



**MAZBAT COLLEGE**  
মাজবাট মহাবিদ্যালয়  
Mazbat, Udalguri, Assam



## **Report of the International Webinar**

On

### **NEED OF GOOD HEALTH: ROLE OF YOGA**

Held on 22-08-2020

Platform: Zoom

Organized by

**IQAC & Department of Education, Mazbat College.**

Mazbat College, Mazbat ,

Dist. Udalguri, BTR, Assam

IQAC & Department of Education, Mazbat College, Mazbat, Udalguri and Department of English KBR College, Orang organized an International webinar on “**NEED OF GOOD HEALTH: ROLE OF YOGA**” held on 22-08-2020. The webinar was conducted in online mood on Zoom platform. The webinar was inaugurated by Dr M. Nambi, Professor of Physical Therapi, Prince Sttan University, Saudi Arabia. Welcome address was delivered by the Principal, Mazbat College, Dr. Pradip Kr. Sarma. Sri Jayanta Kalita, HoD, Education and Mr Inku moni Nath, Lecturer Department of English were the Convener of the webinar. Sri Kalita explained the objectives of the webinar and ignited on the importance of yoga. Resource Person of the webinar was Sri Manu Chidananda, Former YOGA Representative at Indian High Commission in Malawi(Africa). The main objective of conducting this webinar was to provide yoga knowledge and its benefit to keep good health to the participants. Sri Manu Chidananda, the resource person of the webinar taught different skills and techniques of yoga with demonstration. Session was very lively. More than 500 participants actively participated in this webinar from different parts

  
Mr. Jayanta Kalita  
Coordinator, IQAC  
Mazbat College, Mazbat







  
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of India and Abroad. Participants are given e-certificates. Many participants interacted with the resource person and the Program was concluded with vote of thanks proposed by Mr. Inkumoni Nath, the joint convener of the webinar.

Contact Details of Resource Person: +265993903021

**INTERNATIONAL WEBINAR**  
**Topic: NEED of GOOD HEALTH : ROLE of YOGA**  
*Jointly Organized by*  
Dept. of English, K.B.R. College &  
IQAC and Dept. of Education Mazbat College  
**Date: 22/08/2020 Time: 6pm(India) 12.30pm(GMT)**

 <b>Dr. Pradip Kr. Sarma</b> Principal, Mazbat College	<b>Resource Person</b>	 <b>Dr. M. Nambi</b> Professor of Physical Therapy Prince Sattan University SAUDI ARABIA	<b>Inaugurator</b>
 <b>Md. Tajem Ali</b> Principal, KBR College	 <b>Shri Manu Chidananda</b> Former YOGA Representative at Indian High Commission in Malawi (Africa)		
 <b>Mr Inku Nath</b> Dept. of English Convener	<b>Platform:</b> ZOOM Live	 <b>Mr. Jayanta Kalita,</b> HOD, Education Convener	

**Registration Link: <https://forms.gle/SEqVIZB8Z7JTAoup9>**

  
**Mr. Jayanta Kalita**  
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