

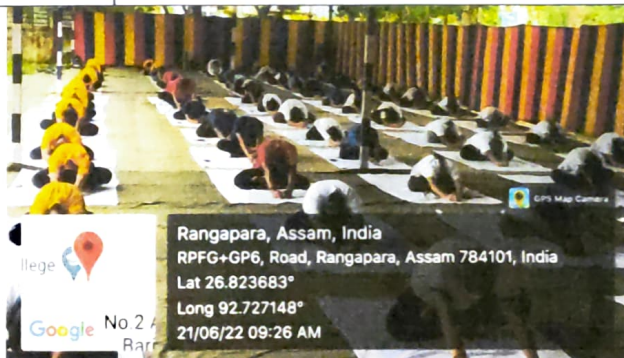


RANGAPARA COLLEGE RANGAPARA::SONITPUR::ASSAM REPORT OF NATIONAL/INTERNATIONAL/ COLLEGE DAY CELEBRATION

NODEL DEPARTMENT/CELL: Yoga/Meditation Centre, Rangapara College in Association with Rangapara College NSS Unit, Rangapara College Teachers' Unit, Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya & Indian Army

DATE: 21/06/2022

Title of the Programme	Observation of International Day of Yoga 2022 & Closing Ceremony of 7 Day yoga Camp
Location of the Programme	Rangapara College
Co-ordinator of the programme	Dr. Luxmi Machahari, HoD Department of Physics
No. of Teachers present in the programme	27
No. of students participated in the progarmme	39
No. of participants (outsiders if any)	20



(Dr. Ranjan Kalita)
Principal
Rangapara College



REPORT

- 1. Name of the Event:** Observation of International Day of Yoga -2022 & Closing Ceremony of 7 Days Yoga Camp.
- 2. Significance of the event:** The event was aimed at bringing awareness about the benefits of Yoga, and to improve a person's physical and mental well-being by learning the art of practicing Yoga.
- 3. Description of the programme:** The International Day of Yoga 2022 and Closing Ceremony of 7 Day Yoga Camp was observed on 21st June 2022 from 9.00 AM onwards at Rangapara College in the presence of Vice Principal, Rangapara College, Dr Ranendra Mohan Deka, Coordinator of Yoga Centre, Rangapara College, Dr. Luxmi Machahari, Rangapara College NSS Program Officer, Dr. Aswini Kumar Deka, Student Welfare Program Officer, Rangapara College, Mr Prasanta Boro and few officials from the Indian Army. Dr Aswini Kumar Deka hosted the whole event. The event was observed as per the Yoga Protocol given by the Government of Assam, Office of the Director of Higher Education. It was inaugurated by lighting of Lamp and then performed various yoga activities such as Chanting of Prayer, various Yogasana, Kapalabhati Asana, Surya Namaskar etc. under the instructions of Yoga Trainer Ankita Basumatary and Mr. Sunil Kumar, Hawaldar, Dogra Regiment of the Indian Army. The session continued for an hour and ended at 10.00AM. The program was resumed at 10.30 AM for the closing ceremony of 7 Day Yoga Camp in the presence of The Principal Rangapara College, Dr Ranjan Kalita and Brahma Kumari Suman representing the Prajapita Brahma Kumari Ishwariya Vishwa Vidyalaya and all the above mentioned personalities. All the dignitaries were felicitated and a few dignitaries Principal, Rangapara College, Vice Principal, Rangapara College, Brahma Kumari Suman and one of the Yoga Trainers of 7 Day Yoga Camp, Mr. Sanjiv Kumar Das, delivered a small speech about the Yoga Day and also on 7 Day Yoga camp held from 15th to 21st June 2022. Many of them suggested to hold such awareness camp or workshops on Yoga in future times. The ceremony ended with a Vote of Thanks by Dr Aswini Kumar Deka.


(Dr. Ranjan Kalita)
Principal
Rangapara College

Luxmi Machahari
Signature of the Coordinator

**** Participants attendance registers to be preserved by the Nodal department/Cell and the participants list should be submitted to the IQAC along with the Report**



RANGAPARA COLLEGE
RANGAPARA::SONITPUR::ASSAM
**LIST OF PARTICIPANTS: RESOURCE PERSON/FACULTY/
 STAKEHOLDERS**

Title of the event: International Day of Yoga		Date: 21/06/22		
Department/Cell: Yoga / Meditation Centre, Rangapara College				
Type of activity: Observation of International Day of Yoga				
No. of Participant: 20				
Sl No.	Name	Designation	Contact no.	Signature
1.	Dr. Ranjan Kalita	Principal	7002358829	
2	Dr. Ranendra K. Saha	Vice Principal	9678946727	
3	SUB Tansam Col	Army	78891288074	
4.	HAV Sunil Kumar	Army	8968577569	
5	Ankita Basumatary	Yoga instructor	9127367491	Ankita
6	Parash Boruah	Asst. Prof	9101870923	
7	Chandana Das.	Asst. Professor	9864629484	
8	Garima Saikia	Asst. Prof.	7577801853	
9	Anuma Agrawala	Associate Professor	8473848305	
10	Joen moni Haloi	Asst. Prof.	8638564275	
11	Ponishundar Barmeh	"	8720940635	
12	Madip Barmeh	Asst. Prof.	8638422889	
13	Dr. Gannamo Chatterbarin	Asst. Prof.	9945675890	
14.	Niku Chelica	Assistant Professor	7002599049	
15.	Bhargat S. Bara	Assistant Professor	98547-60082	
16	Biman Kr. Sarma	Assistant Professor	8822889708	
17.	Katan Chudhary	Assistant professor	8136013039	
18.	Saswati Purkayastha	Assistant Professor	9854994761	
19	Gayatri Gogoi	Assistant Professor	6000561043	
20.	Kiranjyoti Mishra	"	6002798762	

✓ Luxmi Maichharia
 Signature of the HOD/Cell-in-charge/ Co-ordinator of the event

(Dr. Ranjan Kalita)
 Principal
 Rangapara College



RANGAPARA COLLEGE
RANGAPARA::SONITPUR::ASSAM

**LIST OF PARTICIPANTS: RESOURCE PERSON/FACULTY/
STAKEHOLDERS**

Title of the event: International Day of Yoga		Date: 21/06/2022		
Department/Cell: Yoga / Meditation Centre, Rangapara College				
Type of activity: Observation of Day of Yoga (International)				
No. of Participant: 20				
Sl No.	Name	Designation	Contact no.	Signature
21.	Dr. G. Kaushik	Assistant Professor	9435780988	Kaushik
22	Burja Raim	Army	7814275292	Burja
23	MANJIT SINGH	ARMY	8288092558	Manjit
24	SANJAY MEHTA	ARMY	8699498342	Sanjay
25	Raman Katiy	ARMY	7018602793	Raman
26	Dr. Asa Iniki Deke	Asst Professor	9435084075	Asa
27	Vijay Kumar	Army	9815445709	Vijay
28	Delit Kumar	Army	8219689558	Delit
29	Harshik Pandya	Army	78096659	Harshik
30	Aashish Sharma	Army	7852700731	Aashish
31	ANKUSH KUMAR	Army	9129274735	ANKUSH
32	PUNEET SHARMA	ARMY	9857493010	Puneet
33	Umesh Kumar	ARMY	6307308596	Umesh
34	SANJEEV KUMAR	ARMY	6239027101	Sanjeev
35	ROHIT KUMAR	ARMY	8629005818	Rohit
36	Biswajit Sonowal	B.K.	8638795586	Biswajit
37	MANISHA KUMARI	B.K.		Manisha
38	Sanbari Modhary	B.K.	6900512299	Sanbari
39	Luxmi Maibhatri	Asst. Professor	8822852917	Luxmi
40	Sujan	B.K.	8011088023	Sujan

(Dr. Ranjan Kalita)
Principal
Rangapara College

✓ Luxmi Maibhatri
Signature of the HOD/Cell-in-charge/ Co-ordinator of the event

RANGAPARA COLLEGE
RANGAPARA::SONITPUR::ASSAM
LIST OF PARTICIPANTS: STUDENT



Title of the event: International Day of Yoga	Date: 21/06/22
Department/Cell: Yoga / Meditation Centre, Rangapara College	
Type of activity: Observation of International Day of Yoga	
No. of Participant: 22	

Sl No.	Name	Stream	Class	Signature
1.	Lusi Jopro	Arts	2nd sem	Lusi Jopro
2.	Arpa Rabha	Arts	2nd sem	Arpa
3.	Gonosani Swargiary	Arts	2nd sem	Gonosani Sw
4.	Puthaisai Narzary	Arts	2nd sem	Puthaisai Narzary
5.	Suhana Basumatary	Arts	2nd sem	Suhana Basumatary
6.	Mijingeni Boro	Arts	BA 4th Sem	Mijingeni Boro
7.	Bibasi Narzary	Arts	B.A 2nd sem	Bibasi Narzary
8.	Jayanti Mocharary	Arts	B.A. 4th Sem	Jayanti Mocharary
9.	Leniency khakhary	Science	B.Sc 2nd sem	Leniency khakhary
10.	Parsimoni Narzary	Commerce	B.com 2nd Sem	Parsimoni Narzary
11.	Sonia Rai	Arts	B.A 5th Sem	Sonia Rai
12.	Ritun Basumatary	Arts	B.A 4th Sem	Ritun Basu
13.	Sukram Goyary	Arts	BA 4th Sem	Sukram Goyary
14.	BARATH BASUMATARY	Com	B.com 2nd	Barath Basu
15.	Nijum Daimary	Arts	BA 4th Sem	Nijum Daimary
16.	Joy Dutta	Arts	BA. 2nd sem	Joy Dutta.
17.	Rohini Boro	Arts	BA 6th Sem	Rohini Boro
18.	Rimli Bora	Arts	BA 6th Sem	Rimli Bora
19.	Anjana Islamy	Arts	BA 6th Sem	Anjana Islamy
20.	Selekha Brahma	Arts	B.A 6th Sem	Selekha Brahma
21.	Raja Rajak	Science	HS 1st Year	Raja Rajak
22.	Shamser-Hussain	Arts	BA 4th Sem	Shamser-Hussain

Signature of the HOD/Cell-in-charge/ Co-ordinator of the event

✓ Luxmi Mocharari

(Dr. Ranjan Kalita)
Principal
Rangapara College

RANGAPARA COLLEGE
RANGAPARA::SONITPUR::ASSAM
LIST OF PARTICIPANTS: STUDENT



Title of the event:	International Day of Yoga	Date:	21/6/2022
Department/Cell:	Yoga / Meditation Centre, Rangapara College		
Type of activity:	Observation of International Day of Yoga		
No. of Participant:	17		

Sl No.	Name	Stream	Class	Signature
23	Rupali Swargiary	Science	H.S 1st year	Rupali Swargiary
24	Minuti Basumatary	Arts	B.A 2nd sem	Minuti Basumatary
25	Nabami Karjee	Science	B.Sc. 2nd sem	Nabami Karjee
26	Gitanjali Rabha	Arts	B.A 4th sem	Gitanjali Rabha
27	Menaka Bhuyan	Science	B.Sc 4th sem	M Bhuyan
28	Anon Khakheary	Arts	B.A 6th sem	Anon
29	Khushboo Gogoi	Commerce	B.Com 2nd	Khushboo Gogoi
30	Bibika Mochahary	Arts	B.A 2nd sem	Bibika M
31	Rabina Basumatary	Arts	B.A 2nd sem	Rabina
32	Sabita Basumatary	Arts	B.A. 6th sem	Sabita
33	Rohit Limbu	Arts	B.A 6th sem	Rohit Limbu
34	Narayan Das	Arts	B.A. 4th sem	Narayan Das
35	Jinta Ram Bara	Arts	B.A. 6th sem	Jinta Ram Bara
36	Samaina Basumatary	Arts	B.A. 6th sem	Samaina Basumatary
37	Lakshmi Gogoi	Arts	B.A 2nd sem	Lakshmi Gogoi
38	Khushboo Swargiary	Arts	BA 2nd sem	Khushboo
39	Kangkeson Barua	Science	4th sem	Kangkeson

✓ Luxmi Mochahary
 Signature of the HOD/Cell-in-charge/ Co-ordinator of the event

(Dr. Ranjan Kalita)
 Principal
 Rangapara College