



Report of Lectures/Orientations/Workshops/Other Activities of S. B. Deorah College

1.	Name of the Event:	Five-Day Yoga Workshop
2.	Date & Time:	14th, 15th, 19th, 20th, and 21st June
3.	Venue:	Prasanna Vidyapith
4.	Organized by Department/ Cell/ Committee:	NSS Unit, S. B. Deorah College in association with Extension Services Cell
5.	Coordinators:	Dr. Jyotishmaan Gogoi Dr. Rumamani Deka
6.	Resource Person and Organization Details:	1. Ms. Krishna Nath Assistant Professor Dept. of Physics, S. B. Deorah College 2. Mr. Gaurav Mech, NSS Volunteer
7.	Objective of the event:	Promoting awareness of yoga and its potential as a tool for empowerment
8.	Number of Participants:	50
9.	Category of Participants (e.g. Students/Faculty etc.)	School Students, NSS Volunteers, Faculties
10.	A brief report of the event:	1. Overview of the Workshop A five-day Yoga Workshop titled “Yoga for Women Empowerment” was successfully organized by the NSS Unit and Extension Services Cell, S.B. Deorah College, in collaboration with Prasanna Vidyapith. The event was conducted in observance of International Yoga Day 2024, with sessions held on 14th, 15th, 19th, 20th, and 21st June 2024. The primary objective was to promote physical and mental well-being, with a special focus on women’s health and empowerment. 2. Resource Persons The workshop was facilitated by the following resource persons: a. Mr. Krishna Nath – Assistant Professor, Department of Physics, S.B. Deorah College. b. Mr. Gaurav Mech – NSS Volunteer, who provided assistance and co-facilitated sessions. 3. Participation The workshop recorded a daily average attendance exceeding 50 participants. Attendees included students, faculty members, and individuals from the local community, reflecting a diverse and engaged audience. 4. Key Highlights a. Structured Yoga Sessions: i. Daily yoga practices emphasizing posture correction, breathing techniques, and meditation.



		ii. Specialized sessions focusing on yoga poses beneficial for women's health and empowerment. b. Educational Discussions: i. Mr. Krishna Nath provided insights into the scientific and practical aspects of yoga. ii. Mr. Gaurav Mech facilitated interactive activities, enhancing participant engagement. c. Community Engagement: i. Discussions emphasized the role of yoga in fostering empowerment and resilience. 5. Feedback and Outcome The feedback from participants was overwhelmingly positive, highlighting the structured approach, the expertise of the facilitators, and the relevance of the sessions. Participants reported noticeable improvements in their physical and mental well-being, with many expressing a desire for similar workshops in the future. 6. Conclusion The Yoga Workshop successfully achieved its objectives of promoting awareness of yoga and its potential as a tool for empowerment. The organizing committee extends its gratitude to the resource persons, participants, and supporting staff for their invaluable contributions to the event's success.
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Photographs

