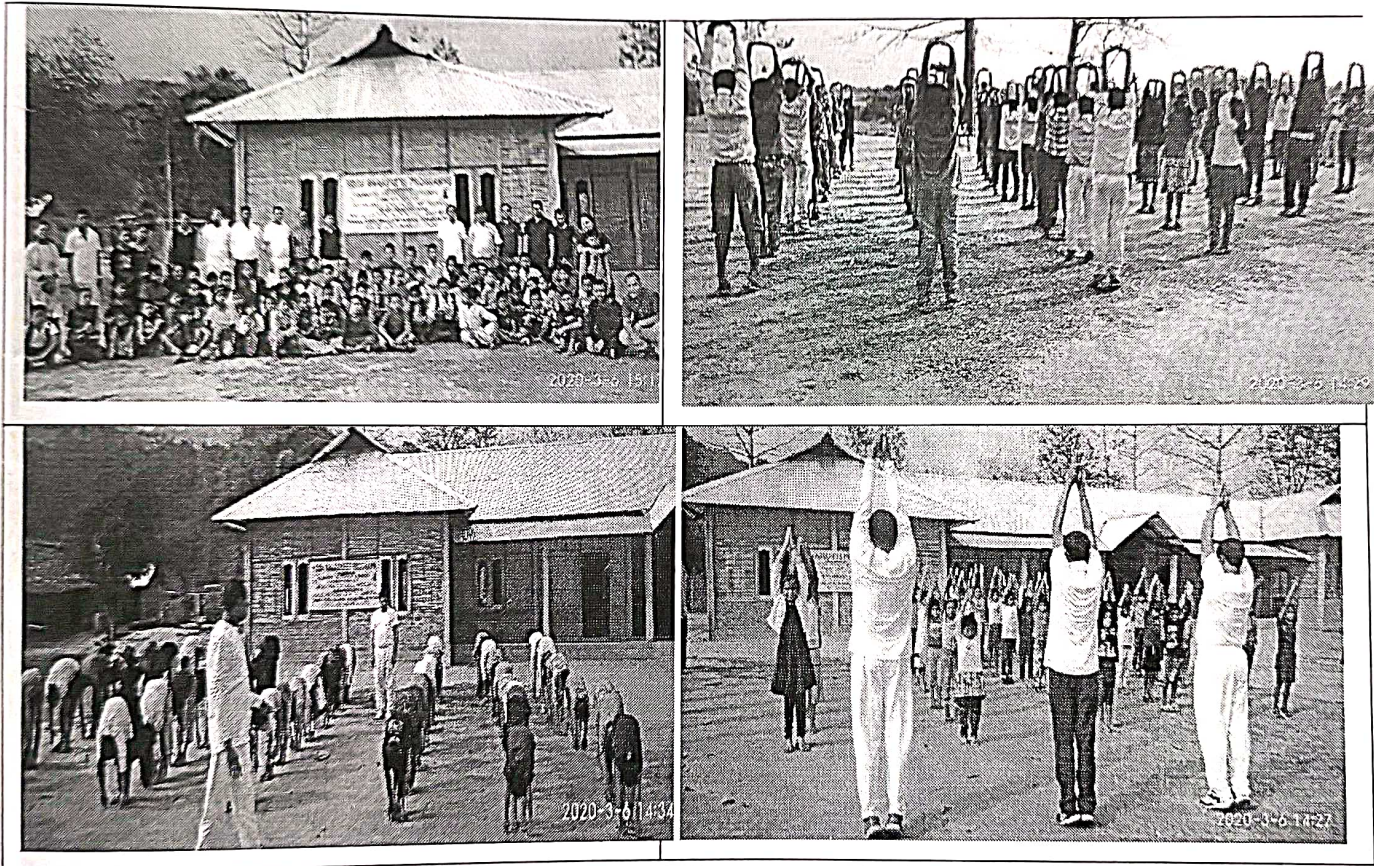


**A REPORT OF AWARENESS PROGRAMME ON YOGA  
ORGANISED BY  
COMMITTEE FOR EXTENSION ACTIVITIES & COMMUNITY SERVICES  
VENUE: VIDYA THE LIVING SCHOOL, SUBAHIPATHAR, DHEMAJI  
DATE- 06-03-2020**

The Committee for Extension Activities & Community Services, Moridhal Collage has organised an awareness Programme on the benefit of Yoga at Vidya the Living School, Subahipathar, Dhemaji on 6<sup>th</sup> March 2020 in collaboration with Arugya Yoga Centre, Dhemaji. The programme is inaugurated by Mr. Bhupen Gogoi, Associate Professor, Department of History, Moridhal Collage. In his inaugural address he speaks about the importance of Yoga practices in student's life.



Mr Pulen Das and Mr. Ranjan Chutia Yoga Teacher of Arugya Yoga Centre, Dhemaji explain about the benefits of different Yoga practices in day today life and teach the students some normal Yoga practices. Sixty numbers of student and six numbers of teacher of that school took part on that programme. The programme comes to an end after vote of thanks delivered by Rajib Khanikar, Principal of Vidya the Living School, Subahipathar, Dhemaji.

*D* 6-3-2020

(Dr. Hemanta Saikia)  
Co-ordinator

Committee for Extension Activities &  
Community Services, Moridhal Collag

Committee for Extension Activities  
Moridhal College

*Rajib Khanikar*  
06/03/20  
Principal  
Moridhal College  
P.O. - Mondhal, Dhemaji

*Arugya Yoga Centre*  
Secretary  
Arugya Yuga Kendra, Dhemaji  
Date.....