



Internal Quality Assurance Cell
Nalbari College, Nalbari Assam,
Pin-781335



1. **Title of the event:** “Yoga Sangam”- An event on International Day of Yoga, 2025.
2. **Venue:** PGA Hall, Nalbari College
3. **Date:** 21.06.2025
4. **Time:** 7:00 AM-8:00 AM
5. **Organized by:** Student Service Centre & Yoga Cell of Nalbari College in collaboration with IQAC, Physical Education Dept., NCC & NSS of Nalbari College.
6. **Nature of Participation:** Teaching Staff, College Staff and Students
7. **No. of Member Present:** 102

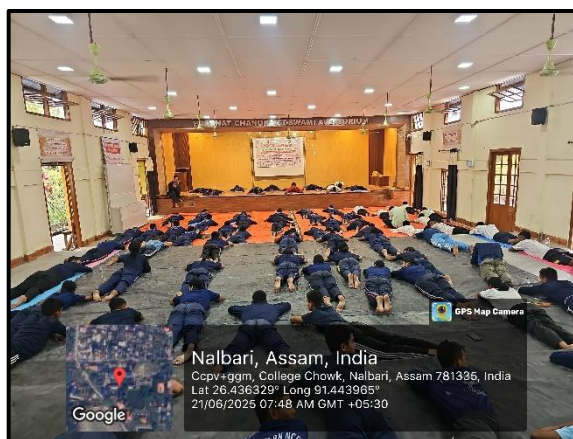
8. **Activities Carried out / Detail Description of the event:** The “Yoga Sangam” is a signature event of the International Day of Yoga 2025 (IDY), marking a decade of IDY celebrations and aiming to expand yoga’s reach at the grassroots level.

By organizing such a vibrant event, Nalbari College has sought to boost the number of yoga practitioners and promote a yogic lifestyle. The instruction and demonstration of Yoga Asanas and Kriyas were conducted by Dr. Anjanjyoti Sarma, Yoga Cell In-charge and Assistant Professor, and were assisted by Diganta Talukdar, Assistant Professor in the Department of Physical Education, Nalbari College.

The event is also graced by several faculty members, including Dr. Hangshadhar Rajbongshi, Co-ordinator of IQAC, and Sony Das, Assistant Professor in the Department of Philosophy and NSS, In-charge. The programme begins with a brief and inspiring speech by Dr. Hangshadhar Rajbongshi on the benefits of yoga in daily life and its impact on the body and mind.

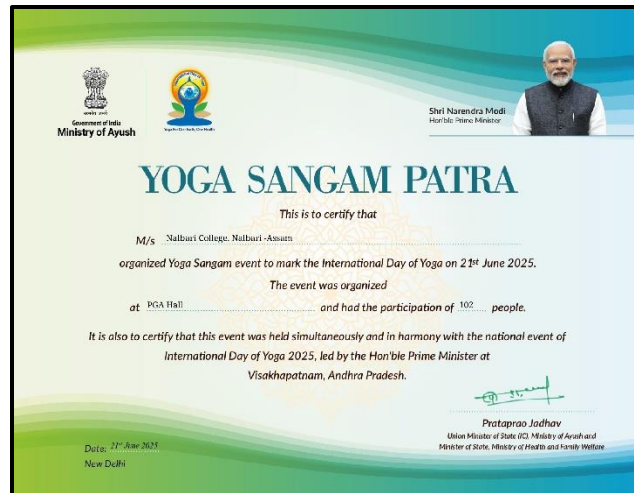
The programme is conducted in accordance with the Common Yoga Protocol, a set of Yoga Asanas and Kriyas prescribed by the Ministry of AYUSH.

9. **Photographs:**

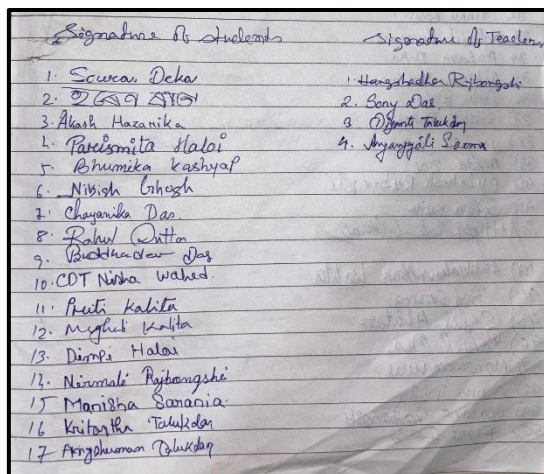




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10. Signature of the Attendees:





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Page No.	Date
Signature of Students	
18.	Ruprati Haloi
19.	Dikshit K. Bishya
20.	Aparadhana Deep
21.	Nagma Ahmed
22.	Gitanjali Barman
23.	Chandana Das
24.	Anuska Bishya
25.	Nabojit Deka
26.	Ankur Das
27.	Niharjit Talukdar
28.	Ripanta Das
29.	Dasi Das
30.	Gayatri Das
31.	Jana Deka
32.	Tinku Kalita
33.	Nabajit Barman
34.	Pratim Deka
35.	Bikram Sarma
36.	Dali Deka
37.	Dikshita Thakuria
38.	Korabi Das
39.	Angita Das
40.	Pulakesh Raybongshi
41.	Sapon Kalita
42.	Hijeshmita Pathak
43.	Satbrakinkar Kalita
44.	Rag Sarma
45.	Sahil Akhter
46.	Rakul Das
47.	Mon mon Paul
48.	Angana Dutta
49.	Ushana Raybongshi
50.	Purni Das

Page No.	Date
51.	Nadasha Nayak
52.	Dikshita Deka
53.	Pattee Deka
54.	Udayan Kashyap
55.	Chania Choudhury
56.	Rishmani Ahmed
57.	Riya Ramcharny
58.	Rebati Baro
59.	Prakira Kalita
60.	Himasthi Barakha
61.	Usha Parvi Das
62.	Purna Begum
63.	Hirajati Kalita
64.	Litja Deka
65.	Nabanita Deka
66.	Srita Das
67.	Nilam Baidya
68.	Shanmug Barman
69.	Manmoy Barman
70.	Nihar Hagawaka
71.	Nirak Jyoti Luangiamex
72.	Ipina Laava
73.	Doli Talukdar
74.	Ratan Mandal
75.	Pranjali Kalita
76.	Syama Rahman
77.	Shri Karan Singh Baro
78.	Shri Anindul Kalita
79.	Jyotismon Ro-Bongshi
80.	Bidipta Das
81.	Sanora Bebbanuah
82.	Tanuja Raybongshi
83.	Anup Das
84.	Barata Baro
85.	Dimleswar Haloi

Page No.	Date
86.	Uttal Haloi
87.	Gyanashree Barman
88.	CDT Sourav Rajbongshi
89.	CDT Bhargab Talukdar
90.	xxxxx Salukdar
91.	Diswadeep Sarma
92.	Suman Raj
93.	Kar. Gadi
94.	Gitantha pratim Kashyap
95.	Uddipta Kalita
96.	Raktim B Kashyap
97.	Tyagraj Sarma