



National Webinar
on

IMPORTANCE OF YOGA IN PRESENT DAY

~ 1st July-2nd July 2020 ~

ORGANIZED BY

DEPARTMENT OF PHILOSOPHY

Cachar College

Silchar-788001, Assam, India

In Collaboration With

Indian Council of Philosophical Research (ICPR)
New Delhi, India

About the Organizer

Cachar College established in the year 1960 is a premier institution of higher education in South Assam. With eighteen departments spread over the three academic streams of Arts, Commerce and Science, the College has an imposing presence in charting the trajectory of higher learning in Barak Valley and is the natural destination for the students from all the three districts of Barak Valley of Assam and the neighbouring states of Manipur, Mizoram and Tripura. For further details please visit

<http://www.cacharcollege.ac.in/index.html>

Theme

Yoga is an ancient practice that has originated in India. The International Day of Yoga has been celebrated annually on 21st June since 2015, following its inception in the United Nations General Assembly in 2014. To celebrate International Day of Yoga, Cachar College in collaboration with ICPR, New Delhi is going to host a webinar on National Level Webinar on Importance of Yoga in Present Day. The webinar will give an opportunity to discuss the importance of Yoga in physical, mental and spiritual health in this pandemic situation of COVID 19.

Registration

For participation, interested candidates are requested to register themselves using the below Link

https://docs.google.com/forms/d/e/1FAIpQLSfdwJUrfIoHF7Z_1lj1ny5CTMyvoIRS4AbDfPcXxs17CJzmjvA/viewform?usp=cf_link

No

Registration Fee

How to Participate

Webinar link will be sent to the Email IDs of Registered participants as well as will be shared in College website, WhatsApp Group and other Social Medias before the event.

Certificate

E-Certificate will be issued to all the registered participants through email after the webinar is over

Convener

Dr. Merina Islam
Associate Professor and Head
Dept. of Philosophy, Cachar
College
merinaislam12@gmail.com

Chairperson

Dr. Siddhartha Sankar Nath
Principal
Cachar College, Silchar-01
Assam, INDIA

Speakers



H. Lucy Guest (Sadhvi Divya Prabha)

International Yoga Exponent
Yoga Sadhika, Varanasi
Topic: *Yoga, a Way of Life*

Dr. Sushim Dubey

Programme Officer
Hindi Officer (Add. Charge)
Indian Council of Philosophical Research, New Delhi –62
Topic: *Importance of Yoga*



Dr. Ananya Barua

Assistant Professor
Dept of Philosophy Hindu College, New Delhi
Topic - *Yoga of a Yogini: in Context to Feminine Energy*

Dr. Udham Singh

Assistant Professor, Department of Yogic Science
Faculty of Medical Science & Health
Gurukul Kangri University, Haridwar
Topic- *Importance of Yogic life style, View of life and techniques in Holistic Health*



Mr. Ratan Kumar Das

Associate Professor
Dept. of Commerce, Cachar College, Silchar-01
Topic: *Yoga and Health*

Mr. Biswajit Deb

Udharbond Yogasana Kendra & KVS
Topic: *Importance of Yoga in modern life*



Miss Bhaswati Paul

District Sports Office, Silchar-01, Assam, India
Topic: *Yoga, a Powerful Antidote against Crisis*

Mr. Kaushik Choudhury

Yoga Vigyan Mahavidyala, Silchar
Topic: *COVID19 and Yoga*

