



Celebration of International Yoga Day 2024

THREE DAYS WORKSHOP ON

Yoga For Improving Mental and Physical Health

21-23 JUNE 2024

Organised by

Co-Curricular and Extension Activity Cell

in association with

NCC Cachar College

(3 Assam Bn NCC & 62 Assam Girls Bn NCC, Silchar)

NSS Cachar College Unit

Cachar College, Silchar

About the Workshop:

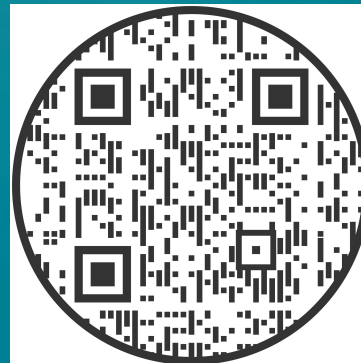
Cachar College is excited to announce a transformative 3-Day Workshop on Yoga for Improved Mental and Physical Fitness, tailored specifically for our students, teaching and non-teaching staff. This immersive workshop aims to equip participants with the tools and knowledge to enhance their overall well-being through the practice of yoga.

Join us as we delve into the rich history and philosophy of yoga, explore its profound benefits for mental health, and engage in practical sessions to build physical strength and flexibility. Led by experienced yoga instructors and health professionals, this workshop will provide a comprehensive understanding of how yoga can be integrated into daily life to foster long-term health and vitality.

Through a combination of informative lectures and hands-on yoga sessions, students will learn essential techniques for stress management, improved focus, and enhanced physical fitness.

Registration & Dress Code:

There is **No Registration Fee** three-day workshop on Yoga for Mental and Physical Health. Interested Students, Teaching and Administrative staff of the College are requested to register their names using the QR code .



Participants will be appreciated with Participation Certificate and Winners of the **Traditional Yogasana Competition** will be awarded with Medals and Certificates of Appreciation. Participants are encouraged to wear comfortable clothing (**white coloured**) suitable for yoga practice and bring their own yoga mats.

Day 1: Friday, 21 June 2024

6.30 AM: Inauguration

7.00 AM: Yoga Session

Introduction to Basic Yoga Postures and Breathing Techniques

8.00 AM: Lecture Session

The Science Behind Yoga: Physiological and Psychological Perspectives

Resource Person: Saptashikha Dhar

Yoga Instructor, Aarogyam Yoga, Silchar

Day 2: Saturday, 22 June 2024

6.30 AM: Yoga Session

Advanced Yoga Postures and Meditation Techniques

7.30 AM: Lecture Session

Yoga and Physical Fitness: Building Strength and Flexibility

Resource Person: Dr. Sukhamay Bhattacharya

Former Head, Dept. of Sanskrit

Former Principal (i/c)

Cachar College, Silchar-01

Day 3: Sunday, 23 June 2024

6.30 AM: Yoga Session

Meditation and Relaxation Techniques

Yoga Instructor: Nayana Goswami

Assistant Professor, Dept. of Sanskrit

Cachar College, Silchar-01

7.30 AM: Traditional Yogasana Competition

8.30 AM: Plantation

9.00 AM: Valedictory Session & Prize Distribution

21-23 June 2024

6.30 AM - 9.30 AM

Playground, Cachar College, Silchar