

Report on collaborative activities conducted in collaboration with Udalguri College

Name of the activity: Celebration of International Yoga Day, 2023

On 21st June 2023, PDUAM, Dalgaon in collaboration with Udalguri College celebrated International Yoga Day, 2023 at Udalguri College. Dr. Lakhi Prasad Hazarika, Principal, PDUAM Dalgaon delivered a lecture of the benefits of holistic approach of Yoga in every sphere of life. Further, he also delivered a lecture on Astanga Yoga and demonstrated various Ashanas to the attendees of the program. Faculties and students of both the colleges participated in the program to make it a successful one.

