

REPORT

Lecture and Demonstration Programme

- Name of the Programme** : Lecture and Demonstration on 'Knowledge of Self'
- Date** : 16-11-2021
- Organised by** : Vivekananda Study Centre, B.N College, Dhubri in collaboration with Vivekananda Kendra Kanyakumari, Assam Prant
- Name of Resource Person** : Sri Dipankar Mahanta, Joint Secretary, Vivekananda Kendra Cultural Institute, Guwahati
- Number of Participants/ students** : 139

A brief write-up of the Programme :

A two day lecture and demonstration program on 'Knowledge of Self' was organized by the Vivekananda Study Centre, B. N. College, Dhubri, in collaboration with the Vivekananda Kendra, Kanyakumari, Assam Prant on 16th and 17th November 2021.

On the first day, on 16th of November 2021, a lecture program was held at 3 pm in the digital class room of the college under the chairmanship of Dr. Dhruva Chakraborty, Principal, B.N College, Dhubri. Sri Dipankar Mahanta, Joint Secretary of Vivekananda Kendra Cultural Institute, Guwahati delivered his lecture on the topic "Knowledge of Self" as a Resource Person. He talked about 'Pancha Kosha', the five layers of the body which cover the Atman. One has to unfold those layers one by one to attain Anandamaya Kosha, the last layer and in that process can experience eternal bliss. Smt. Rebati Devi, Joint Secy. Vivekanda Kendra, Siksha Bibhag, Guwahati, in her deliberation discussed about various measures taken by the Kendra in different parts of India to educate people and also to spread the ideals of Swami Vivekananda. The programme was ended by Vote of Thanks offered by Mrs. Nabanita Devi, Associate Professor and Co-ordinator of Vivekananda Study Centre, B N College.

On 17th of November, 2021, a live demonstration on Yoga was held at 6-30 am in college Auditorium. Faculty members and the students of the college participated in the program. An over whelming participation in both the occasions made the program a successful one.

Few photographs of the programme



Inaugural speech by Dr. D. Chakraborty, Principal, B N College



Speech from Resource person



Dhubri, Assam, India
2XFC+Q75, College Nagar, Dhubri, Assam 783324, India
Lat N 26° 1' 27.93" Long E 89° 58' 14.1456"
16/11/21 03:25 PM

Interaction session



B.N. College
Dhubri, Assam, India
2XF9+MW6, College Nagar, Dhubri, Assam
783324, India
Lat N 26° 1' 27.1884" Long E 89° 58' 11.5428"
17/11/21 07:33 AM
19.72° C
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B.N. College
Dhubri, Assam, India
2XF9+MW6, College Nagar, Dhubri, Assam 783324, India
Lat 26.024139°
Long 89.969791°
17/11/21 06:48 AM

Yoga session