

OFFICE OF THE PRINCIPAL
LANKA MAHAVIDYALAYA

Lanka: Hojai : Assam

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Report

Institutional Level Webinar on

“Importance of Yoga in Human Life”

On the Occasion of International Yoga Day

Organized by

Games and Sports Cell, IQAC, Lanka Mahavidyalaya, Lanka, Hojai, Assam

Date: 21-06-2021

Date: The 22nd June, 2021, Lanka Mahavidyalaya, Lanka, Assam

An Institutional level Webinar on the topic, ‘*Importance of Yoga in Human Life*’ was organized by Games & Sports Cell, IQAC, Lanka Mahavidyalaya, Lanka, Hojai, Assam on 21st June, 2020. About 75 Faculties and Students participated in the said Webinar through Google Meet. Dr. Anandaram Buragohain, Associate Professor, Department of Mathematics, Jagiroad College, Assam and President Yogaprajna, A state level NGO for Promoting Yoga in Assam graced the webinar as a resource person. The webinar was inaugurated by Dr. A.S Bhui, Principal, Lanka Mahavidyalaya. Dr. Lukendra Kakati, Coordinator, IQAC, Lanka Mahavidyalaya have given the Welcome speech with a brief note on the importance of Yoga. Further the Convener, Games & Sports Cell, Prof, B.N Paul in his speech gave a brief description about International Yoga Day and usefulness of Yoga in human life.

The Resource person Dr. Buragohain explained in detail about the philosophy behind Yoga. In his speech he told the meeting that there are multitudes of philosophical ideas that are helpful to explore deeper dimensions of the body, mind as well as human spirits. Further, he

emphasized on the philosophy of Law of Karma which is the central philosophy of Yoga. Also Dr. Buragohain has enlightened the participants about the ultimate goal of Yoga which is a sustain state of pure awareness called Moksha or Samadhi, where Yoga is the transcendence of the mind to realized the “true self” of “highest self”. In conclusion Dr. Buragohain appealed to the participants to realize the spiritual truth of Yoga rather than physical activities.

The vote of thanks was offered by Mr. Lalit Sonowal, Assistant Professor, Department of History and Coordinator of the Webinar. The webinar was ably supported by a strong team lead by Mr. Hemanta Bora, Assistant Professor, IT, Lanka Mahavidyalaya.

Some glimpse of the Webinar

INSTITUTIONAL LEVEL WEBINAR ON IMPORTANCE OF YOGA IN HUMAN LIFE

Organized by Games and Sports Cell, IQAC Lanka Mahavidyalaya Lanka, Hojai, Assam

On the Occasion of International Yoga Day

Date: 21-06-2021 Time: 11am Onwards

Chairman & Inaugurator
Dr. A.S. Bhui, Principal, Lanka Mahavidyalaya

Welcome Speech
Dr. Lakshmi Nath, Coordinator IQAC, Lanka Mahavidyalaya

Convener
Sri B. N. Paul, Associate Prof. & HOD, History, Lanka Mahavidyalaya

Coordinator
Sri Lalit Sonowal, Assistant Professor & HOD, History, Lanka Mahavidyalaya

Tech Coordinator
Sri Hemanta Bora, Assistant Professor, IT, Lanka Mahavidyalaya

Resource Person
Dr. Ananda Buragohain, Associate Prof. & HOD, Mathematics, Jyoti College, Jyoti, Assam
President, Yograjya (A State level NGO for promoting Yoga Assam)

MODE OF PARTICIPATION: GOOGLE MEET (VIRTUAL PLATFORM)

Join the WhatsApp group for more update

Contact Details: 9101032393, 7002014500

Meeting details X

(57) In call

Lukendra Kakati (You)

anandaram buragohain

Archona Hazarika

Baidyanath Paul

Bappi Samrah

Bornasi Devi

Deepshikha Bora

Participants in the grid include: You, mantosh roy, Kamaleswar..., Deptt. of Hill, Pimpi Bora, Baidyanath..., Hemanta Bo..., Priya Hafila, Punam Chau..., Porishmita B..., Deepswara..., Puja kumrai, Dr. Amrjit S..., Mukesh Cho..., Bornasi Devi, anandaram..., Mukul Borth..., Jamila Begu..., sukrita Maz..., Dr. Anil Kum..., Manisha Koch, Koulmya Bh..., Dimbeswar..., Dr. Suparna..., Archona Ha..., Deepshikha..., You can't interact with participants...

Babita Devi and 34 more

11:51

Participants in the grid include: You, anandaram buragohain, Baidyanath Paul, Rajesh singh Rajesh singh, Dr. Amrjit Singh Bhui, Deptt. of History, Lanka Mahavidyalaya

List of Participants (As per the record of the submission of feedback)

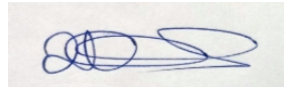
Timestamp	Email Address	Name	Institution Name	Designation	State	Mobile No.
6/21/2021 11:56:25	lalitsonowal6661@gmail.com	Lalit Sonowal	Lanka Mahavidyalaya	Assistant Professor	Assam	9101032393
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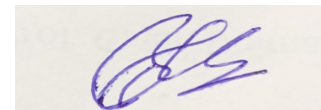


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