



YOGA TRAINING CENTRE

D. R. COLLEGE, GOLAGHAT, ASSAM

Established under CPE action plan (phase II)

Sponsored by UGC, New Delhi

Date: 15/12/2020

REPORT OF THE YOGA TRAINING CENTRE

The Yoga Training Centre of Debraj Roy College, Golaghat established under CPE action plan (phase II) was inaugurated on 14th March, 2017. It is sponsored by UGC, New Delhi. The centre is well equipped with all the necessary facilities.

For the smooth running of daily yoga classes, the centre has appointed a temporary Yoga trainer. It is running every week from Monday to Friday at 6 AM.

Most importantly the centre extended its facilities to people apart from D. R. College family as well.

<u>Programme</u>	<u>Date</u>	<u>No. of students involved</u>	<u>No. of Teachers</u>
Celebration of International Yoga Day	21/06/2017	150	09
Celebration of International Yoga Day	21/06/2018	72	13
Celebration of International Yoga Day	21/06/2019	105	14
Celebration of International Yoga Day through Facebook lives in the Facebook page of "Yoga Training Centre, Debraj Roy College, Golaghat.	21/06/2020 https://www.facebook.com/DRCollege1949/videos/331937907795953/	20	2
Webinar on "The Technology of iPod: Inner Peace & Outer Dynamism"	19/07/2020	170	20
Self Defence Training Programme for Girls in collaboration with State Level Advisory Committee for Students and Youth Welfare, Govt. of Assam	04/12/2020 to 13/12/2020	100	1

(Dr. Begum Umme Jamil)

Coordinator

Yoga Training Centre

D. R. College, Golaghat

Event Management

The Event management cell was conceptualized to manage all the government ordered events. Following are the activities performed by the cell

- i) A talk on “**Awareness Programme On Cyber Crime**” was organized on 29th September 2018. Few of the faculty members and a good number of students were present. The talk was delivered by Mr. Dhruva Bora Addl. S.P. Golaghat. Along with Mr. Bora, Mr. Partha Pratim Saikia, Dy. S.P. Golaghat was also present.
- ii) “**International Day Against Drug Abuse And Illicit Trafficking**” was observed on 26th June 2019. A very well interactive session was held between the speaker and the audience. The talk was delivered by Mr. Partha Pratim Saikia, Dy. S.P. Golaghat. In audience, we had few of the faculty members and a good number of students. Mr. Saikia was accompanied by Mr. Surjit Singh Panesar Addl. S.P. Golaghat. Few of the snapshots are shown below

