

NSS Unit, Bhawanipur Anchalik College Hosts Transformative Yoga Workshop in Collaboration with Patanjali Yoga Center

The NSS Unit of Bhawanipur Anchalik College, in collaboration with the Internal Quality Assurance Cell (IQAC) and the Alumni Association, organized a three-day Workshop on Yoga from 19th June to 21st June at the college's Indoor Stadium. The workshop was conducted under the expert guidance of trainers from the renowned Patanjali Yoga Center, Barepta Road, Assam.

The primary objective of this workshop was to introduce students to the benefits of yoga and to promote physical and mental well-being through its regular practice. The workshop saw enthusiastic participation from the students, who engaged in various yoga asanas, breathing exercises, and meditation techniques. The trainers emphasized the importance of maintaining a balanced lifestyle and how yoga can contribute to overall health and stress management.



Over the three days, participants were taken through a series of sessions that gradually increased in complexity. The sessions were designed to cater to beginners as well as those with prior experience in yoga, ensuring that every participant could benefit from the training. The workshop also provided a

platform for students to interact with the trainers, ask questions, and receive personalized guidance.

The workshop concluded on the International Day of Yoga, 21st June, with a special session that included not only the participants but also faculty members of Bhawanipur Anchalik College. This final session symbolized the inclusive nature of yoga and its universal appeal as a practice for all ages and abilities.



To commemorate the successful completion of the workshop, certificates were awarded to the participants by the Principal of Bhawanipur Anchalik College on the International Day of Yoga. This event marked the culmination of a meaningful and enriching experience, leaving the participants inspired to integrate yoga into their daily lives.



The workshop was a resounding success, fostering a sense of community and well-being among the students and faculty. The NSS Unit, IQAC, and Alumni Association of Bhawanipur Anchalik College expressed their gratitude to the trainers from

Patanjali Yoga Center and look forward to organizing similar events in the future.

