



Three Day National Workshop on Managing Stress with Yoga: Theory and Practice

Organized By: Dept. of English & NSS Unit in Association with IQAC, Digboi College



Resource Persons



Mahamaya Roy

National Yoga Judge
Yoga Teacher at Patanjali
Yogapeeth, Haridwar
Yoga Trainer (NSDC-PMKVY)



Anindya Kr. Das

Yoga Therapist, Senior
Faculty
(Netaji Subhas Open
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Jayanta Hore

Writer and Yoga
Therapist



Inaugurator
Dr. Dip Saikia
Principal
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Dr. Jayanta Handique
Coordinator
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Joint Coordinators

Mrs. Baby Ritu Phukan

Asso. Prof., Dept. of English,
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Mr. Rajib R. Tariang &

Dr. Kishor Haloi

Programme Officers, NSS Digboi
College, & Asst. Profs., Dept. of
Zoology, Digboi College

Platform



Click for Registration: <https://forms.gle/oNPJD61sr6bybmUy8>

Date: 10-12th August, 2020

Time: Each Day 6:00 PM Onwards

Meeting link will be provided by 9th, August through registered Email Id.

E-Certificates will be provided to registered attendees of all sessions after submission of feedback form.

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