

Invitation

Dear Sir/Madam

We are glad to inform you that Department of Philosophy, Jiadhah College, Dhemaji, Assam has organized a one-day Academic “**Lecturer programme on Yoga Philosophy and Practice along with Demonstration**”, Dhemaji on 21th June 2026 at Jiadhah college premises. The programme will provide a platform for wide array of evidence-backed advantages for your overall health and mental stress levels, reduces anxiety and symptoms of depression and promotes mental clarity and emotional resilience.

We cordially welcome your presence and participation in this enriching event.

With Regards,

Dr. Sikhamoni Saikia
Co-ordinator
Organizing Committee
Department of
Philosophy
Jiadhah College, Dhemaji,
Assam

Dr. Diganta Kr. Das
Principal Cum
Chairman
Organizing
Committee
Jiadhah College
Dhemaji, Assam

Mrs. Jahnabi Gogoi
Asstt. Co-ordinator
Organizing Committee
Jiadhah College.
Dhemaji, Assam

Website: www.jiadhahcollege.co.in

About the Seminar

The Yoga recognizes the reality of Prakriti and its evolutes, countless individual souls and God. Yoga provides holistic health benefits by uniting body, breath, and mind, resulting in increased flexibility, strength, improved posture, reduced stress, and better emotional balance. Daily practice aids in managing chronic pain, enhancing energy levels, lowering blood pressure, and boosting immunity through improved circulation and mindfulness. Physical Strength & Mobility can help people to develop mental, physical health. Gentle stretches and poses enhance flexibility and strengthen muscles, relieving chronic back pain and stiffness. Yoga also helps to stress Management in human life. Yoga lowers cortisol levels, helping to manage anxiety and promote relaxation. Improved Energy, daily practice, boosts energy levels and helps to overcome fatigue, acting as a natural stimulant. It can also help our Immune System. It aids in flushing out toxins. Mental clarity is another type of yoga. It enhances to focus a mindfulness which helps to improve concentration and memory. Yoga helps to develop Better Sleep. The Regular practice encourages better sleep patterns. How to demonstrate Yoga in practical Life? Integrating yoga into daily life goes beyond physical postures. Start the Day Right that can Begin with 10–15 minutes of Sun Salutations to energize our body. The practice of Yoga helps to reduce neck stretches, shoulder rolls and sitting spinal

twists while at your desk to relieve tension. Conscious Breathing Practice deep, mindful breathing during stressful moments to calm the nervous system. Mindful Walking level in other types of mental development. Use techniques like focused breathing while walking to remain present. Evening Relaxation that can end the day with calm, restorative poses such as child’s pose or corpse pose to prepare for sleep. To see lasting results, consistency is key, and yoga is a non-competitive practice suitable for all fitness levels.

Objectives of the Lecturer Programme

- **To Builds Strength and Flexibility to People.**
- **To improve stress celerity and better concentration.**
- **To improves Vitality and self-confidence.**

Registration is free

Scan the QR code
to register →



<https://forms.gle/pJ58UCX8nE8DEbZi7>

Date of the programme: 21th June, 2026



One-Day Academic
Lecturer
Programme on

Organising Committee

Chairperson

**Dr. Diganta Kr. Das, Jiadhal
College, Dhemaji . Assam**
Coordinator

Dr. Sikhamoni Saikia
Assistant Co-Ordinator

Mrs Jahnabi Gogoi, Jiadhal College
Advisors

- President of Governing Body, Jiadhal College
- Hemendra Bhardwaj (Joint Director ICPR Lucknow)
- Prof. Jugen Borgohain (Yoga Instructor)
- Prof. Autul Gogoi (Yoga Instructor)
- Representative from District Administration, Dhemaji
- Governing Body members, Jiadhal College
- Durgadhar Kumbang,
- Prabin Kumar Doley

Contact information

Coordinator : Dr. Sikhamoni Saikia

- WhatsApp-8011496138
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Assistant Co-Ordinator: Mrs. Jahnabi Gogoi

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- Email id: jahnabigogoi750@gmail.com

Visit our college website : www.jiadhalcollege.co.in

Registration Form

ICPR Sponsored Lecturer Programme on Yoga
Philosophy and Practices along with Demonstration

Name :

Category (Please tick)

Faculty//Staff :

Student/Research Scholar:

Designation :

Department:

College/Institution/University:.....

Contact Information

Address:.....

Email Id:.....

Mobile No:.....

Date :

Place:.....

(Signature of the Participant)

“Yoga Philosophy and Practice along with Demonstration”

Date: 21th June, 2026

Organized by Department of
Philosophy

Venue: Jiadhal College
Jiadhal, Dhemaji, Assam Pin : 787057

All are Cordially Invited