

3 DAYS YOGA CAMP AT HAJI ANFAR ALI COLLEGE, DOBOKA

21 JUNE, 2022: A few minutes of Yoga during the day can be a great way to get rid of stress in both the body and the mind. Yoga postures, are effective techniques to release stress and meditation rejuvenates the body and mind. With this aim in mind, a 3 Day Yoga Camp was organised by the Cell for Research, Innovation and Extension Activities with the joint venture of the Department of Education, Haji Anfar Ali College, Doboka from 14-16 June, 2022 , under the supervision of Indian Yoga Culture & Yoga Therapy Centre, Guwahati. The Auditorium of the College had a great crowd of the teachers and students during the opening ceremony on the very first day. Yogacharya Subhasish, who is the President of IYC, Guwahati Centre, was invited to motivate the learners and to spread a yoga culture in the vicinity. The yoga instructor Mr. Dipankar and Ms.Sunita took yoga session with great dedication. The students participated with full interest, enthusiasm and eagerness.

The camp began with Asanas of warming up and stretching were followed by a series of Padmasanas, Sukhasana, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the participants in the subsequent days.



Yogacharya Subhasish motivated the staff and conveyed the importance of making yoga an integral part of our daily life by extending the practice of yoga beyond the mat. Students enjoyed the program. They learned a lot. They were mostly benefited by this 3 Days Camp and were also given certificates. At the valedictory session, the organisers motivated the students for the future and informed them that a professional course on Yoga will soon be introduced in the College. Students can avail that opportunity. Thus the 3 Days Yoga Camp came to an end, and every session of every day was indeed very refreshing, reviving and relaxing.