROY COLLEGE
Established under CPE action plan (phase II)
and Sponsored by UGC, New Delhi

In Collaboration With:
INTERNAL QUALITY ASSURANCE CELL
Debraj Roy College, Golaghat, Assam


Inaugurator
Dr. Putul Chandra Saikia
Principal, D. R. College


Resource person
Dr. Namita Kumari
Research Scientist
Centre for Nano Science and Engineering
Indian Institute of Science, Bengaluru
QCI Certified Yoga Trainer
Ministry of AYUSH
Govt. of India

WEBINAR REGISTRATION LINK: [CLICK HERE](https://forms.gle/9WrnLziUaqxnFCkv8)
(<https://forms.gle/9WrnLziUaqxnFCkv8>)

Organizing Committee:
Dr. Begum Umme Jamil (Coordinator)
Jinku Borkotoky (Advisor)
Biplob Gogoi (Advisor)

REGISTRATION FEE REQUIRED
FREE E-CERTIFICATES WILL BE PROVIDED TO THE PARTICIPANTS

Please join the WhatsApp group of the Webinar. The link to WhatsApp will appear after completion of registration. Webinar details will be provided in the WhatsApp group and Email just on the eve of the Webinar.
For any query feel free to contact: 9435478158/7002215706, ytic.drc@gmail.com

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