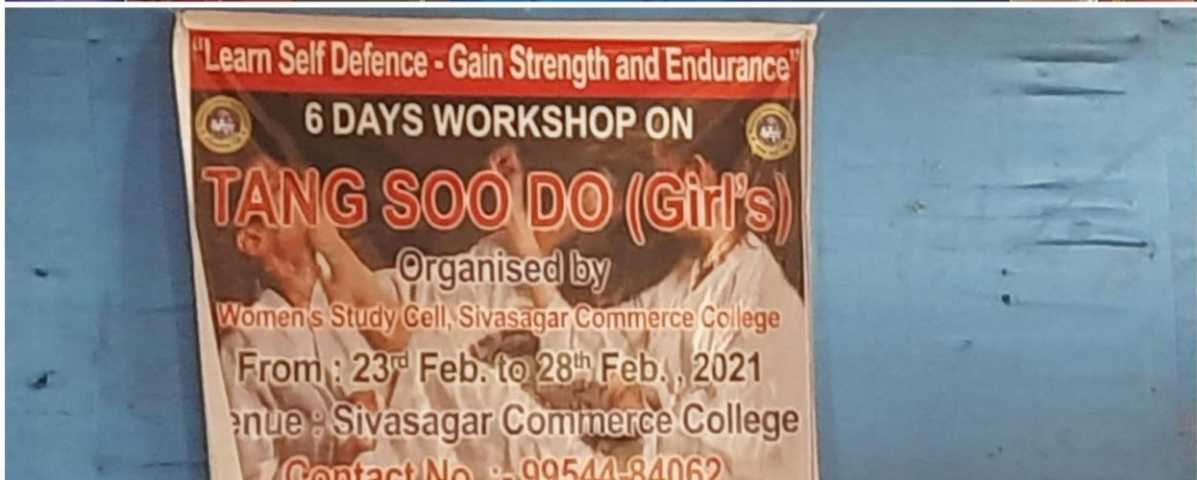


## 1. Six Days Workshop on Tang Soo Do (for Girls' only)



2. Webinar on “Yoga as a Preventive Measure of Lifestyle Diseases.”

**INTERNATIONAL YOGA DAY**  
Organised By: Women's Study Cell,  
Sibsagar Commerce College

**Topic**  
*Yoga as a preventive measure  
of lifestyle diseases*

**Platform:**  
Google Meet  
Meeting Id:  
**wyc-eqtk-voq**

**21<sup>st</sup> June, 2021**  
Time: 6:30 - 7:30pm

**Address By**  
  
**Dr. Saumar Jyoti Mahanta**  
Principal,  
Sibsagar Commerce College  
President, Women's  
Study Cell

**Resource Person**  
  
**Rituporna Mahanta**  
Yoga Trainer

**Co-ordinator**  
  
**Mrinali Mahanta**  
Associate Professor,  
HOD Commerce,  
Coordinator WSC, SCC

**Co-ordinator**  
**Dr. Mrinal Kr Dutta**  
Coordinator  
BCA&PGDCA dept.

3. Lecture Session on Mindfulness

**LECTURE SESSION  
ON  
MINDFULNESS**

Organised By:  
Academic Committee  
& Dept. of English

**Inaugurator**  
  
**Dr. Saumar Jyoti Mahanta**  
Principal,  
Sibsagar Commerce College

**Resource Person**  
  
**Aisang Chetia Phukan**  
Certified Practitioner  
on Mindfulness

**Webinar Platform**  
Google Meet  
meeting Id:  
**vpu-sjwp-gvq**

**Date:**  
**9<sup>th</sup> June 2021**  
**Time: 3 pm**

#### 4. Virtual Power Seminar on Employment Opportunities



The poster for the Virtual Power Seminar on Employment Opportunities features the Skycampus logo (A Digital Initiative of ICT Academy) and the ICT Academy logo. It specifies Edition No: 1,221 and is held on 28 JAN 2021 from 01:00 PM to 03:00 PM. The speakers listed are Dr Saumarjyoti Mahanta (Principal, Sibsagar Commerce College), Ashutosh Sharma (Sr HR Professional, Social Sector Leader, Ex. Army Officer and Motivational Speaker), Collin Bruno (HR - Talent Acquisition Group, HCL Technologies), and K A Vijayan (Head - Academic Operations, ICT Academy). The seminar is moderated by Biplob Dasgupta (Academic Coordinator, ICT Academy) and hosted by the Internal Quality Assurance Cell of Sibsagar Commerce College, Sivasagar, Assam. Contact information includes www.ictacademy.in | +91 97066 27064 and social media links for Facebook, Twitter, Instagram, and LinkedIn.

#### 5. Workshop on English Communication Skills

