



ESTD : 1949

YOGA TRAINING CENTRE
D. R. COLLEGE, GOLAGHAT, ASSAM

Established under CPE action plan (phase II)

Sponsored by UGC, New Delhi

CELEBRATION OF INTERNATIONAL DAY OF YOGA, 2020

Maintaining Covid protocol, even though we could not gather physically at the Yoga Training Centre of our Institution for the celebration of 6th International Day of Yoga on 21st June, 2020, we celebrated the Day successfully through online platform.

We had a live facebook session in Yoga Training Centre, D. R. College facebook page: <https://www.facebook.com/DRCollege1949>

Yoga trainer of the Centre, Mr. Jitumoni Khound had conducted an extensive Yoga and meditation session of around 50 minutes through the live session: <https://www.facebook.com/DRCollege1949/videos/331937907795953>

And nearly 35 students participated in this online session. And we, the organizers feel very happy for the fact that, this fruitful session can be viewed and followed by anyone whenever required, not only on the day of Celebration.

(Dr. Begum Umme Jamil)

Coordinator, Yoga Training Centre

D. R. College, Golaghat