



Report on three Day workshop on Suryanamaskar

The Department of History, S.B. Deorah, in collaboration with Vivekananda Kendra, Kanyakumari, Assam Prant, Branch Guwahati, organized a three-day Yoga workshop on Suryanamaskar from 25th May 2023 to 27th May 2023. The event witnessed enthusiastic participation from both faculty members and students, with a total of 12 faculty members and 33 students taking part in the workshop. The primary objective of this workshop was to provide an opportunity for the participants to learn and practice Suryanamaskar, a popular yoga sequence known for its numerous health benefits.

