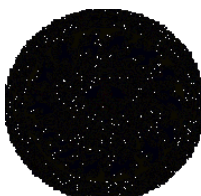




OFFICE OF THE
INTERNAL QUALITY ASSURENCE CELL
ARYA VIDYAPEETH COLLEGE (AUTONOMOUS)
ARYA NAGAR, GUWAHATI-781016



ARYA VIDYAPEETH COLLEGE(Autonomous)
Guwahati-16

Details of activity

Activity Title: A Motivational Talk on "Development of Mental Hygiene for students"

Organised by: Yoga Cell in collaboration with IQAC and Anti Drug Hostel Committee, Arya Vidyapeeth College(Autonomous)

Resource person: Ms.Shima Chakraborty, Yoga teacher of Art of living

Date: 26-03-2025

Summary of the activity:

Today on 26/03/2025 a Motivational Talk on "Development of Mental Hygiene for students" was held by Yoga Cell in collaboration with IQAC and Anti Drug Hostel Committee of Arya Vidyapeeth College (A). Ms.Shima Chakraborty, Yoga teacher of Art of living was the speaker of today's programme. She said, how we get relief from stress of today's life and develop good habits instead of bad one. For this, we have to grow our willpower through Yoga which also help us to be a good citizen. She emphasized on how to grow our concentration level by doing Meditation.

Dr. Dalimi Devi hosted the event. The welcome address delivered by Dr. Dipalee Neog. Dr. Sangeeta Kakoty, coordinator of IQAC graced the occasion with her encouraging words. A good number of students and teachers were present in this event and it was successfully ended with formal vote of thanks by Dr.Purnima Saha.

