

## YOGA WORKSHOP

The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

With the above view, a Yoga Workshop of 15 days duration (from 9<sup>th</sup> May to 24<sup>th</sup> May, 2022) was conducted for creating awareness among the students of Darrang College so that the students can be benefitted by good health and sound mind

