



SANNIDHI

Newsletter

Yoga and Meditation Centre
DHSK College, Dibrugarh



Editorial

It gives us immense pleasure that we are going to publish a Newsletter on behalf of Yoga and Meditation Centre, DHSK College. This responsibility was given to us by the College authority a few days before. "*Yoga chitta vritti nirodha*" Yoga is a group of physical, mental and spiritual practices which was originated in India. To attain physical, mental and spiritual development in our lives the authority of DHSK College has established the Yoga and Meditation Centre in our College in November 2016. Through this newsletter we are trying to highlight the past programmes and activities of the Yoga and Meditation Centre, along with some other activities of the Yoga Club of DHSK College which was established in February 2022 under Yoga and Meditation Centre, DHSK College. We have organized workshops, lecture programmes on Yoga and Meditation and we also celebrate the International Yoga Day on 21st June every year. With a view to maintain good health and fitness among the boarders of both the Girl's and Boy's hostel Ms Chayanika Gogoi, yoga teacher of Yoga and Meditation Centre, DHSK College does Yoga classes every morning from 5.45 to 6.30am under the supervision of Yoga and Meditation Centre and Yoga Club of DHSK College.

We the members of the Yoga and Meditation Centre, DHSK College are heartily grateful to the College Authority for providing us this opportunity. We are also thankful to Kaustubh Prakashan for printing the Newsletter on behalf of the Editorial Board

Kalyani Das

Head, Deptt. of Sanskrit
DHSK College, Dibrugarh

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Dr. S. K. Saikia
Principal

DHSK College, Dibrugarh

Now a day's millions of health concern people across the world has benefitted by the practice of Yoga which is originated at a very early age from India. Today Yoga Education is being imparted by different institutions like college, Universities, hospital etc. Many yoga clinics, Yoga Therapy and Training Centers are also established. Yoga works on one's body, mind, emotion and energy. Sri Krishna too in the Bhagavad Gita classified this into four types viz., Karma Yoga, Bhakti yoga, Jnana Yoga, and Kriya Yoga. Each individual is a combination of these four factors. All the ancient commentators on Yoga stressed to practice yoga under the direction of a Guru. The reason behind the statement is only a Guru can mix the appropriate combination of the four fundamental paths. Yoga was trained under the Guru-Sishya Parampara form its early age. The traditional schools of Yoga are viz., Karma Yoga, Bhakti yoga, Jnana Yoga, Kriya Yoga, Patanjala Yoga, Kundalini yoga, Hatha Yoga, Mantra Yoga, Laya Yoga, Raja Yoga, Jain Yoga and Baudha Yoga. All these schools have their own principles and practices leading to ultimate goal and objectives of Yoga. Indian Mythological history shows Lord Siva as the first Yogi or Adiguru. Adiguru impart his knowledge to the legendary seven sages i.e., *saptarsis*. They spread this knowledge all over the world. Yoga practices were done in the pre-Vedic period also but Maharsi Patanjali systematized and codified the existing Yoga practices of that time in his Yoga Darsanam. After him many sages came to contribute in this field. Some great personalities contributed their efforts for spreading this knowledge all over the globe. Existence of Yoga in the Indus valley civilization is known by the number of seals and fossil with yogic motives and figures.

Modern scientists observe that everything in this universe is just a manifestation of the same quantum firmament. Yoga the term itself indicates a perfect harmony between mind and body, man and nature. In Yoga who experienced this is turned as Yogi. In this state of mind people can overcome all suffering of his life. According to the N.C.R.B. data, more than 24,000 young people died by suicide from 2017 to 2019. In such circumstances Yoga i.e., the spiritual discipline will be a great help. Along with that it will enable people to step independently in this competitive world.



A few words from the Coordinator, IQAC

(Dr.) Mridul Sarma
Coordinator

Yoga is a traditional holistic and mindful practice that has lasted for thousands of years in India. Yoga includes physical movements, breathing regulation, and relaxation to a degree that is not readily attainable. Nowadays, Yoga has gotten popularity all around the planet. Presently, Yoga is advised by physicians to prevent mental health issues such as stress, anxiety, depression and to treat serious health conditions like heart disease, cancer etc. Practice of yoga and meditation are considered stress reduction techniques that can influence how a person deals with mental and physical health issues, ultimately leading to less suffering. Hence, holistic and integrative practice of yoga and meditation has become increasingly popular and beneficial as well when it comes to psychological and physical health.

The Yoga and Meditation Centre, DHSK College has completed its 6 years and it serves the student community to a great extent. Some of the Teachers, Non-Teaching Staff and others are also benefitted by this Centre.

I, on behalf of the Internal Quality Assurance Cell, wish the Centre all the very best on this auspicious occasion.



We are thankful to Principal sir and the Yoga & Meditation Centre, DHSK College and all Club members of yoga Club for bestowing their belief in us to lead as the 1st president and Secretary of our Club which was formed by the initiative of our dynamic Principal on 16th February, 2022. We will endeavour to promote physical, mental and spiritual well-being and to explore new avenues of opportunities through this Yoga and Meditation with the help of dedicated and passionate team members. We would like to congratulate Ayushi Dey and Sikha Chetry for securing 2nd and 3rd position respectively in the District Level Yoga Competition.

This year the UGC has instructed all the Higher Educational Institutions to observe the International Yoga Day 2022. We are happy to be part of this. We start this journey seeking blessings, supports and Co-operation from all of you.

Regards

Mrs Urmila Ramchiary
President

Dr Nirmali Pegu (Doley)
Secretary

Yoga Club, DHSK College



Dr Priya Dev Goswami
Associate Professor, Deptt. of Mathematics
&
Vice-Principal, DHSK College, Dibrugarh

We all know that health is wealth. A healthy person can fulfill his dream by doing work integrating his mind and body. A society of healthy persons can innovate and carry forward the civilization they are inculcating. Professors of all kinds of arts make a man perfect, thereby the society as well as the country. India has a long tradition of practicing many forms of art to keep mind and body fit. One notable such practice is 'Yoga'. Our ancestors had introduced this form of art to make our body fit and keep away from disease and ailment. Once teaching of this was in the curriculum of 'Rishi and Muni'. Now again we are revisiting into this. Our country has convinced the whole world that practicing of yoga is beneficial to all human being. Subsequently at the initiative of our country, 21st June is celebrated as 'International Yoga Day' all over the world endorsed by United Nations. It is a great honour to our country as well as to our thousand's years of teaching in Hindu philosophy. I feel proud that in our college also the department of Sanskrit initiating the process of imparting yoga to the students. They are conducting regular classes and practical sessions on every morning. I hope their endeavor will get momentum in the coming days. Following the philosophy of National Education Policy-2020, the department of Sanskrit will frame a course in yoga that will make DHSK College a sought-after destination of learning and bring glory to us.

Best wishes to Kanoi College 'Yoga & Meditation Center' and 'Yoga Club' for daily Yoga practice and celebration of IDY to maintain the healthy mind in a healthy body. With regards Dr.Swapna Nath Upadhyaya
Secretary, Women's Cell, ACTA.



Ms. Chayanika Gogoi
Yoga Teacher
Yoga & Meditation Centre
DHSK College



Members
Yoga & Meditation Centre, DHSK College

Different Activities of Yoga and Meditation Centre, DHSK College, Dibrugarh

1. On 11th January 2017, a talk on "Yoga and its impact on youth" has been organized by the Yoga and Meditation Centre of DHSK College in collaboration with Deptt. of Sanskrit, DHSK College at Srimanta Sankardev Sabhakaksa. The talk was delivered by Yoga Pandit Mr. Sashanka Jyoti Sharma. The Principal of DHSK College, many Faculty members and more than hundred Students were participated in this programme.



2. From 4th March to 19th March 2017, a fifteen days workshop on Yoga has been organized by the Yoga and Meditation centre in collaboration with Deptt. of Sanskrit, DHSK College. On the inaugural session of this workshop Dr. S. K. Bhattacharya, Nodal officer AUSH, has delivered a lecture on the topic "Relevance of Yoga in present time". Workshop was conducted by Yoga Pandit Sashanka Jyoti Sharma and 14 students had participated in this workshop.



3. From 20th March to 4th April 2017, a fifteen days workshop on Yoga has been organized by the Yoga and Meditation centre in collaboration with Deptt. of Sanskrit DHSK college, Dibrugarh. 15 students had participated in this workshop and the Workshop was conducted by Yoga Pandit Sashanka Jyoti Sharma.



4. 3rd International Yoga Day has been jointly celebrated by the Yoga and Meditation centre, DHSK College along with Deptt. of Sanskrit of the College on 21st June, 2017. On this occasion Dr. Mahesh Hemadri from Mount Abu was delivered a lecture on the necessity of Yoga in day to day life.



5. On 26th April 2018, a lecture and demonstration programme has been organized by the organization of Art of Living, Bengaluru in collaboration with Yoga and Meditation Centre, DHSK College, Dibrugarh. Ritam Khan was the resource person of this programme who delivered a lecture on An Introductory Session of Yoga and Meditation. His team member performed a demonstration programme on meditation on this occasion. Around 130 members of the college including teachers and students were actively participated in this programme.



6. To celebrate the 4th International Yoga Day one hour demonstration programme on Yoga, in the DHSK College Girl's Hostel, had been organized by the Yoga and Meditation centre, DHSK College in collaboration with Girls' Hostel, DHSK College on 21st June'2018. Yoga Pandit Sashanka Jyoti Sharma was invited as a Yoga instructor to conduct the programme. On this occasion to encourage the Hostel boarders the Principal of DHSK College, Girls' Hostel Superintendent Mrs. Urmila Ramchiary actively participated along with more than 60 boarders of Girls' Hostel of DHSK College.





7. 4th International Yoga Day also observed by the Yoga and Meditation centre, DHSK College in collaboration with NSS unit and NCC unit of DHSK College in Lalchand Kanoi Auditorium of the college. On this occasion a demonstration programme on Yoga was conducted by the resource persons Sagarika Sarmah, Momi Das Bordoloi, Moumita Dey and Utpal Baruah. Around 80 members had participated in this programme.

8. 5th International Yoga Day was celebrated by the Yoga and Meditation Centre, DHSK College in Lalchand Kanoi Auditorium in collaboration with NSS unit of DHSK College on 21st June'2019 with a demonstration programme on Yoga. The programme was conducted by Yoga instructor Mr. Utpal Boruah and his team.



9. During Lock-down period for Covid-19 pandemic 6th International Yoga Day was celebrated by the Yoga and Meditation Centre in collaboration with the Deptt. of Sanskrit, DHSK College. The students and teachers of the department of Sanskrit individually celebrate this day through online mode from their own homes by doing different Yoga activity.



10. By maintaining a physical distance of 6 feet from others and following all other Covid-19 Protocols, the 7th International Yoga Day has been celebrated by the Yoga and Meditation centre, DHSK College, Dibrugarh on 21st June, 2021. As a resource person Mr. Jagadish Bharali was participated in this celebration. Principal, Vice-Principal, Faculty members and office staff of DHSK College were present on this occasion.

11. From 6th December to 15th December, 2021 a ten days workshop has been organized by the Yoga and Meditation Centre of DHSK College in collaboration with the Deptt. of Sanskrit, DHSK College. After completion of the workshop successfully certificates are given to the participants. Imran Ahmed was the Yoga instructor for this ten days workshop. 31 students were participated in this workshop.



12. To celebrate 75th independent Amrit Mahotsava with a goal of performing 75 Cr. Surya Namaskara from 31/01/2022 to 06/02/2022, a program had been organized by the Yoga and Meditation centre, DHSK College with the help of Rastriya Sevika Samiti. Around 85 students had participated in this great eve.



13. The Yoga and Meditation Centre has organized a three months certificate course on Yoga and meditation from 9th February to 12th May' 2022. After completion of the course a theory and practical examination also held on 04/06/2022 among the participated students. Ms. Sayanika Gogoi is appointed by the College authority as the Yoga teacher of this certificate course.

14. Cupping is a very ancient therapy which is now a days used as a important part of physiotherapy to get relief of pain. This therapy can be performed in various ways using household items at the comfort of our home. College students are taught and trained about the therapy during their Yoga class.



15. World Environment Day was celebrated on 5th June' 2022 by the Yoga club by planting trees in College campus. Mrs. Urmila Ramchiary, President of Yoga Club, Dr. Nirmali Pegu, Secretary of Yoga Club with other members of Yoga club of DHSK College participated in the programme of plantation of trees.



16. A lecture programme on relevance of musical therapy in Yoga and meditation was organized by the Yoga Club in collaboration with Yoga and Meditation Centre, DHSK College on 7th June, 2022 at Lalchand Kanoi auditorium. The lecture was given by the therapist Rudrani Boruah, trained from Mumbai. 63 students of DHSK College were participated in this programme.