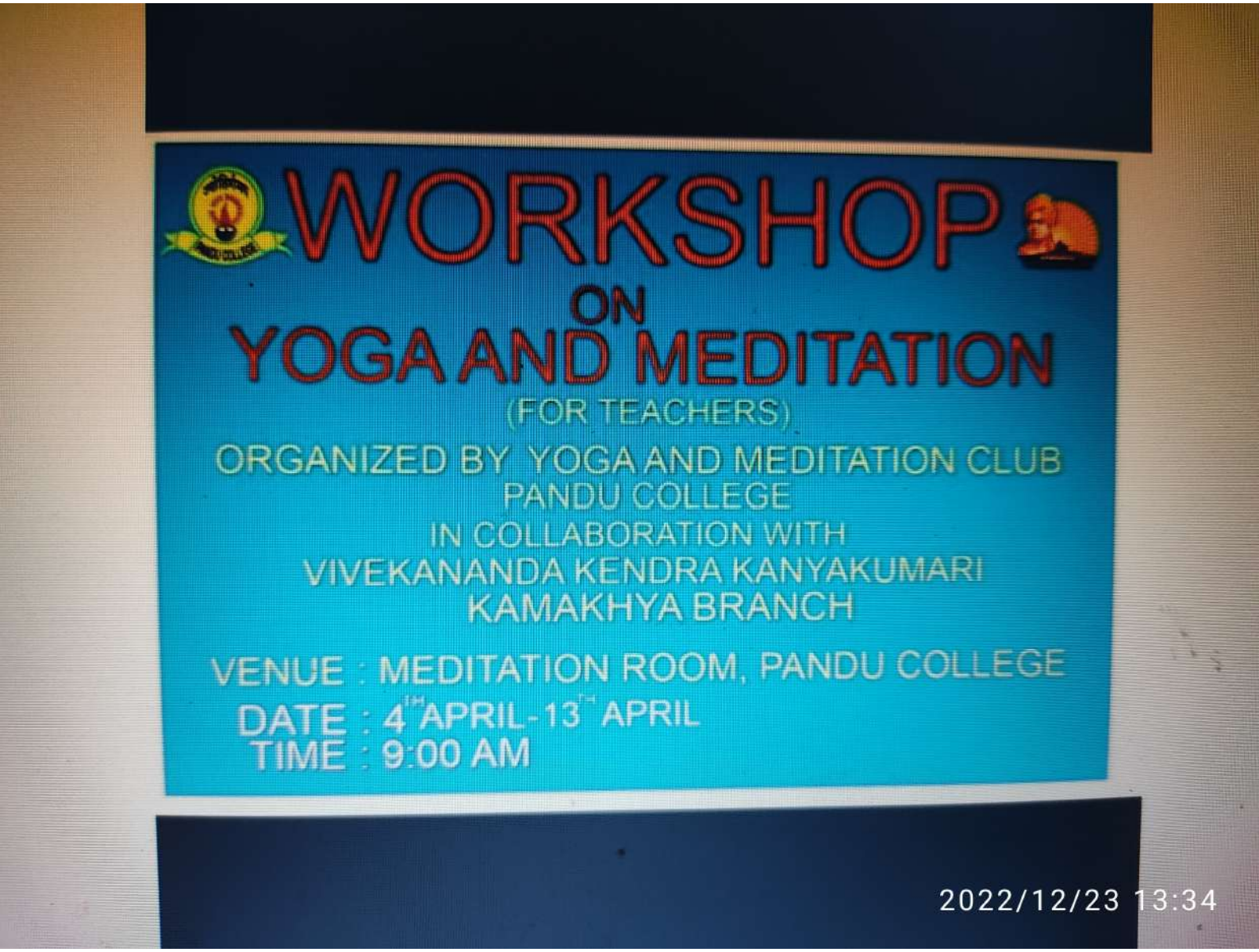

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Lat 26.166175°
Long 91.690425°
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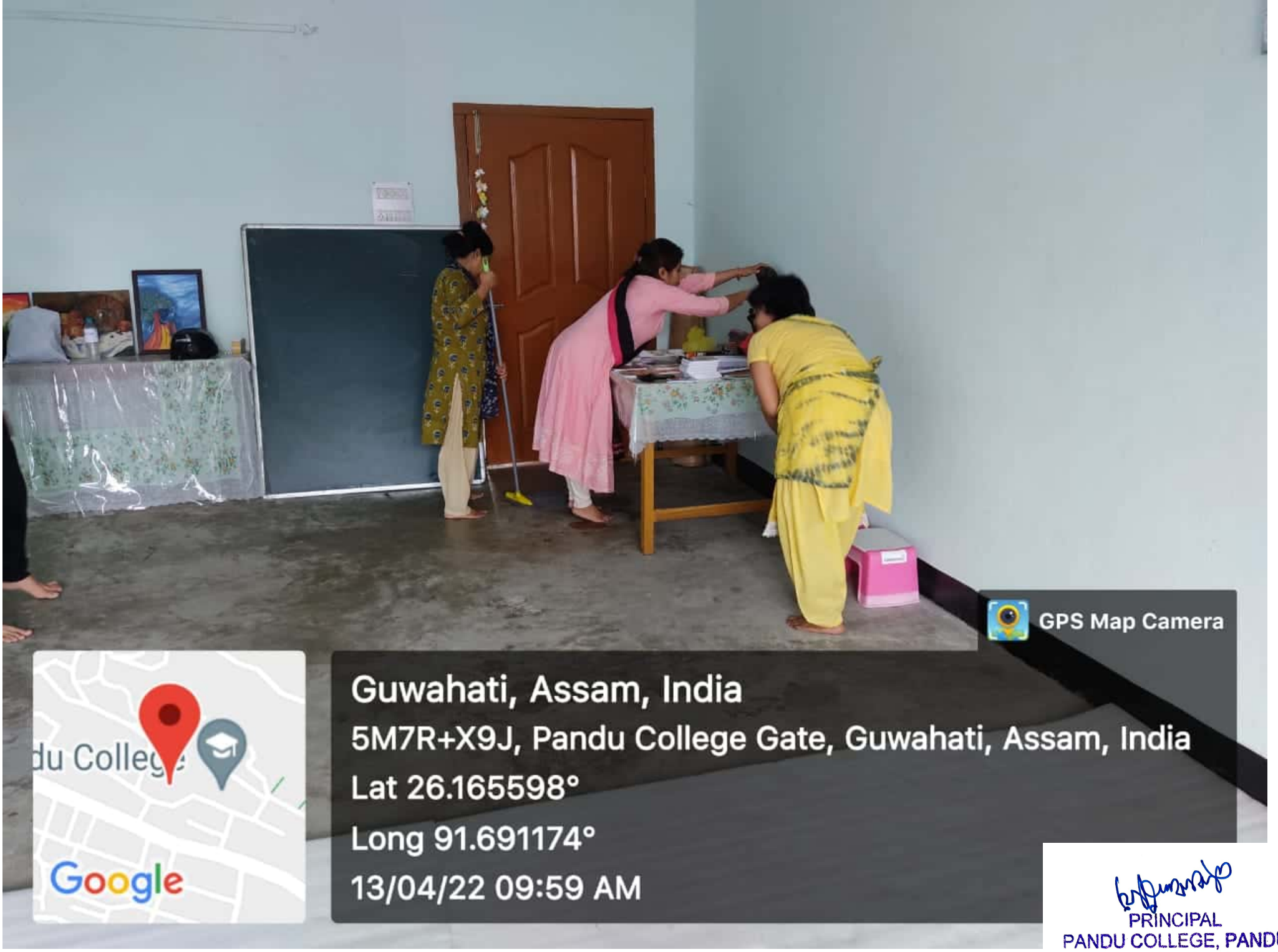

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Office of the Principal

PANDU COLLEGE

Guwahati-781012

E-mail: info@panducollege.org /principal@panducollege.org Website: www.panducollege.org Tel-0361-2570450

Dr. Jogesh Kakati, M.A. Ph. D
Principal

No. PC/NF/22

Date: 28.03.2022

NOTICE

Yoga & Meditation Club, Pandu College in collaboration with Vivekananda Kendra, Kamakhya Branch is going to organize **Ten Days Workshop on Yoga & Meditation** for teachers (04 – 13th April, 2022).

Those interested teachers may give their names before 04th April, 2022.

Date: 04 – 13th April, 2022

Time: 09.00 AM to 10.30 AM

(Dr. Jogesh Kakati)
Principal
Pandu College, Pandu

অধ্যক্ষ
পাণ্ডু মহাবিদ্যালয়, পাণ্ডু
গুৱাহাটী-৭৮১০১২, অসম

Mayuri Barman
(Dr. Mayuri Barman)
Coordinator, Yoga & Meditation Club
Pandu College, Pandu

Sl. NO.	Name of teacher	Department	Contact No.	Email Id
1.	Dr. Jhuma Biswas	Physics	9101958575	jhumabiswasdu@gmail.com
2.	Dr. Mallika Gogoi	Zoology	8876894512	gogoimallika914@gmail.com
3.	Anandita Buragohain	Zoology	7002915877	anagohain30@gmail.com
4.	Dr. Barnali Thakuria	Statistics	9401659217	barnalithakuria24@gmail
5.	Dulumoni Sahariah	Botany	9613064623	dulumonisahariah@gmail.com
6.	Riju Kakati Sarma	Botany	8472005958	rijusarma2019@gmail.c
7.	Maina Borah	Botany	9508161539	mainaborah85@gmail.c
8	Kangkana Kataki	Biotechnology	9101424300	katakikangkana26@gmail.

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Sl. NO.	Name of teacher	Department	Contact No.	Email Id
	Rimki Bhattacharjee	Chemistry	8486209821	rimki.bhattacharjee@gmail.com
	Pranita Das	Physics	8486682538	pranita.das38@gmail.com
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	Kalyan Deka	Zoology	8638038838	kalyandeka12@gmail.com
16.	Asha Sarma	Political Science	98640-84639	sarmaasha16@gmail.com
	Krishna Sharan	Mathematics	8638042180	krishnasharan9@gmail.com
	Debashree Kaushik	Philosophy	9101559115	debashreekaushik17@gmail.com

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WORKSHOP 4th – 13th APRIL 2022

Date. 4th — 13th April - 2022

Date: 4/14/22

Workshop on YOGA AND MEDITATION FOR TEACHERS

Workshop on yoga & Meditation held today. Today Subhabrata Mukherjee and Uttam Kr Sahu discussed about 'Yoga' practice in our life.

Signature (Name)

1. Subhabrata Mukherjee } Resource Person
2. Uttam Kr Sahu
3. Kangkana Kataki
4. Jhuma Biswas
5. Banashree Phukan
6. Mallika Gogoi
7. Anandita Buragohain
8. Manoj Sarma 04/04/2022
9. Kalyan Deka
10. Dipanjali Hazarika

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Date - 05-04-22

Day (2)

Subhabrata Mukherjee & Uttam Kr Saha shared some yoga ~~poses~~ types to do in our daily life.

They also talk about the positive effects while practicing daily in our life.

Co-ordinator.
Dr Mayuri Barua

Signatures :

Subhabrata Mukherjee } Research Person
Uttam Kr Saha. }

Rangkana Kataki
Jhuma Baisnab
Mania Borah
Banasree Phukan
Mallika Gogoi
Manoj Sarmah 05/04/2022
Amandita Buragohain
Kalyan Deka
Dipanjali Halai

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LAST DAY

13-04-2022 (Day 10)

Last day after practicing yoga and Meditation, cleanliness programme (Yoga & Meditation Room) has been held where every participants participate in cleaning the room.

Co-ordinator.
Dr Mayuri Barua

Signature

1. Bapu Kr. Sen
2. Dhara Deka
3. Sayanti.
4. Monj Sarma
5. Jhuma Biswas
6. Dipanjali Halai
7. Debashree Kaushik
8. Anandita Buragohain.
9. Mallika Gogoi

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