



ONE WEEK STATE LEVEL E-WORKSHOP ON YOGA FOR HEALTH AND FITNESS

DATE: 16.06.2021 TO 21.06.2021

Org. by:

**CENTRE FOR STUDIES IN PHYSICAL EDUCATION & SPORTS
DIBRUGARH UNIVERSITY: Est.-2009**

INFORMATION BROCHURE

In compliance with the observation of International Day of Yoga 2021, the Centre for Studies in Physical Education and Sports, Dibrugarh University is organizing One Week State level E-Workshop on Yoga for Health and Fitness in virtual mode.

Date of E-workshop: 16.06.2021 to 21.06.2021

Time: 4.00 pm to 5.30 p.m.

ABOUT THE DIBRUGARH UNIVERSITY

Dibrugarh University, the easternmost University in India, was established in 1965 consequent upon the provisions of the Dibrugarh University Act, 1965, enacted by the Assam Legislative Assembly. It is a leading research and innovation driven University that acts as a spatial slot to configure the socio-cultural dynamics of North East India. The University encourages myriad enterprises that harbour on a constellation of thinking, theorizing, and reflection.

ABOUT CENTRE FOR STUDIES IN PHYSICAL EDUCATION & SPORTS

Endeavoring to lift up the spirit of maxim, "Sound mind resides in a sound body", the Centre for Studies in Physical Education and Sports is being introduced in the session 2009-2010 (under the provision of the Dibrugarh University Act, 1965 (Assam Act V111 of 1965) aiming at imparting the knowledge of games and sports and physical well beings to produce competent professionals, expert and executors in implementation of current methods and techniques of physical education and sports for the benefit of games and sports in particular and to the human society in general.

Academic Activities

- a) A 15 days Internship programme for students to get the professional experience
- b) Mass Demonstration programme (competition) organized among the schools.
- c) Intramural Competition among the houses of students in various games and sports and co-curricular activities.
- d) Organised Summer Coaching camp to get coaching experience.
- e) Participation in Inter College, Inter University, National International and other local games and sports events.

- f) Organization/Observance of National/International importance day.
- g) Participation of students in officiating of games and sports organized by Club, Associations, Federations and Educational Institutions.
- h) Participation of students in various games and sports competition in state, national and international level.
- i) Awareness and Cleanliness activity in deferent arenas
- j) Departmental Seminar/workshops in games and sports
- k) Special Talk in the field of Physical Education and Sports
- l) Education tour cum leadership camps

Special features of the Centre:

- ✚ Provision of additional learning and reference material to improve the knowledge in various aspects of Physical Education
- ✚ Special Coaching Classes after the regular classes for 1 hour
- ✚ Assign critical problems to solve to enhances cognitive domain of learning
- ✚ Bright and diligent students are motivated and inspired in front of co students and public as per feasibility.
- ✚ Taking care and monitoring the performance of slow learner.
- ✚ Remedial/Tutorial classes as and when required.
- ✚ Use of innovative teaching aids and teaching method to create interest in the class to improves the learning process.
- ✚ Appropriate counselling to help eventually to attend the classes regularly.
- ✚ Use of comprehensive and continuous assessment to improve the teaching learning performance.
- ✚ Feedback to the students etc.

ORGANIZING COMMITTEE

Chief Patron: Prof. L.K. Nath, In-charge Vice-Chancellor, Dibrugarh University

Patron:

Prof. Jiten Hazarika, Registrar, Dibrugarh University

Prof. Daisy Bora Talukdar, Dean, Faculty of Education, Dibrugarh University

Adviser:

1. Prof. Mukut Hazarika, former Dean, Faculty of Education, Dibrugarh University.
2. Dr. Binod Chandra Bora, Joint Registrar, Dibrugarh University.
3. Mr. Pranab Boruah, Founder Director i/c, Centre for Studies in Physical Education and Sports, Dibrugarh University
4. Dr. H.S. Atwal, former Director, Centre for Studies in Physical Education and Sports.

Chairperson: Dr. Mantu Baro, Director i/c, Centre for Studies in Physical Education and Sports, Dibrugarh University.

Chief Co-ordinator: Dr. O. Jiten Singh, Associate Professor, CSPES, D.U.

Chief- Convener cum Moderator: Mr. Satya Changmai, Assistant Professor, CSPES, D.U.

Members:

1. Dr. Dipjyoti Gogoi, Sports Officer, Dibrugarh University
2. Mr. Pranjit Boruah, Assistant Professor, CSPES, Dibrugarh University
3. Mr. Rajkumar Bharali, Assistant Professor, CSPES, Dibrugarh University
4. Dr. Siddartha Sarma, Assistant Professor, CSPES, Dibrugarh University
5. Mr. Rakesh Singh, Assistant Professor, CSPES, Dibrugarh University
6. Mr. Arabinda Phukan, Assistant Professor, CSPES, Dibrugarh University
7. Mr. Sumit KR. Thapa, Lecturer, DIET, Titabar, Jorhat
8. Mr. Manash J. Bora, B.P.Ed. 3rd Sem, DS, CSPES, Dibrugarh University
9. Mr. Suman Kalyan Gogoi, B.P.Ed. 3rd Sem, DR, CSPES, Dibrugarh University

Technical Adviser: Mr. Gunadeep Chetia, Programmer, Dibrugarh University.

Media Adviser: Mr. Sachindra Lal Bhuyan, Sr. Sports Journalist, Dibrugarh.

Therefore all interested persons are requested to register themselves to take part in the E-Workshop cum training on Yoga for Health and Fitness. E- Certificate will be provided to successful participants.

Registration link: <https://forms.gle/p9PNjWxRDh6D9Afy5>

For further enquiry please contact to Dr. O. Jiten Singh, Associate Professor, Centre for Studies in Physical Education and Sports, Chief Co-ordinator, E-Workshop and Mr. Satya Changmai, Assistant Professor, Chief- Convener E-Workshop in the mobile numbers respectively: 8638756085 & 8473069276.



Detail Programme

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Inauguration Programme 16.06.2021				
SL NO.	TIME	EVENT/ TOPIC	RESOURCE PERSON	
1	4.00 pm	Welcome Address	Dr. Mantu Baro , Director In charge, CSPES & Chairperson of E-Workshop	
2	4.05 pm	Inaugural Speech	Prof. L.K. Nath , Vice-Chancellor i/c, Dibrugarh University	
3	4.15 pm	Speech of Chief Guest	Prof. K.K. Deka , former Vice-Chancellor, Dibrugarh University & Mahapurusha Srimanta Sankardeva Viswavidyalaya	
4	4.30 pm	Guest of Honour Speech	Prof. Jiten Hazarika , Registrar, Dibrugarh University	
5	4.35 pm	Speech of Special Guest	Prof. D.B. Talukdar , Dean, Faculty of Education, Dibrugarh University	
6	4.40 pm	Vote of Thanks	Dr. O. Jiten Singh , Associate Professor & Chief – Coordinator of E-workshop	
Inaugural Ceremony Moderator: Mr. Satya Changmai, Assistant Professor & Chief Convener, W-Workshop				

Day 1: Date: 16.06.2021 Technical Session 01

1	4.45 pm	Yoga: A Gift to Humankind	Mahendra Singh Dhillon, Yoga coach (SASU); BA/BPED/DIPLOMA YOGA/MA YOGA / NDDY	
		Vote of thanks	Mr. Kh. Rakesh Shing, Assistant Professor, CSPES, Dibrugarh University	




Moderator: Mr. Satya Changmai, Assistant Professor & Chief Convener, E-Workshop

DAY 2: DATE: 17.06.2021 TECHNICAL SESSION 02

1	4.00 pm	The Science of Breathing and Pranayama	Dr. Vivek Singh Assistant Professor, Dept. of Physical Education, Sri Murali Manohar Town PG College, Ballia, UP	
2		Vote of Thanks	Dr. Siddhartha Sarma, Assistant Professor, CSPES, Dibrugarh University	




Moderator: Mr. Satya Changmai, Assistant Professor & Chief Convener

DAY 3: DATE: 18.06.2021 TECHNICAL SESSION 03

1	4.00 pm	Yoga and Its Impact On Pandemic (Covid-19) Situation	Mr. Bikash Boruah, M.P.Ed., MA in Yoga & Naturopathy, M.Phil. Scholar in Yoga and Yoga Practitioner, Assam	
2.	5.00 pm	Yoga for Health and Well-being	Mr. Satya Changmai, Assistant Professor CSPES, Dibrugarh University	
		Vote of Thanks	Mr. Pranjit Boruah, Assistant Professor, CSPES, Dibrugarh University	



Moderator: Mr. Rajkumar Bharali, Assistant Professor, CSPES, Dibrugarh University

DAY 4: DATE: 19.06.2021 TECHNICAL SESSION 04

1	4.00 pm	Preparation of Diet Plan	Mr. Sumit Kumar Thapa, M.P.Ed., NET, Lecturer, DIET, Titabor, Jorhat, Assam	
2	4.45 pm	Yoga Nidra: A Scientific Approach for Mental Well-being	Mr. Rajkumar Bharali, M.P.Ed., NET, Assistant Professor, CSPES, Dibrugarh University	
		Vote of thanks	Mr. Arabinda Phukan, Assistant Professor, CSPES, Dibrugarh University	

Moderator: Dr. Siddhartha Sarma, Assistant Professor, CSPES, Dibrugarh University

DAY 5: DATE: 20.06.2021 TECHNICAL SESSION 05

1	4.00 pm	Effect of Selected Pranayama On DM2, Hypertension, Mental Stress And Depression	Mr. Bikash Boruah, M.P.Ed., MA in Yoga & Naturopathy, M.Phil. Scholar in Yoga and Yoga Practitioner, Assam	
		Vote of thanks	Dr. O. Jiten Singh, Associate Professor, CSPES, Dibrugarh University	

Moderator: Mr. Satya Changmai, Assistant Professor & Chief Convener

DAY 5: DATE: 21.06.2021

**Concluding Session cum observation of International Day of Yoga
Time: 09.00 am onwards**



Dr. O. Jiten Singh

Associate Professor & Chief-Coordinator
Centre for Studies in Physical
Education and Sports
Dibrugarh University



(Dr. M. Baro)

Director In-charge & Chairperson
Centre for Studies in Physical
Education and Sports
Dibrugarh University