



NATIONAL CADET CORE

"C" COY, 1 ASSAM BN

ৰাষ্ট্ৰীয় শিক্ষাৰ্থী বাহিনী

NALBARI COLLEGE

নলবাৰী কলেজ

NALBARI, ASSAM-781335



Report on Event

- 1. Title of the event:** 15 DAYS YOGA WORKSHOP for STUDENT
- 2. Venue:** Nalbari College Campuss
- 3. Date:** 16-04-2022 to 30-04-2022
- 4. Organized by:** Physical Education Dept. in Collaboration with 1Assam Bn NCC
'C'- Coy of Nalbari College
- 5. In charge:** Anjanjyoti Sarma, (Assistant Professor B.PE , Associate NCC Officer)
- 6. No of Participants:** 35
- 7. Nature of Participants:** B.PE Dept. Students & NCC Cadets

8. Description of the event: The Bachelor of Physical Education Dept and NCC "C" Coy of 1Assam Bn. Nalbari College, Nalbari had organized a **15 DAYS YOGA WORKSHOP for STUDENT** at Nalbari College .Every year to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting students immune system. Students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives. They guided through various sitting and standing asana, with simultaneous explanations of their significance. Yoga teach the importance of incorporating yoga into daily life and maintaining harmony between the body and mind. Undoubtedly, it proved to be a successful event.

- 9. Photographs of the event:**







Key Points:

- Total No. of participants: 35

- Geo-tag photos are taken

- **Attachment:**

Geo-tag photos of the Programme

Signature of Participants

1. Abhimab Bhanadwaj	26. Mrudysaban B. Baruah
2. Garima Deka	27. Banjit Rajbangshi
3. Nimash Deka	28. Rupam Baruah
4. Parishmita Haloi	29. Arangi Haloi
5. Kangkam Haloi	30. Begum Nazmin
6. Priiti Kalita	31. Azmita Das
7. Richa Talukdar	32. Karabi Deka
8. Bibek Talukdar	33. Kunkum Dey
9. Bijit Barman	34. Rinke Das
10. Alishmita Pathak	35. Malaya Medhi
11. Kankang Haloi	
12. Nipam Barman	
13. Barasha Kalita	
14. Sankar Baishya	
15. Barsha Kalita	
16. Bijit Barman	
17. Supriti Sarma	
18. Barsha Das	
19. Meidul Barman	
20. Garima Barman	
21. Richa Kashyap	
22. Himanshu Deka	
23. Raktim Das	
24. Harren Das	
25. Animesh Barman	

[Signature]
20/11/2022
Associate NCC Officer
C Coy 1 Assam BN NCC
NALBARI COLLEGE