



Hridayananda Choudhury Library

BBK College, Nagaon
Barpeta, PIN: 781311
E-mail: hclibrary.bbkc@gmail.com
Year Of Establishment: 1971.

Ref. No.....

Date: 25th April 2026...

Event Report

Workshop on Yoga & Wellness

Venue: BBK College Indoor Stadium, Omura, Assam

A Workshop on Yoga & Wellness was successfully organized by the 1 Assam BN NCC Unit in collaboration with IQAC and Baosi Banikanta Kakati College Library on 25th April 2026 at the college premises. The workshop aimed to promote physical fitness, mental well-being, and awareness about healthy lifestyle practices among students.

The program witnessed enthusiastic participation from a large number of students, primarily NCC cadets and college students. The session was conducted by experienced instructors who demonstrated various yoga postures (asanas), breathing techniques (pranayama), and relaxation methods. Students actively engaged in the practical session, learning techniques to reduce stress and improve concentration.

The event began with an introductory speech highlighting the importance of yoga in daily life. This was followed by live demonstrations and guided practice sessions. The instructors also explained the scientific benefits of yoga for both physical and mental health.

The workshop concluded with a feedback session, where students shared their experiences and expressed their interest in incorporating yoga into their daily routines. The event was a great success and significantly contributed to spreading awareness about holistic wellness among the students.

Photographs





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