



**CENTRE FOR STUDIES IN PHYSICAL EDUCATION & SPORTS
DIBRUGARH UNIVERSITY**

Dr. Mantu Baro, Centre In charge

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Date: 19.06.2020

INVITATION

Centre for Studies in Physical Education and Sports and NCC Unit, Dibrugarh University is organizing the 6th International Yoga Day (Yoga from Home) on 21.06.2020 from 7.30 a.m. to 9.00 a.m. through GOOGLE MEET VIDEO Conferencing with following program. Hence all are invited to participate in the event.

1. Deliberation on Management of Thyroid, Diabetes Mellitus 2, Hypertension, Stress and Mental Bliss though Yogic Exercise.

(Resource Person: Mr. Bikash Boruah, M.P.Ed., M.A. in Yoga and Naturopathy, PGDYN, M.Phil Scholar, International Yoga Silver medal winner, International Yoga Grade C Referee, owner and practitioner of "AAROGYA" at Downtown and "AARAGYA AXOM" Kahilipara" and [Alumni of Centre for Studies in Physical Education and Sports, Dibrugarh University](#))

2. Deliberation on "Basic Introduction of Yoga".

Resource Person: Mr. Satya Changmai, Assistant Professor of Physical Education and Sports, Dibrugarh University and Yoga Specialized.

3. Demonstration of Yogic Exercises.

Resource Person: Mr. Bikash Boruah, [Alumni of Centre for Studies in Physical Education and Sports, Dibrugarh University](#)

Please visit to the link: <https://meet.google.com/irt-kerk-uvq> for participation

And to watch livestreaming:

<https://stream.meet.google.com/stream/baa09d19-1bc2-4fa8-a978-fa7777e4023c>

Please join 15 minutes prior

"BE SAVE AND BE HEALTHY THOUGH OUT THE LIFE"

With regards

(Dr. M. Baro)

Centre incharge

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watch the live stream,