

## Three Days workshop on Yoga on 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> June 2022

Physical instructor: Miss Momi Dutta,  
Patanjali group, Jorhat.

A three days long workshop was organized by NSS wings of Wins of UMK College from 6<sup>th</sup> June to 8<sup>th</sup> June, 2022 in the college auditorium. The workshop was aimed at providing knowledge of Yoga to the students and teachers of the college in particular and public in general. "YOGA FOR WELL BEING" was the theme of the workshop that delineated how different types of exercise and Asanas cured different diseases.



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