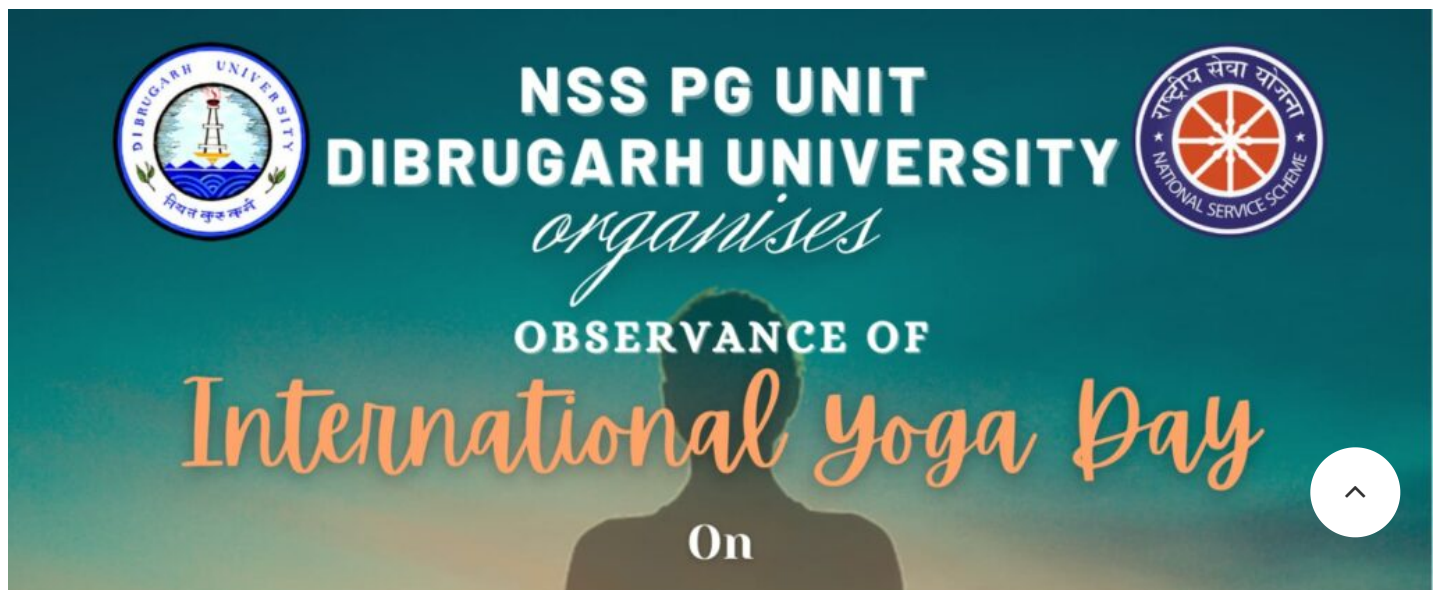




NSS PG Unit, D.U. observed Yoga demonstration programme on 14th May, 2022 as a part of countdown of observance of International Yoga Day

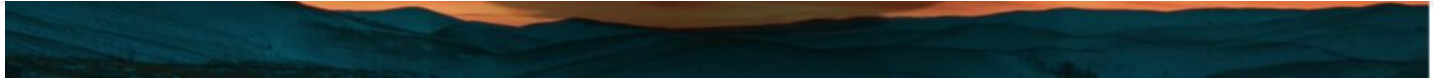
As per the directives of Regional directorate, NSS Guwahati, the NSS PG Unit of Dibrugarh University organized a programme on Yoga on 14th May, 2022 as a part of countdown of observance of International Yoga Day. The chief guest and the coordinator of the Soft Skill Development Cell of Dibrugarh University, Mr. Hemchandra Dutta talked about the importance of yoga in the contemporary time. Dr. O. Jiten Singh, the Associate Professor of the Centre for Studies in Physical Education of Dibrugarh University, as an expert of the yoga demonstration shared the significance of yoga in a healthy lifestyle. The Associate Professor of the Department of Life Science and the coordinator of Dibrugarh University NSS Cell, Dr. Devid Kardong shared his personal experiences regarding yoga practices to motivate the participants. The event was led by Priyanus Hazarika, the senior volunteer of NSS Unit, Dibrugarh University under the guidance of Dr. Amar Upadhyaya, Programme Officer, NSS PG Unit, Dibrugarh University. The yoga practice session was attended by around 50 volunteers at Bishnurabha hall, Dibrugarh University.





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