

RESOURCE PERSONS



Dr. Latika Hazarika

Associate Professor,
Department of Philosophy,
Associate Dean, Research and
Development, Madhabdev University,
Narayanpur, Assam

"The Role of Yoga in enhancing holistic health
and well-being"



Dr. Indrani Deka

Assistant Professor (Sanskrit),
Co-ordinator of Sanskrit, Yoga and Indian
Knowledge System Cell, Krishna Kanta
Handiqui State Open University (KKHSOU),
Guwahati, Assam

"Yoga for empowering women in Modern Life"
Along with Demonstration

ABOUT THE EVENT

Yoga is an ancient physical, mental and spiritual practice that originated in India and derives its name 'yoga' from Sanskrit which means to join or to unite, symbolizing the union of body and consciousness. Today it is practiced in various forms around the world and continues to grow in popularity. Recognizing its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga, to raise awareness worldwide about the benefits of practicing yoga.

The International Day of Yoga (IDY) 2025 marks a significant milestone being the 11th anniversary of its global celebration. Under the theme "Yoga for One Earth, One Health", this year's observance highlights yoga's vital role in promoting holistic well-being and environmental harmony.

To mark the 11th anniversary of IDY 2025, Department of Philosophy, Narangi Anchalik Mahavidyalaya with the sponsorship of Indian Council of Philosophical Research (ICPR) is organizing a lecture on Yoga Philosophy and Practice emphasizing the Role of yoga in enhancing holistic health and wellbeing and also Yoga for empowering women in modern life accompanied by live demonstration of yoga.

PROGRAMME SCHEDULE :

- 8:30 am - 9:30 am : **Inaugural Programme**
 - Inauguration of the Event with Lighting of Lamp, accompanied by a *Sloka*.
 - Welcome Speech & Objective of the Event
 - Speech From Principal, Vice-Principal and IQAC Co-ordinator
 - Launch of ISSN Philosophical Research Journal, *Dristi* - 2024
- 9:30 am - 9:45 am : **Tea Break**
- 9:45 am - 12:00 pm : **Technical Session - I**
 - Lecture by Dr. Indrani Deka (Yoga for Empowering Women in Modern Life)
 - Live Demonstration and participation of Faculty and Students (including NCC & NSS)
- 12:00 pm - 12:30 pm : **Interactive Session**
- 12:30 pm: **Lunch Break**
- 1:30 pm - 2:15 pm : **Technical Session -II**
 - Lecture by Dr. Latika Hazarika (Role of Yoga in Enhancing Holistic Health and Well-being)
- 2:15 pm - 2:45 pm : **Interactive Session**
- 2:45 pm : **Vote of Thanks**

ABOUT THE COLLEGE

Narangi Anchalik Mahavidyalaya, leading institution of higher education was established in 1991 at the initiative of the people of greater Narengi area. The college located at the southeastern part of Guwahati city has come a long way in spreading higher education covering ethnic and linguistic groups.

The college initially started its classes in the evening shift at Narangi High School on September 2, 1991. However, within few months, the college was shifted to its own permanent site in a beautiful spacious compound surrounded by green hillocks. With persistent and co-ordinated efforts of Governing Body and highly qualified teachers, the college has now developed into a full fledged institution providing an excellent opportunity among the teachers and taught.

The college offers Higher Secondary and Degree Courses in Arts and Commerce. The college has 10 departments with a staff consisting of about 45 dedicated and sincere permanent teachers. In the wake of the changing needs of education, the college is also proceeding towards introducing various certificate courses. The college has a rich library with reading rooms, besides various departmental forums for enhancing knowledge and interest of students and others. The untiring efforts of the teachers and others bore fruits, and students have come out with flying colours in both H.S. and TDC final examinations. The Principal, Vice Principal, teaching staff, office staff and Governing Body have been working tirelessly to make Narangi Anchalik Mahavidyalaya, the only institution of its kind, in the easternmost part of Guwahati, as one of the best colleges in the entire Northeast.

ORGANIZING COMMITTEE

Chief Advisor: Dr. Lukendra Kakati, Principal

Advisors: • Gitika Sharma, Vice-Principal
• Homeswar Kalita, Coordinator, IQAC

Co-ordinator: Dr. Karabi Goswami, Department of Philosophy
& Convener, Research and Development Cell

Members: • Sebika Das, HOD, Department of Philosophy
• Pinkumani Barman, Department of Philosophy
• Garima Saikia, Department of Philosophy
• Dr. Irani Thakuria, Department of Assamese
• Banasree Devi, Department of Political Science
• Hemanta Rabha, Department of Hindi,
Convener Yoga Cell
• Dr. Lakhimi Gogoi, Department of Geography,
Program Officer NSS
• Major Minu Das, Department of Assamese,
Associate NCC Officer

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International Yoga Day

Dated: 21st June, 2025



Narangi Anchalik Mahavidyalaya

Organizes
Lecture on

YOGA PHILOSOPHY AND PRACTICE

Organized By
Department of Philosophy



In Collaboration with
Research and Development Cell, IQAC,
Yoga Cell, NSS & NCC Unit
Narangi Anchalik Mahavidyalaya

Sponsored By



Indian Council of Philosophical
Research