



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

Established under CPE action plan (phase II)

Sponsored by UGC, New Delhi

CELEBRATION OF INTERNATIONAL DAY OF YOGA, 2021

Maintaining Covid protocol, Celebration of 7th International Day of Yoga on 21st June, 2021 also organized and celebrated by Yoga Training Centre of D. R. College, like previous year, through online platform, “GOOGLE-MEET”.

We had two prominent resource persons for the event, namely LAii Madhookalya and Mr. Jitumoni Khound. LAii Madhookalya is leading as Soft Skill, Yoga and Meditation trainer from the Art of Living International Organisation and working in North-East since 2002. He had given a very good session of deep meditation and explaining its benefits. And as always, Mr. Jitumoni Khound, Yoga trainer of the Centre, had conducted an effective Yoga session.

Around 28 students and teaching staffs of D. R. College had participated in this online session.

Poster of the event:



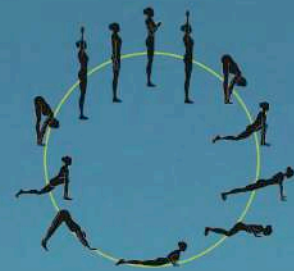
DEBRAJ ROY COLLEGE

Accredited by NAAC with A Grade in 2011

"YOGA FOR WELL-BEING"

Celebration of International Day of Yoga, 2021

Link to join: <https://meet.google.com/vza-yntn-kua>



21 June, 2021



Time: 8:00 AM
onwards

Organized by:

YOGA TRAINING CENTRE, DEBRAJ ROY COLLEGE

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In Collaboration With:

INTERNAL QUALITY ASSURANCE CELL

Debraj Roy College, Golaghat, Assam



Inaugurator

Dr. Putul Ch. Saikia

Principal, D. R. College

Organizing Committee:

Dr. Begum Umme Jamil (Coordinator)

Jinku Borkotoky (Advisor)

Biplob Gogoi (Advisor)

Resource persons



LAii Madhookalya

Yoga and Meditation Trainer
The Art of Living, International
Organisation.



Jitumoni Khound

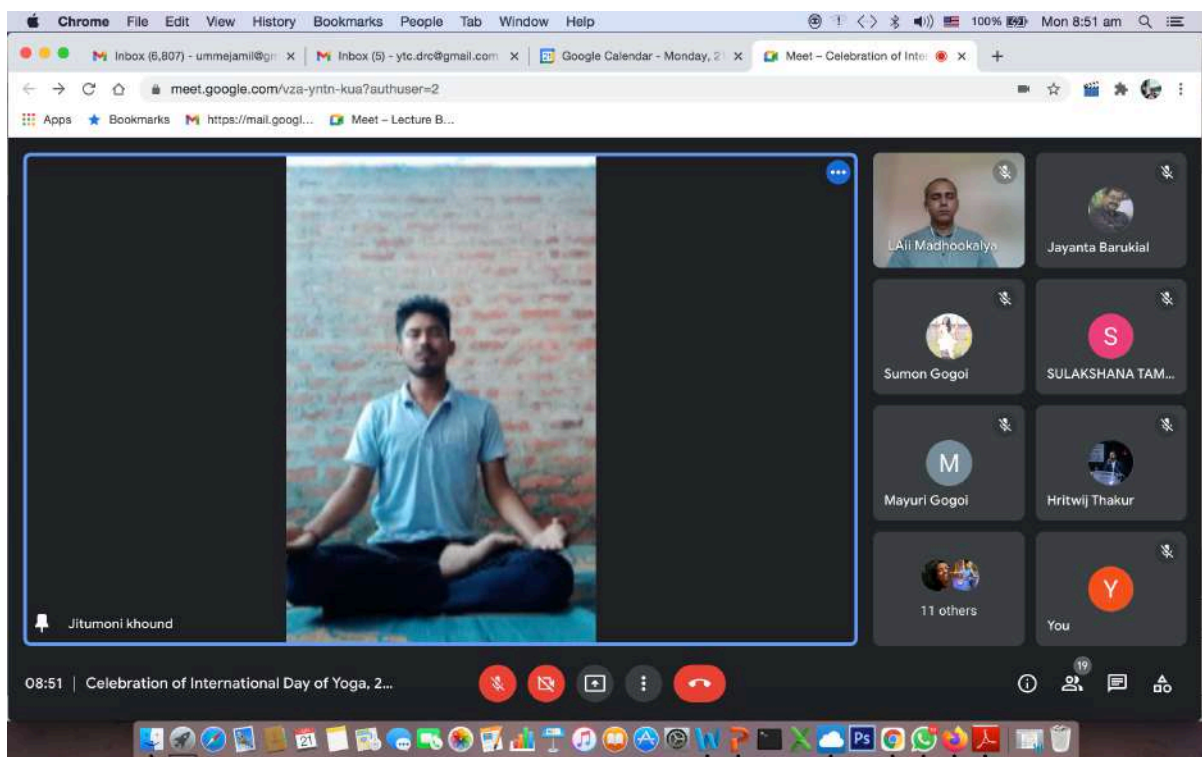
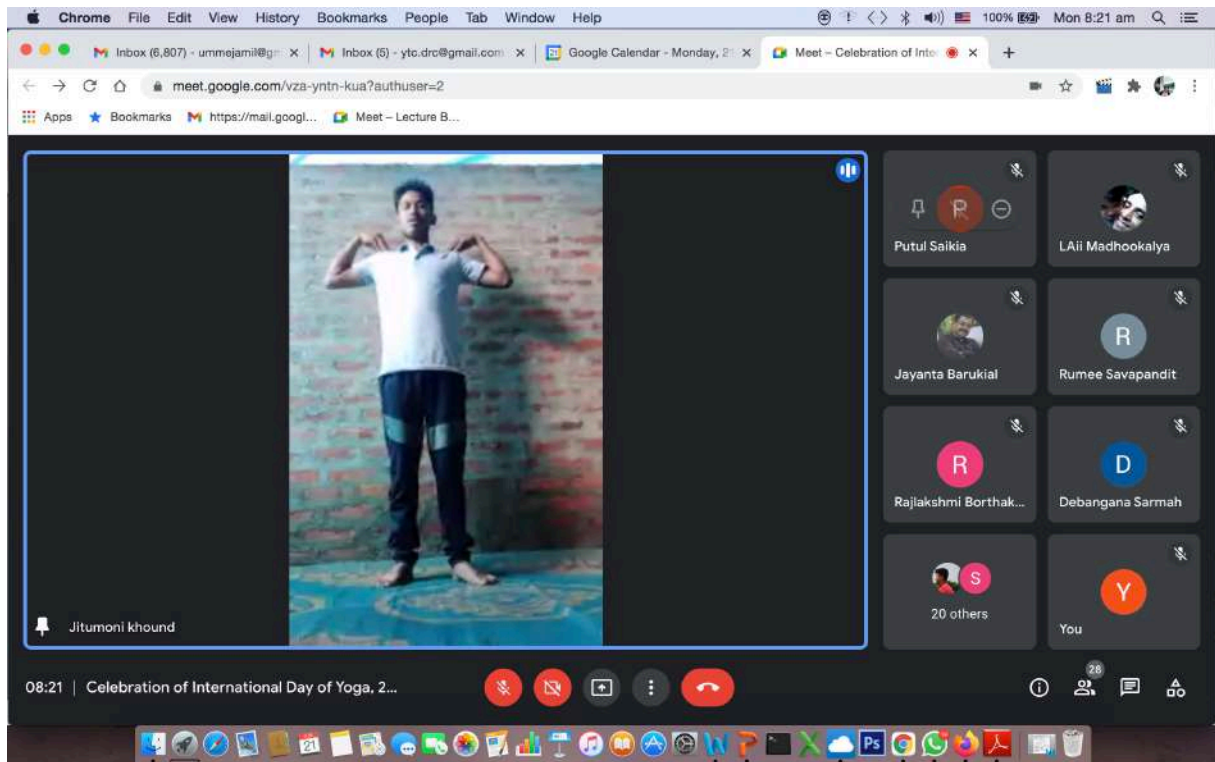
Yoga Trainer
Yoga Training Centre
D. R. College, Golaghat

Be a part of the celebration through:

<https://meet.google.com/vza-yntn-kua>

For any query feel free to contact: 9435478158/7002215706, ytc.drc@gmail.com

Glimpses of the session:



Bijamili

(Dr. Begum Umme Jamil)
Coordinator, Yoga Training Centre
D. R. College, Golaghat