

## Celebration of International Women's Day on 8<sup>th</sup> March, 2021.

### Programme on "Art of living" themed "Choose to challenge"

#### Report:

Under the presidentship of Dr. Aditi Devi Choudhury, International Women's Day, 2021 was celebrated at Dakshin Kamrup College by the Women's Forum with a programme on "Art of Living" themed "Choose to challenge" for which two resource persons namely, Mrs. Pinki Hazarika and Mr. Akarshan Khuranna, Faculty, Art of Living Foundation were invited. The meeting took place at the Indoor Auditorium of D.K. College at sharp 11:00 am presided over by Dr. Aditi Devi, followed by lighting the lamp. Dr. Nabajyoti Das, Principal, D.K. College delivered a speech on the importance of Yoga for the betterment of living and relieving stress in our day to day life. The invited resource person Mrs. Pinki Hazarika then delivered a talk on Art of Living, emphasizing on relieving stress by different skills and practising yoga in our daily life and relieving the mind spiritually. On the other hand Mr. Akarshan Khuranna held lively sessions for both faculties and students on how to control ones mind and motivated the audience as a whole to live a stress free life. His motivating ways for bringing stability of mind was greatly liked by students.

An interactive session was also arranged for both students and faculties, after which Dr. Aditi Devi Choudhury addressed a presidential speech focusing on the theme of the programme. Lastly a vote of thanks was offered to all those who were engaged and helped in every possible way to make the programme a successful one.

39 faculties (both male and female) and 119 students of the College participated in the event and made it a very successful one.



Photographs: *Celebration of International Women's Day, 2021*