Inauguration of "Virtual Yoga Club" Under Yoga Cell, Kanya Mahavidyalaya

The **'Virtual Yoga Club"** was inaugurated in the college auditorium under Yoga Cell of Kanya Mahavidyalaya in Association with IQAC, Kanya Mahavidyalaya on Friday, 20th May, 2022 with an objective to generate awareness among the students as well as faculty members about the importance of Yoga in present day stressful life. The programme was initiated with the participation of Students and Faculty members of the College.

The meeting was Presided over by Mrs. Nitanjali Baishya, Assistant Professor, Department of Education.

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The yoga club was inaugurated by Mrs. Binita Gogoi, Assistant Professor, Department of Assamese of the college. She was inaugurated the "Virtual Yoga Club" with a lively lecture on "Manasik Utkarsa Sadhanat Yoga Sadhanar Bhumika". In her speech she stressed the

importance of yoga in development of mental and physical health of every person.

Mrs. Binita Gogoi, Assistant Professor, Department of Assamese delivering the speech

The Occasion was also graced by IQAC Coordinator and Assistant Professor, Department of History Mr. Guptajit Pathak. Addressing the audience, he stressed on the importance of practising yoga for peaceful and healthy life. He further added that Yoga will improve concentration and memory power of students and gave the message to practice Yoga regularly.

IQAC Coordinator and Assistant Professor, Department of History
Mr. Guptajit Pathak grace the occasion

The programme was hosted by Mrs. Sikha Sarma, Convenor, Yoga Cell and Assistant Professor, Department of Philosophy, whose constant efforts gives the club a shape.

Welcomed the gathering she said that through Virtual Yoga club, yoga cell will try to spread the importance of Yoga among the Students and faculty members. The Club will try its best to provide online yoga training in a regular interval as well as make efforts to maintain offline periodic practice schedule and also see that these practices give benefits to the students. She further said online Yoga training classes are conducted by yoga trainers in Regular interval. The main Motto of Yoga club is **to generate interest and awareness about Yoga among students and faculty members and make them physically and mentally fit to take up their day-to-day work with ease and confidence**.

Mrs. Sikha Sarma, Convenor, Yoga Cell and Assistant Professor, Department of Philosophy giving the welcoming address

In the end, Mrs. Ananya Roy, Assistant convenor, Yoga Cell and assistant Professor, Department of Bengali proposed the vote of thanks to all Dignitaries on Dais as well as all the participants.

Mrs. Ananya Roy, Assistant convenor, Yoga Cell and assistant Professor, Department of Bengali proposed the vote of thanks

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