9th International Day of Yoga:
One Yoga for One World

AZARA, June 21: Girijananda Chowdhury University observed International Day of Yoga on 21st June 2023 at Guwahati and its constituent Tezpur campus to resonate with the core essence of the theme for IDY-2023 *"Yoga for Vasudhaiva Kutumbakam"* which encapsulates an aspiration for *"One Earth, One Family, and One Future."* The event was inaugurated with lighting of lamp by Mr. Jashodaranjan Das, President, SSA, Prof. Dipankar Saha, Registrar, GCU, Mr. Prafulla Barman, Yogavidh and Bhargav Kalita, senior yoga teacher of Pratishruti Yoga and Dance Centre. Yoga instructors Mr. Joydeep Gupta, GCU, Indira Dey and Sangita Talukdar from IYC and YTC, Guwahati initiated to effectively conduct the program and successfully concluded a week-long yoga protocol training session. Around 70 members which included teachers, students, enthusiasts from GCU and students from Pratishruti Yoga and Dance Centre participated in the event to promote good health with sound mind and body. Showcasing their talents, the students of Pratishruti Yoga and Dance Centre delivered a spectacular performance and they were awarded with Certificate of Participation as a token of love. The event concluded with Vote of Thanks by Dr. Dhriti Borah, Assistant Professor, Dept of Economics, GCU highlighting the quintessence of Yoga to establish harmony between the body and the mind to create self-awareness and self-consciousness. Similarly, yoga programme was observed in the School of Pharmaceutical Science, Tezpur, GCU. The training session was organized by Ms. Arzoo Newar starting from 14th to 21st June, 2023. Invited Yoga instructor, Mr. Harekrishna Das from Dr. Bhupen Hazarika Sanskritik Kendra, Dhekiajuli, graced the occasion and Dr. Abdul Baquee Ahmed, Principal, Tezpur, felicitated the invited guest. The enthusiastic staff, which included the Principal, School of Pharmaceutical Science, faculty members, students and non-teaching staff joined together to embrace the essence of yoga via different asanas, pranayama methods, and meditation practices in celebrating the transformative power of yoga on the auspicious occasion.

Mr. Jashodaranjan Das, President, SSA, lighting the auspicious lamp.

Zeal and Enthusiasm among the faculties.

Sangita Talukdar performing different asanas.

Mr. Prafulla Barman instructing the participants.

Bhargav Kalita showcasing his talents.

Electrifying performance by the students of Pratishruti Yoga and Dance Centre

Yoga Day celebration at School of Pharmaceutical Sciences, Tezpur, GCU

Balancing Mind, Body and Soul

Mr. Harekrishna Das being awarded the certificate of appreciation by Dr. Abdul Baquee Ahmed

"YOGA is the journey of the self, through the self, to the self."
~ Bhagavad Gita

NEWS BULLETIN

1st All Assam Open Bench Press (RAW) Championship

AZARA, June 18: 1st All Assam Open Bench Press (RAW) Championship was organized by Khalil Weightlifting Academy in association with Saraighat Gym at Girijananda Chowdhury University. Prof. Kandarpa Das, Hon'ble Vice Chancellor, Girijananda Chowdhury University inaugurated the event along with Prof. Dipankar Saha, Registrar and Dr. S Robert Ravi, Dean of School of Engineering and Technology, GCU. The competition included different weight categories for both men and women. A total of 120 participants took part in the weightlifting competition from different districts of Assam. Certificates and medals were awarded to the winners of the first, second and third position holders across all categories. The participants competed with vigour, grit and zeal demonstrating determination and passion for the weightlifting competition.

Enthusiastic Athletes

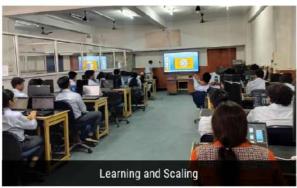Vice Chancellor, GCU congratulating the winners

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NEWS BULLETIN

Workshop on Full Stack Web Development: Igniting Young Minds

AZARA, June 10: A 6-Days Workshop on Full Stack Web Development was conducted from June 5th to June 10th 2023 by the Department of Computer Science, Girijananda Choudhury University. Mr. Devaraj Mahanta, Research Scholar, IASST, Guwahati and Mr. Risheraj Baruah, Teaching Associate, Department of Computer Science, Guwahati University were invited as resource persons for the workshop. A total of 66 students participated in the workshop. The students actively participated in the hands-on training sessions and the assignments. The course content included basic and advanced topics like Introduction to HTML, CSS, Flexbox, Grid, Bootstrap, Web Design, JavaScript, DOM, jQuery, Node.js, Express.js, API, Github and Version Control, EJS and SQL, MongoDB, Mongoose, Deploying a Web App, Authentication and Security, React.js and Web3. It was a dynamic and an instrumental teaching medium that introduced the students to the subjects through real-time problems and hands-on training with the current technologies in the domain.

Learning and Scaling

Felicitating the Resource Person

Mr. Devaraj Mahanta and Mr. Risheraj Baruah awarded the certificate of appreciation

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