

### Report of the Seminar held on 21.06.2021

NSS Unit & IQAC, Sonari Commerce College, Sonari organized a National Webinar in Collaboration with Sonari College, Sonari on "Importance of Yoga to Accelerate the Metabolism & Immune System to Fight Covid-19 Pandemic" on 21<sup>st</sup> June 2021. The webinar, inaugurated by Dr. Bipul Dey, Principal, Sonari Commerce College, Sonari. Dr. Nurul Islam, HoD, Dept. Of Philosophy, K.H.S. College, Sixmile, Gauhati. The programme was ended following the vote of thanks offered by Mr. Brajen Hazarika, Co-Ordinator of IQAC, Sonari Commerce College, Sonari.

**NATIONAL WEBINAR**

**IMPORTANCE OF YOGA TO ACCELERATE THE METABOLISM & IMMUNE SYSTEM TO FIGHT COVID-19 PANDEMIC**

Organised by  
**NSS Unit and IQAC**  
Sonari Commerce College, Sonari, Charaideo  
In Collaboration with  
Sonari College, Sonari, Charaideo

**Innaugurator**  
  
Dr. Bipul Dey  
Principal  
Sonari Commerce College

**IN RELATION TO**  
Celebration of  
7th International  
YOGA DAY  
**Date: 21.06.2021**  
Time: 10.00 AM  
"BE WITH YOGA  
BE AT HOME"

**Resource Person**  
  
Dr. Nurul Islam  
HoD, Dept. of Philosophy  
K.H.S. College, Sixmile

**Joint Co-Ordinators**  
**Mr. Rubul Changmal**  
Asst. Professor  
Dept. of Commerce  
Ph.No. 7002021154  
**Mr. Simanta Bordoloi**  
Asst. Professor  
Dept. of History  
P.O., NSS Unit  
Ph.No. 9707082290

**IQAC Co-Ordinator**  
&  
Moderator  
of the Webinar  
**Dr. Brajen Hazarika**  
Asst. Professor  
Dept. of English

**Technical Expert**  
**Mridupawan Gogoi**  
Sonari College  
&  
**Diganta Ganju**  
Ph.No. 9678439608

**Platform: Teams App**  
No registration required

**E - Certificate will be issued to all the participants within seven days of submission of feedback. Feedback link will remain active only for half an hour after the completion of the programme**

Dr. Bimal Ch. Gogoi  
Principal, Sonari College  
Principal  
SONARI COLLEGE  
SONARI