



COLLEGE OF EDUCATION, NAGAON
AFFILIATED TO GAUHATI UNIVERSITY, RECOGNIZED BY NCTE
ACCREDITED BY NAAC (2014)
ESTD:1992

BEST PRACTICES OF 2021-2022

Yoga and meditation summer camp was organized from 11th July to 30th July 2022. The resource person was Mrs. Rumi Laskar and the convener was Biplob Mahanta. The camp saw a total participant of 31 students of B.Ed 1st year. During the camp, different types of Yoga asanas are taught to the students. Some of them were Shovasana, **sirasana, Vajrasana, Balasana; Padmasana. Pranayama** was one of the highlights of the yoga camp. Some of the popular pranayama of the camp were Anulom Vilom pranayama Bharamari- pranayama, Vijjayi Pranayama etc.

The camp also introduced and trained the students to perform different techniques of meditation practice like spiritual Meditation, focused meditation, mindfulness meditations etc. New Year celebration and felicitation program was organized on 5th January 2022. All the dignified members of the Governing Body including the President, Mr. Alok Goswami was present in the celebration. The Principal, Dr. Manoshikha Baruah, the teaching staffs' members and the non-teaching staff was present in the New Year meet. Each member of the college were given attractive New Year Gifts, The gifts were presented by the governing body members and the Principal, Each members were encourage to express their views or feeling during the meet. & Light moment of joy and happiness was seen in the eyes of everyone. Following this, arrangement is made for a tea party along with some refreshments.

Borah

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Baruah

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