

REPORT OF THE EVENT ON “TWO DAYS WORKSHOP ON ACUPRESSURE AND ART OF LIVING” ORGANIZED BY NSS, KOKRAJHAR GOVT. COLLEGE, SESSION 2020-21

Event : Two days Workshop

Date : 20<sup>th</sup> and 21<sup>st</sup> march 2021

Venue: Vibekananda Ashram, Patharghat, Kokrajhar

Objectives:

- i) To learn about the different techniques of acupressure in different atmosphere.
- ii) To promote the use of ACUPRESSURE in daily life and ART OF LIVING for the overall wellbeing of the students community.

Outcomes:

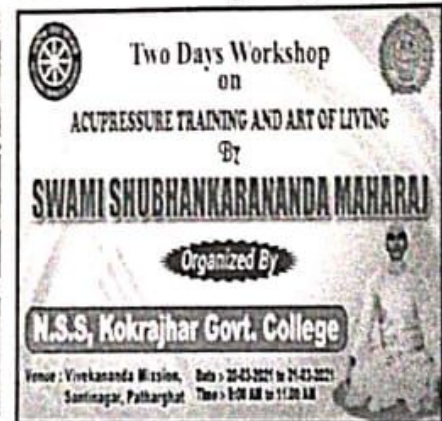
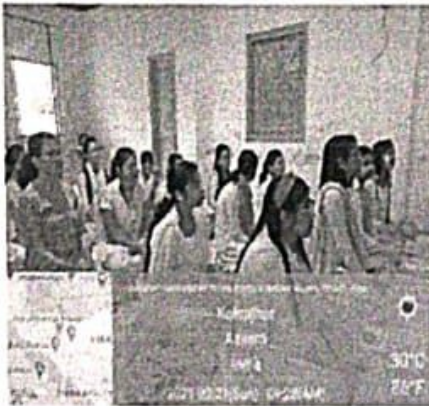
- i) The students have greatly benefitted by the said extended programme.
- ii) They are motivated to, follow the instructions of the resource person and to apply the different techniques of Acupressure and Art of living in their day to day life too.

Details of the Programme:

A two days workshop has been done successfully on The topic “**Acupressure and Art of living**” as extension activities of N.S.S on 20<sup>th</sup> and 21<sup>st</sup> March 2021-03-24.

The programme was very effective for the students cum NSS volunteers . The programme was conducted at Vivekananda Ashram, Patharghat, Kokrajahr. That is why the students have enjoyed the atmosphere of a spiritual place and they have also learn the various Acupressure technique . The volunteers also discussed various physical and personal problems with the expert Swami

Shubhankarananda Maharaj. Maharaj has also depicted and demonstrated all the methods of Acupressure. In this programme theory session and practical session was there, that is why the students have understood very clearly. Near about twenty five students have been participated in this programme, at the end of the programme all the students have given feedback for the programme.



Number of participants

Students: 26

Faculty: 3

Other: 1

*B. B. Saha*  
26/3/2021  
Principal  
Kokrajhar Govt. College  
Kokrajhar

Submitted by  
*Rajib K. Saha*  
( Dr. RAJIB Kr Saha )

Nss Programme Officer

Kokrajhar Govt. College





Uttarsantinagar  
Kokrajhar - Ramfalbil Rd, Subhashpally, Kokrajhar, Assam 783370, India

Kokrajhar  
Assam  
India

30°C  
86°F

2021-03-21(Sun) 09:28(AM)



Shiv Mandir  
Uttarsantinagar  
Kokrajhar - Ramfalbil Rd, Subhashpally, Kokrajhar, Assam 783370, India

Kokrajhar  
Assam  
India

32°C  
90°F

2021-03-20(Sat) 10:04(AM)

Two Days Workshop  
on  
**ACUPRESSURE TRAINING AND ART OF LIVING**  
By  
**SWAMI SHUBHANKARANANDA MAHARAJ**

Organized By  
**N.S.S, Kokrajhar Govt. College**

Venue : Vivekananda Mission,  
Santinagar, Patharghat

Date :- 20-03-2021 to 21-03-2021  
Time :- 9:00 AM to 11:00 AM

**SOME GLIMPES OF THE EVENT ON “TWO DAYS WORKSHOP ON ACUPRESSURE AND ART OF LIVING” ORGANIZED BY NSS, KOKRAJHAR GOVT. COLLEGE, SESSION 2020-21.**