

Yoga Training Programme on 8th March, 2025

As part of celebration of International Women's Day, 2025, with the theme 'Accelerate Action'

Women Development Cell, Nalbari College, organised a Yoga Training Programme on 8th March, 2025, keeping in view the theme of 'Accelerate Action' of IWD, 2025. This year's International Women's Day focuses on the mental and physical well being of women of all age groups, so that they are motivated to participate in public sphere in large numbers with good health and sound mind. The Yoga Training Programme was inaugurated by Dr. Kamal Nayan Patowary, Principal, Nalbari College. Dr. Anjanjyoti Sarma, Faculty, BPE, and a yoga specialist, conducted the session. A total number of 32 female students participated in the training. It was attended by teachers, students and WDC members.





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Yoga Training Programme

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International Women's Day, 2025

Women Development Cell, Nalbari College organised a Yoga Training Programme on 8th March, 2025, keeping in view the theme of 'Accelerate Action' of IWD 2025. This year's IWD focuses on the mental and physical well being of all women, so that more and more women participate in public sphere with good health and sound mind. The Yoga Training session was inaugurated by Dr. Kamal Nayam Patowary. Dr. Anjanypati Sarma, faculty, BPE and a yoga specialist, conducted the session. Altogether 32 female students took part in the training. It was attended by teachers and WDC members.

Signature

Resource Person : Dr. Anjanypati Sarma (BPES Dept Faculty)

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|---------------------------|--------------------------|
| 1. Kamal Nayam Patowary | 25. Ashima Yeasmin |
| 2. Ananta Rajbongshi | 26. Poojita Dutta Lahkar |
| 3. Ranjana Bhattacharyya | 27. Madhusmita Barman |
| 4. Rupsmita Bazarbaruah | 28. Susmita Talukdar |
| 5. Bhitali Patowary. | 29. Leenamoni Kashyap |
| 6. Niharika Barman | 30. Parismita Baishya. |
| 7. Lakshmi Pathak | 31. Binita Devi. |
| 8. Jyotirama Haloi | 32. Bhaswati Barman |
| 9. Parismita Baishya | 33. Pallabi Hazarika |
| 10. Richa Talukdar. | 34. Gayatri Boro |
| 11. Hrishikesh Rajbongshi | 35. Mainalini Barman |
| 12. Soumya Das | 36. Bijaya Nath |
| 13. Rajdeep Kashyap. | 37. Risha Barman |
| 14. Nishan Kashyap. | 38. Priyanka Goswami |
| 15. Violina Das | 39. Karabi Kalita. |
| 16. Sania Ahmed | 40. Nibedita Barman |
| 17. Aniketa Das | 41. Sayanika Kalita |
| 18. Gayatri Das | 42. Priyanka Rabha |
| 19. Swagata Kopil | 43. Richa Deka. |
| 20. Gayatri Medhi | 44. Farjina Ahmed |
| 21. Dipsikha Talukdar | 45. Chayanika Das |
| 22. Najma Ahmed | 46. Trishna Moni Nath. |
| 23. Anpita Sarma | 47. Barisha Baishya |
| 24. Nishita Talukdar. | 48. Bidusmita Barman |
| | 49. Poojita Barman |