

1. Title of the Practice: Introducing Yoga Education by Yoga Meditation Center

2. Objectives of the Practice:

- ❖ To enable the student to have good health
- ❖ To practice mental hygiene and possess emotional stability.
- ❖ To integrate moral values and attain higher level of consciousness.

3. The Context:

A yoga education could help someone gain a basic understanding of their personality, learn how to manage themselves in all situations, learn health-promoting techniques, and develop a discriminating mind that can distinguish between the real and the unreal, and develop the composure to face life's dualities.

4. The Practice:

The practice is continued with various programmes organized by Digboi College Yoga Meditation Center. The activities include –

- Continuation of Yoga Certificate course. Two batches from March 2022 to June 2022 and September 2022 to December 2022 under guidance of Yogaguru Sukhamay Nath.
- Organization of International Day of Yoga on 21st June, 2022 by organizing Tinsukia District Inter-College Yogasana competition.
- Organizing Dibrugarh University Inter-College Youth Competition (Yoga) for the session 2022-2023 on 29th and 30th December, 2022.

5. Evidence of Success:

. Successful conduction of two batches of Certificate course with sufficient number of students implies the fruitfulness of the practice.. Moreover, our students have earned different recognitions and prizes in Yoga competitions.

6. Problems Encountered and Resources Required:

- **Problems Encountered:**
 - a) One of the main issues that participants have is a lack of physical agility and flexibility.
 - b) Some students show apathy, disinterest, and procrastination when it comes to completing the course.
- **Resources Required:**
 - (a) A well-ventilated and separate area specific for the Yoga Meditation Center is required.
 - (b) Permanent human resource, i.e. a permanent Yoga Instructor.

Digboi College



ডিগবৈ মহাবিদ্যালয়

Itavata, Digboi, Assam - 786171

Phone & Fax: 03751-264416

Email: digboicollege@yahoo.com

Website: digboicollege.edu.in



Digboi College



ডিগবৈ মহাবিদ্যালয়

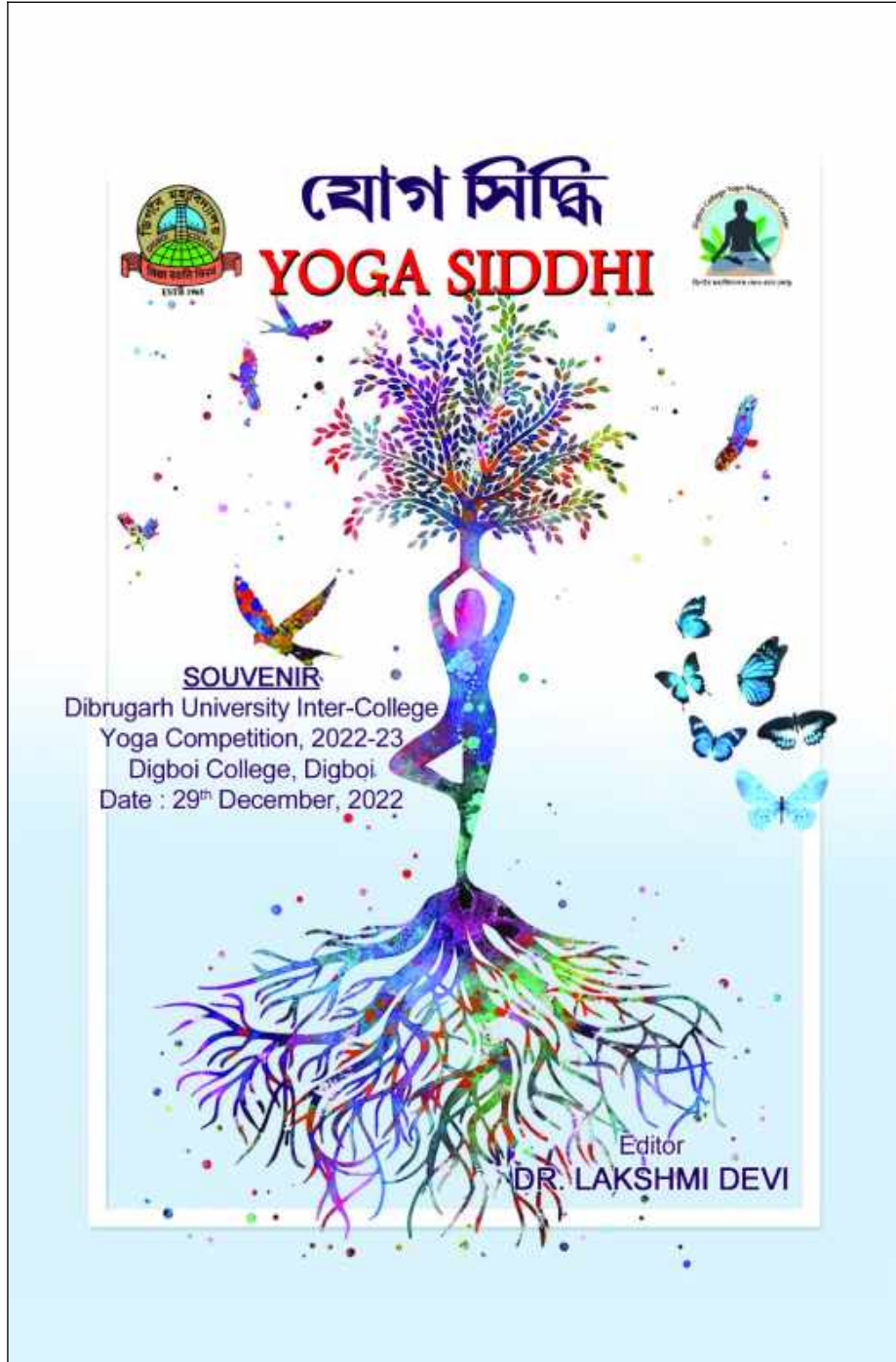
Itavata, Digboi, Assam - 786171

Phone & Fax: 03751-264416

Email: digboicollege@yahoo.com

Website: digboicollege.edu.in

Dibrugarh University Inter-College Youth Competition (Yoga) for the session 2022-2023 on 29th and 30th December, 2022.



Digboi College



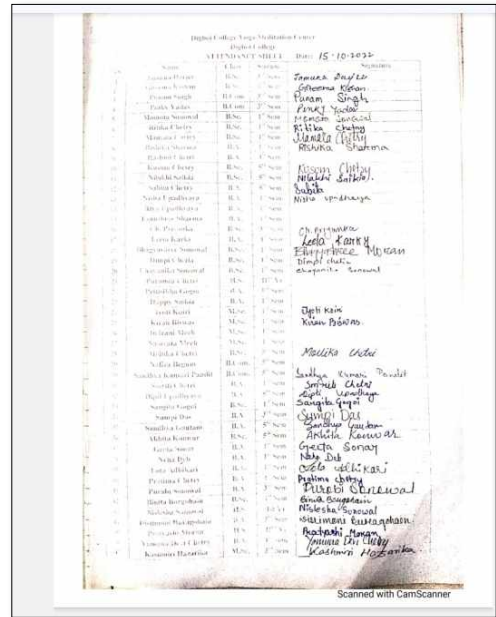
ডিগবৈ মহাবিদ্যালয়

Itavata, Digboi, Assam - 786171

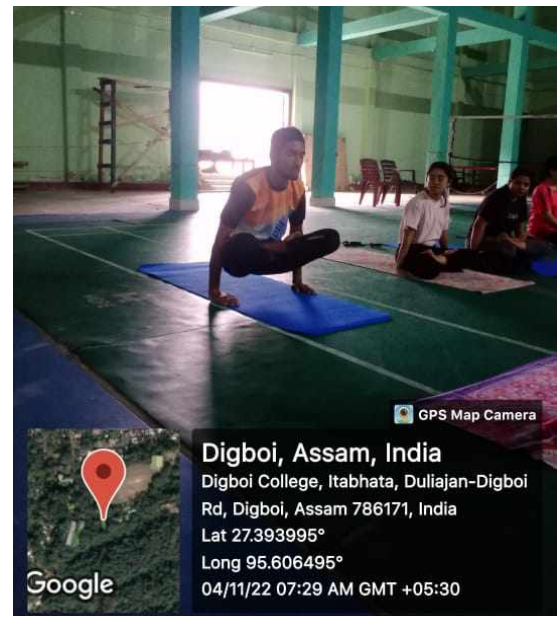
Phone & Fax: 03751-264416

Email: digboicollege@yahoo.com

Website: digboicollege.edu.in



Tinsukia District Yogasan Competition



Some glimpses of Yoga Certificate Course classes

1. Title of the Practice: Adoption of a new village and the implementation of livelihood initiatives

2. Objectives of the Practice:

- To work along with the community at the grass root level and to empower them
- Boosting the socio-economic development of the rural area by organizing different skill development programmes

3. The Context:

The purpose of the Village Adoption Scheme is to provide people with information about the socioeconomic aspects of rural communities, the state of sustainable resource use, shifting attitudes and aspirations, priorities, and creative efforts made by these communities to promote sustainable development. It also encourages and empowers the community to take charge of their own development by implementing strategies, processes, and methods to build cohesive communities where each person has an equal chance to reach their full potential.

4. The Practice:

NSS Digboi College Unit has adopted the village Baro Futia, Golai Gaon No. 4 on August, 2022. They performed different activities which include–

- Socio-Economic and Formal education survey of the village
- Teaching and organizing yoga classes for the students of village school.
- Discussion on Human Animal Conflict Ms. Kasturi Sule, IFS Officer
- Free Health Camp by Digboi Community Health Services.
- Free Veterinary Camp by Tinsukia/Margherita Veterinary Department
- Awareness on plastic waste management, bamboo dustbin making and tree plantation programme
- Workshop on vermicomposting and exchange programme by

5. Evidence of Success:

Sufficient numbers of people's involvement and their eagerness to learn the skills implies a successful step. However, near future more activities may lead to more success stories.

6. Problems Encountered and Resources Required:

Time constraint and distance of the village is a matter of concern. Proper transportation facility will be helpful for conducting more camps and involving more students in coming days.

Different activities at Baro Futia Village on NSS Special Camp August 2022



Digboi, Assam, India
4 No. Golai (Baro Futia) L.P School ,
Assam 786171, India
Lat 27.389758° Long 95.603126°
07/08/22 02:55 PM



Tinsukia, Assam, India
4no. Golai, (Barofutiya) Digboi, Assam 786171, India
Lat 27.3458°
Long 95.622645°
07/08/22 07:57 PM



Digboi, Assam, India
4 No. Golai (Baro Futia) L.P School ,



Digboi, Assam, India
4 No. Golai (Baro Futia) L.P School ,
Assam 786171, India
Lat 27.389758° Long 95.603126°
09/08/22 11:41 AM



Digboi, Assam, India
4 No. Golai (Baro Futia) L.P School ,
Assam 786171, India
Lat 27.389758° Long 95.603126°
08/08/22 04:15 PM

Digboi College



ডিগবৈ মহাবিদ্যালয়

Itavata, Digboi, Assam - 786171

Phone & Fax: 03751-264416

Email: digboicollege@yahoo.com

Website: digboicollege.edu.in



Different activities at Baro Futia Village on NSS Special Camp Marc 2022

