

WEBINAR REPORT OF INTERNATIONAL YOGA DAY ON 21ST JUNE,2021



INAUGURATOR

Dr. Nibedita Phukan,
Principal,
MDKG College

SPECIAL GUEST

Yogini Juli Agarwal

SPEAKER

Dr. Utpal Sut,
IQAC Coordinator,
MDKG College

MODERATOR

Mr. Utpal Gogoi,
NSS Programme Officer,
MDKG College

DATE: 21st JUNE 2021
TIME: 9:00 am
ONLINE PLATFORM: Google Meet
MEETING CODE: ouj-vmpd-xfe

A webinar was jointly organized by the NSS unit and IQAC of MDKG College, Dibrugarh on 21st June, 2021. The Webinar was inaugurated by Dr. Nibedita Phukan, Principal of MDKG College. In her illuminating inaugural speech Dr. Phukan illustrated the Yoga as India's pride and India has been systematically celebrating International Yoga Day since 2015. In her speech Dr. Phukan also explained the importance of Yoga in our day to day life for stress management especially students who could be benefitted from Yoga in concentration of their studies. Welcome address was deliberated by Dr. Utpal Sut, IQAC Coordinator of the college.

In his welcome address Dr.Sut extended his heartiest welcome to the respected Principal of MDKG College, special guest of the webinar, NSS programme officer and participants of the webinar especially the participants from the adopted village of the College. Dr.Sut stated the objective of organizing the webinar and also mentioned the theme of the International Yoga Day,2021.i.e.”Yoga at home and yoga with family” in line with global concern around the covid-19 pandemic that emphasized the importance of making good health in the constraints of social distancing. In his welcome address Dr.Sut expected that deliberations of special guest of the webinar would help the participants how to coordinate body, mind and soul through Yoga.

Dr.Sut expressed his gratitude to the respected Principal Madam and NSS Programme Officer for their effort to conjugate IQAC with NSS to organise the webinar. As special guest of the webinar, Yogini Juli Agarwal deliberated her speech and demonstrated the different types of asanas in a most wonderful way. In her demonstrations, She elaborated the importance of each asanas and also explained how asanas are important to eradicate different diseases that culminate human body. She mentioned the importance of Yoga to control different diseases that affect women. Yogini Juli Agarwal explained how the human mind coordinated with body and soul through Yoga.

The Webinar was ended with vote of thanks proposed by IQAC Coordinator. Dr. Sut expressed his gratitude and thanks to Dr.Nibedita Phukan, Principal of MDKG College, special guest Yogini Juli Agarwal, Mr.Utpal Gogoi, NSS programme Officer of MDKG College, all the participants who attended the webinar. The Webinar was moderated by NSS Programme Officer of MDKG College. All total sixty seven (67) participants attended the Webinar.