



REPORT HAPPINESS PROGRAM 2023

A three-day 'Happiness Program' - a program that combines yoga and meditation for stress relief was held from 16th to 19th March 2023 in the seminar hall of Lumding College, Lumding. The program began with an inaugural session hosted by Dr. Sanghamitra Das Bose, head of department, Zoology in the presence of the principal, some faculty members and students of Lumding College. The resource person for this event was Shri Vishnu Prakash, international yoga instructor, founder and director at Sridhenu.org, an NGO for social upliftment. He is also associated with Art of Living organization.

The program commenced at 7:00 am everyday where yoga and meditation session were held for an hour. About 21 students along with some faculties of the college participated in this program.




Co-ordinator
IQAC
Lumding College
Lumding, Hojai, Assam