



COLLEGE OF EDUCATION, NAGAON  
AFFILIATED TO GAUHATI UNIVERSITY, RECOGNIZED BY NCTE  
ACCREDITED BY NAAC (2014)  
ESTD:1992



# College of Education, Nagaon

Organizing

## Summer Camp

on

## Yoga

Venue: College of Education

Duration: One (1) Month

Date: 11 July to 30 July, 2022

*S. Borah*

Dr. Sewali Borah  
Coordinator, IQAC  
College of Education, Nagaon



*B. Baruah*

Principal  
College of Education  
Nagaon (Assam)



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### Course Content of Summer Camp on Yoga Organised by College of Education, Nagaon

- Meditation
- Pranayam
- Dhanurasana
- Bhujangasana
- Padma Sana
- Malasana
- Surya Namsakar

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## CLO of Yoga Camp

- To maintain health and hygiene.
- To make the students fit & fine.
- To make the students emotionally stable.
- To attain higher level of consciousness.

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