



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

Report on Summer Camp on Yoga

Objectives

- To increase public awareness of the various advantages of yoga practice.
- To Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya).
- To encourage individuals and communities to incorporate yoga into their daily lives and experience its positive impact on their physical and mental health.

College of Education, Nagaon has organized a summer Camp on Yoga from 11th July to 30th July 2022. On the first day i.e. 11th July the camp starts with the brief description of the programme by the convenor of the camp Sri Biplob Mahanta. Further he introduces the Yoga Instructor Sri Rumi Laskar, Assistant Teacher, Bhogeswar Hazarika Girls HS School, Bebejia, Nagaon. Principal Dr. Manoshikha Baruah told the participants about the importance of Yoga in our daily life as well as in education. Total 30 trainees of B.Ed. 2nd year trainees were participate at the camp. After successfully completion of the camp participants get the certificates.

S. Borah

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



Baruah

Principal
College of Education
Nagaon (Assam)



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