

DEPARTMENTAL SEMINAR

ON

CREATIVE WRITINGS

Organised by: Assamese Department

Date: 26th October 2017

Time: 11 am to 12am

Venue: Conference Hall, Barbhag College



Teachers' Participants:

Mr. Satish Ch. Bhuyan ,HOD , Assamese

Dr. Biplab Deka , Associate professor, Assamese Department

Dr. Bipul Kalita , Associate professor, Dept. of Assamese

Mr. Sushant Narayan Choudhary,HOD, Dept. of Education.

Mr. Tapan kr. Deka . Assistant professor, Dept. of Mathematics.

Total No's of Students Participants: 76

The 26th October 2017

The Department of Assamese, Barbhag College, organized a departmental seminar on Creative Writings, especially for Major course students. Shri Sushanta Narayan Chowdhury, Head of Education Department and Assistant Professor of Mathematics Department Shri Tapan Kumar Deka as the chief guests of the Seminar. The Chairperson of the seminar was Shri Satish Chandra Bhuyan, Head of Assamese Department . Dr. Biplab Deka, Associate Professor, Department of Assamese delivered the keynote address as the resource person. Dr. Bipul Kalita, Associate Professor, Department of Assamese, explained the objectives of the seminar. The seminar started at 11 pm and ended at 12 noon in the presence of about 80 students.

Head of Department, Shri Satish Chandra Bhuyan took the chair of the seminar and explained the aims and objectives of the seminar. He explained the main objective of the seminar is to increase the interest and attraction of students towards creative literature. Then he invited the resource person Dr. Biplab Deka to give a lecture on the main topic.

Resource person Dr. Biplab Deka first explained the definition and characteristics of creative literature in his speech. He said the basis of creative literature is imagination and experience. People without imagination and experience can never create literature. Without relationships with society, experience is not gained. Writers gain experience through social observation and

create unique literature through imagination. Students should study any literature to cultivate creativity. He said that the students are not interested in creative literature at present. They are more interested in cheap entertainment. This is a very sad thing.

After the speeches of the resource persons, the Chairperson thanked the students and faculty of the Assamese Department and the invited guests and announced the conclusion of the seminar. Some pictures of the seminar are attached herewith.







DEPARTMENTAL SEMINAR ON CREATIVE WRITINGS

Resource Person: Dr. Biplab Deka, Associate Professor, Dept. of Assamese

**ORGANISED BY: DEPARTMENT OF ASSAMESE
BARBHAG COLLEGE, KALAG, NALBARI, ASSAM**

DATE: 26TH OCTOBER, 2017

Time: 11.00-12.00

VENUE: CONFERENCE HALL

FRESHERS CUM LECTURE PROGRAM

Lecture on 'Effective planning and Time management'

Date: 24th August, 2018

Resource Person: Dr. Subrata Barman, HOD & Associate Professor, Nalbari College



Today, on 24th August, 2018, freshman social program is organized to formally welcome the students of B. A. 1st semester with Economics major to the department. Along with different events like inauguration of departmental Wall Magazine 'Uttaran', cultural program etc, a lecture program on "Effective planning and Time management" is also organized by Department of Economics at Barbhag College premises. Dr. Subrata Barman, HOD & Associate Professor, Nalbari College, is invited as resource person of the lecture program. A total of 15 students along with 4 teachers of the department of Economics participated in the program. Dr. Subrata Barman pointed out different steps for effective planning and time management. Firstly, an individual has to make a To Do List. Secondly, he / she has to remove himself / herself from distraction and big tasks have to be broken into smaller chunks. And then should use the time in most productive way by accepting his / her limitations. To be more productive with one's time, it is important to identify his / her daily priorities and to set time limits for each task. Dr. Barman said that individuals would be able to increase their performance by effectively planning and managing the available 24 hours of a day to make the most out of it. He also focused on the management of time during examinations. All the students are enriched after attending the lecture. The programme comes to an end with the offering of vote of thanks on the part of Department of Economics, Barbhag College.

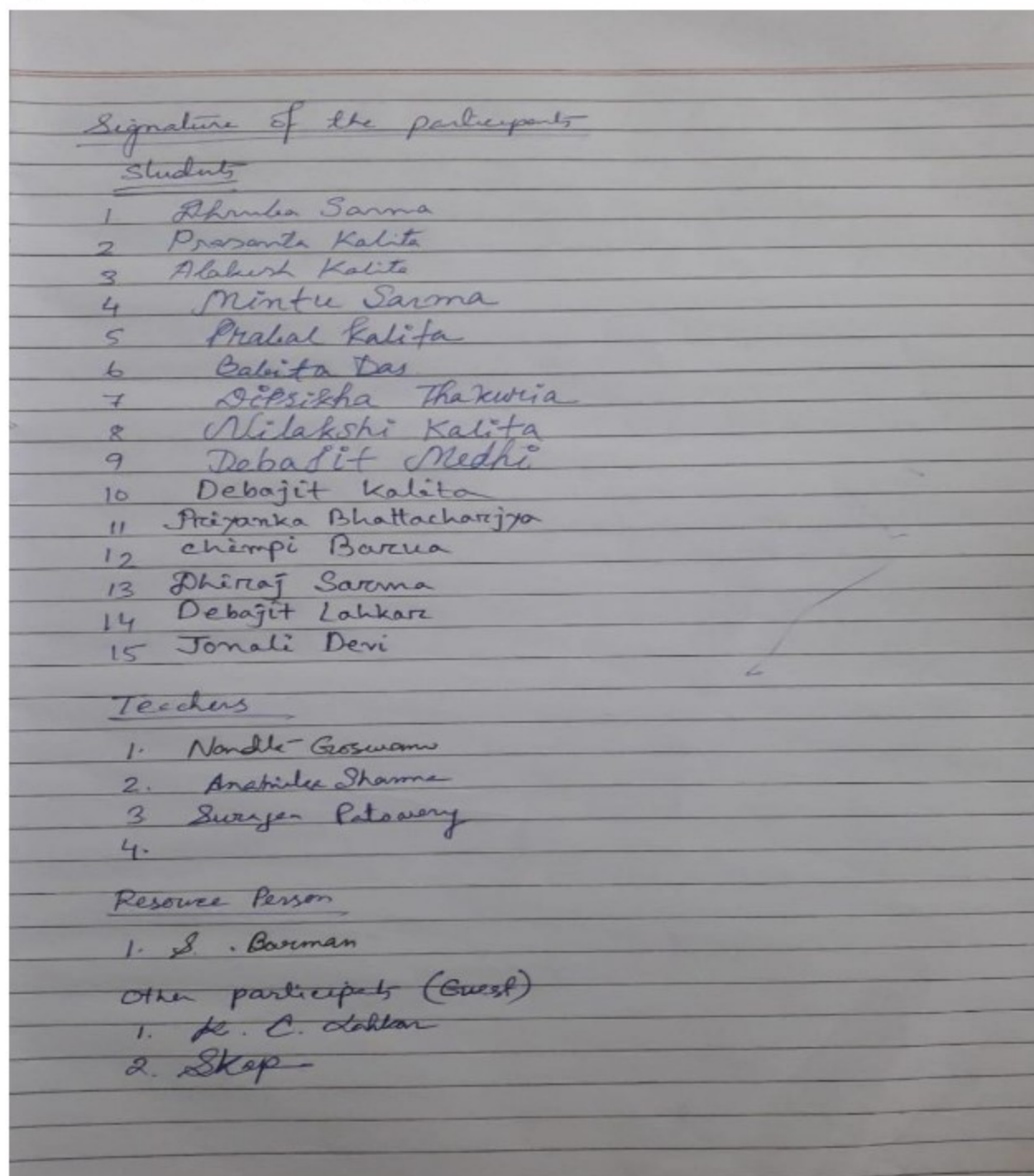
Dr. Subrata Barman
Head
Department of Economics
Barbhag College

Some pictures of the program are given below:





Signatures of the presenters of the program is attached herewith:



FRESHERS CUM LECTURE PROGRAM

ON

Effective planning and time management

RESOURCE PERSON: DR. SUBRATA BARMAN, HOD
AND ASSOCIATE PROFESSOR, DEPT. OF
ECONOMICS, NALBARI COLLEGE

DATE: 24TH AUGUST, 2018

Sensitisation Programme
On
Skill Development for Sustainable Livelihood
Date- 08/02/2020
Organised by Barbhag College
In Collaboration with
Assam State Rural Livelihood Mission

An awareness programme is held on the topic “Skill Development for Sustainable Livelihood” dated 8th February 2020 in the conference Hall of Barbhag College. Chandan Talukdar, project director of Assam Rural Livelihood Mission, Himanshu Sarma, Block co-ordinator(Skill), Barbhag Block and Naren Baruah, Project manager, Fishary Project, NEC, funded by Minister of Donner are present as resource person. Principal of Barbhag College presided the programme and Chandan Talukdar has highlighted the aims and objectives of Rural Livelihood mission and asked the students to channelize the various schemes to the women folk of their own village . Himangshu Sarma in his lecture speaks on the various schemes regarding the training course of skill development which could be helpful for the student in future. Naren Baruah in his lecture said about the scheme of PM skill development centre and how can they apply in the training skill based course like hospitality and bivarage, carpentry, computer and so on and almost 35 students and 15 teachers of the college are present in the programme.

Photos of the programme:



Unnamed Road, Khudra Dingdingi, Assam 781347, India

Khudra Dingdingi

Assam

India

2020-02-08(Sat) 11:57(AM)



24°C

75°F



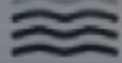
Unnamed Road, Khudra Dingdingi, Assam 781347, India

Khudra Dingdingi

Assam

India

2020-02-08(Sat) 12:17(PM)



24°C

75°F



Unnamed Road, Khudra Dingdingi, Assam 781347, India
Khudra Dingdingi
Assam
India
2020-02-08(Sat) 11:57(AM)
24°C
75°F



[Signature]
Principal /c & Secretary
Barbhag College

Signature of participants of the program:

-10

Signature of the participant

<u>Name</u>	<u>Contact NO</u>
(1) Javansi Talukdar	8473010868
(2) Smriti Rekha Bhorali	6001682499
(3) Sangita Kalita	9126795984
(4) Smriti rekha Kalita	9126945906
(5) Rekha Rani Das	6002150121
(6) Nikita Das	8761856525
(7) Bhanita Kalita	9864945241
(8) Rabia Begum	8135998366
(9) priyanka Das	9365506778
(10) Samjeta Thakuria	6003724381
(11) Bhanima Kalita.	9865938992
(12) Putrabi Thakuria	9126868059
(13) Ranjit Kalita	6000905040
(14) ସମ୍ପଦ ବସନ୍ତୀ	6002960968
(15) ମନୋଜ୍ୟ ସମ୍ପଦୀ	2202992666
(16) LA ସମ୍ପଦୀ	801175018
(17) Bhaskar Jyoti Talukdar	7002316778
(18) Hiral Jyoti Das	9864500231
(19) Sri - Prayaska Devi	9401361673
(20) Sri Parishmita Lakkar	9101519800
(21) Sri Palmarsi Lakkar	9101519800
(22) Geeti Mishra	9101519800
(23) Sri chittaranjan Roy	7896849435
(24) Sri Brajraj Malakar	6002717470
(25) Sri Dhiman Rajbongshi	9707435911
(26) ସ୍ତ୍ରୀ ଦେବୀ ସମ୍ପଦୀ	900286698
(27) Sri Pranjal Kalita	4002623889
(28) Rakesh Masumdar	9126991847
(29) Jiten Mishra	9127298340
(30) Safed Ali	6002454696
(31) Ashim Sati Sarma	9085536146
(32) Rikunaj Deba	6003702963

<u>Name</u>	<u>Contact No</u>
36 Partha Pratim Chakraborty	9365367210
37 Bitopern Deha	9365743044
38 Himyoti Sarma	600146382
39 Simanta Sarma	9101968820
37 Dhruj Sarma	8135900543
38 NABAJIT DAS	8587859669
39 Jintumoni Kalita	8638850253
40 Simamani Das	9435443722
41 Chimpri Baruah	7429144321
42 Jintumoni Deka	9435766883
43 Nikunja Sarma	9678443216
44 Ikhla Hussain	9365300964
45 Longkama Kalita	9401907819
46 Barolima Kashyap	6001998281
47 Smitilekha Sarma	8876302268
48 Chayanika Das	8133062950
49 Jumi Kalita	9401612562
50 Pratirekha Dauka	9365947885
51 Pallabi Das	9365112302
52 Nitasree Das	7896992853
53 Jayatri Bhattachali	8472963753
54 Sangita Tebekdan	6000326140
55 Rikshita Sarma	8761994131
56 Damashree Devi	8473859714
57 Jayashree Sarma	6900632210
58 Himashou Bhuyan	8473071597
59 Pratirekha Kalita	8473098259
60 Dipshikha Bez Baruah	8473083911
61 Geetashree Deka	9365175886
62 Like Kalita	6002607454
63 Madhusmita Bez	9678969830
64 Mahananda Pathak (Jesha)	9864149250
65 Hemanta Deen	9435027563
66 Chandan Kalita	8812993203

	<u>Name</u>	<u>Contact NO</u>
(67)	Nivedita Goswami	9435188800
(68)	Pulama Dalukdar	9435329351
(69)	Satish Ch. Bhuyan	8638132868
(70)	Arzima Choudhary	9954036515
(71)	Aariful Ali	8752075995
(72)		
(73)		
(74)		
(75)		
(76)		
(77)		

Teachers

- 1) Nandini Goswami
- 2) Gitajyoti Ranani
- 3) Himamani Patgiri
- 4) Anupam Sutta
- 5) Susanta Narayan Choudhary
- 6) Niren Malakar
- 7) Hemanta Delle
- 8) Chandan Kalita
- 9) Dhyaneswar Baisya
- 10) Nivedita Goswami

SENSITISATION PROGRAMME
On
**Skill Development for Sustainable
Livelihood**

Organised by Barbhag College
In Collaboration with
Assam State Rural Livelihood Mission

Resource Persons
Chandan Talukdar, Project Director,
Himangshu Sarma, Block coordinator &
Naren Baruah, Project Manager, ASRLM

Date- 08/02/2020



TWO DAY WORKSHOP ON LIFE SKILL DEVELOPMENT

Barbhag College

Kalag, Nalbari-781351

DATED: 20TH AND 21ST JANUARY, 2021

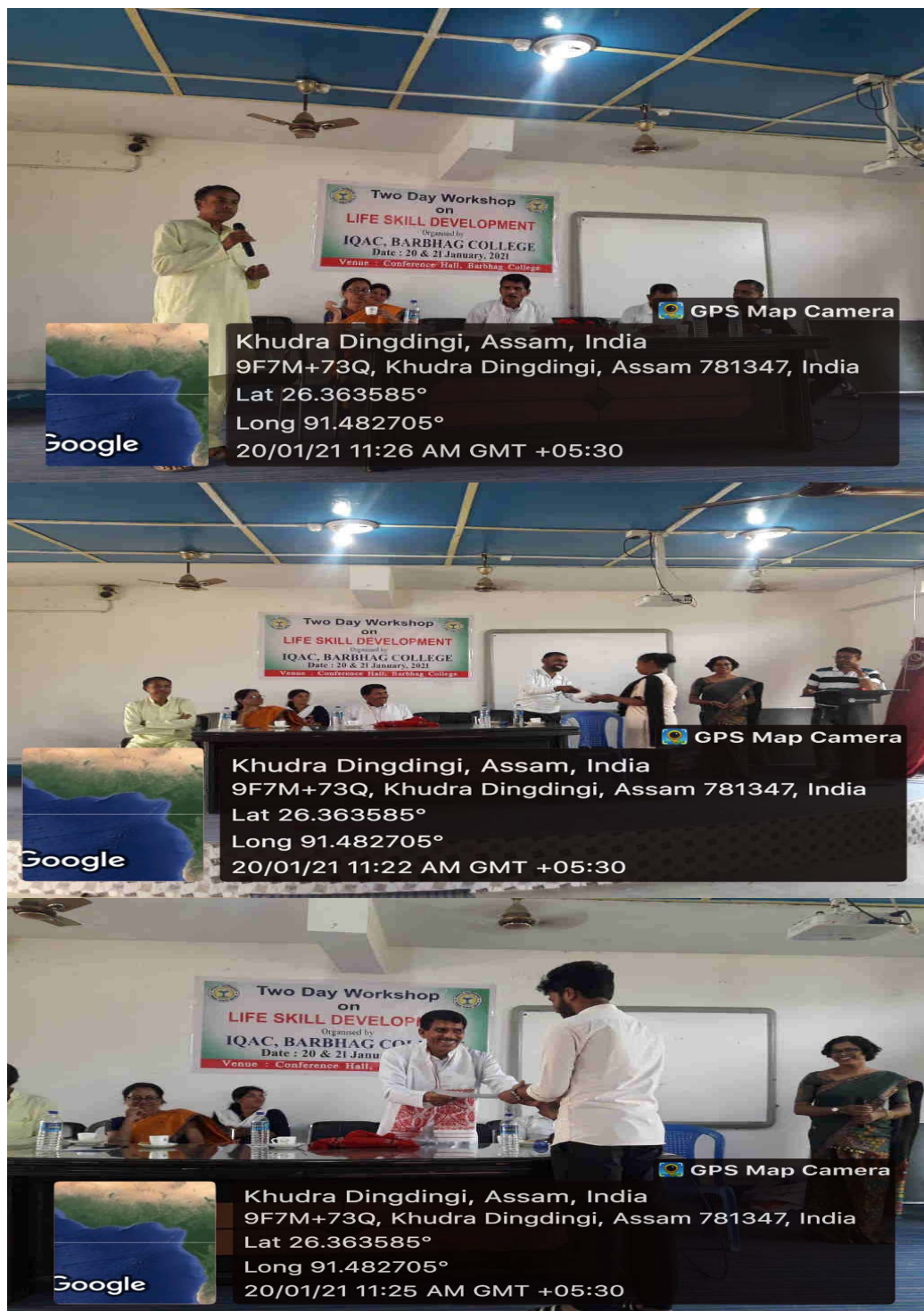
Two day workshop on Life skill development organized by IQAC, Barbhag College started on 20th January, 2021 at Barbhag College. The programme was inaugurated by Nivedita Goswami, Principal (i/c) of the college. Our chief guest Dr. Karuna Baruah, HOD of Mathematics delivered a speech on the necessity of Yoga in our everyday life. The resource person of the day was Swami Barun Anand, founder of Anandapuram, Nalbari, a Yoga Centre and Yoga trainer Basanta Mazumdar also enlightened the session. In the beginning, Swami Barun Anand provided tips for a beautiful life and was able to draw the attention of the audience. Basanta Mazumdar also delivered a speech on Yoga and it said that Yoga should be a part of our daily life routine. He also provided Yoga training. Next day on 21st January, the resource persons ended the programme explaining the application of various theories of Yoga and life skill and demonstrated some Yoga asanas before the student participants. A total of 45 nos. of teachers and students participated in the workshop.

Signature of participants

Sl. No	Name of the participant	Class	Email ID
1			
2	Rajendra Bora	Teacher	
3	Gilipi Barua		
4	Sumashree Kalita	Student	
5	Niharika Kalita	"	
6	Chayanka Kalita	"	
7	Arati Jankar	"	
8	Pallabi Malakar	"	
9	Treshna mani Bhuyan	"	
10	Geetika Das	"	
11	Kaushika Baruah	"	
12	Sowali Deka	93	
13	Ritik Ahmed	"	
14	Akash km Medhi	26	
15	Pranavani Haloi	23	
16	Qajantari Das	21	
17	Ankita Talukdar	"	
18	Kankana Medhi	"	
19	Sumita Deka	"	
20	Manita Das	11	
21	Jayasree Kalita	"	
22	Jayasree Kalita	"	
23	Kaushika Bhuyan	"	
24	Jayashree Kalita	"	
25	Chittaranjan Roy	"	
26	Nasir Islam	"	nasir1990@gmail.com
27	Brajan Malakar	"	
28	Priyanka Kalita	"	
29	Anousha Idupain	22	Pepin All @ gmail.com
30	Habsum Barua	"	hr 5768754@gmail.com
31	Priyanka Das	"	priyankad@ gmail.com
32	Pallabi Das	"	pallabi Das
33	Treshna mani Das	"	treshnamani781347@gmail.com
34	Anurmita Das	"	
35	Daisy Baruah	"	
36	Barashita Das	"	

37	Sayari Bhoozali	Student	sayaribhoozali@gmail.com
38	Aneta Das	"	aneta097551
39	Satish Ch. Bhuyan	Teacher	satishchbhuyan@gmail.com
40	Smit Kumar Sarma	Teacher	smitkumar123@gmail.com
41	Hemanta Deka	Faculty	hemantadeka1972@gmail.com
42	Bipra Kalita	Faculty	bipramk@ gmail.com
43	Ranta Mani Deka	Faculty	raichalana@gmail.com
44	Manik Ch. Das	Faculty	manikchandra.na.01@gmail.com
45	Namita Dasi	Faculty	divinamthas@gmail.com

Some Photographs of the Programme



A. Jaisan
Principal i/c & Secretary
BARBHAG COLLEGE

TWO DAY WORKSHOP

On

Life Skill Development

Organized by
IQAC, Barbhag College

Resource Persons: Swami Barun Anand,
Founder, Anandapuram, Nalbari & Basanta
Mazumdar, Yoga trainer

Date: 20th and 21st January, 2021
Venue: Conference Hall, Barbhag College

Three day Workshop on Life Skill development

Organised By: IQAC, Barbhag College

Venue: Conference Hall, barbhad College

Date: 25-27th April, 2022

The IQAC, Barbhag College has organized a three day workshop on "life skill development" on 25, 26 & 27th April 2022. The programme is organized in the conference Hall of Barbhag College. The main objective of organizing the programme is to impart to the students some knowledge on the importance of life skills and make them aware about the utility of these skills in an individual life. All together 65 participants including the students and faculty members have participated in the programme. At about 11.30 AM of 25th April, 2022. The workshop is formally inaugurated by Dr. Birinchi Choudhury, the principal of Barbhag College. In his speech Dr. Choudhury has explained how life skills help an individual in functioning well in different ways. He has also highlighted the benefits of life skills, how these skills aid in smooth adjustment social situations and regulation of self and emotions.

The inaugurated session of the workshop is also attended by the invited resource person namely Swami Barun Anand, Sri Basnta mazumdar, Sri. Biraj Kumar Sarma, and Sri. Alaka mazumdar of Anandpuram, Nalbari. The inaugurated session is concluded at about 12.30 pm.

The first technical session of the workshop is commenced at about 1.30 pm of the first day. The session is started with a brief speech by Swami Barun Anand, one of the invited resource persons. In his speech Mr. Anand explains that life-skills are actually the techniques that help in handling interpersonal relationships in a healthy manner. He added that these skills may be acquired through practicing on maintaining appropriate body language, and fearlessly facing crowds and speaking which will assist us while dealing with life's issues and incidents. Mr. Basanta Mazumdar stressed on the importance of "yoga and Pranayam" for improving the basic skills of an individual and subsequently his personality. As an expert in Yoga and Pranayam", Mr. Mazumdar then conducted a demonstration programme on "Yoga and Pranayam" and trained the participants on some of the basic skills of these arts. The first day's programme is concluded with some physical activities based on yoga principles.

The second day's programme is commenced at about 11.00 am. The programme is started with a group discussion on some selected topics like public speaking, interpersonal communication developing appropriate body language, keeping the right attitude etc. these topics are given to different students groups to discuss and share their knowledge on the topics to each other. The students have fun time working as teams by brainstorming ideas. This technical session is guided by Mr. Biraj Kr Sarma, one of the invited resource persons.

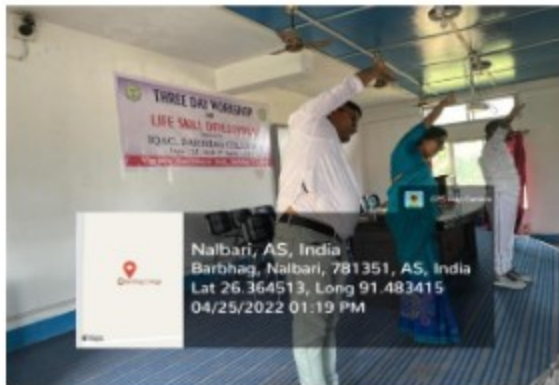
The second technical session of the day is commenced on 2.00 pm. In this session some of the participants present brief papers on some selected topics like- time management, emotional

intelligence, the importance of creative thinking, learning from failures, maintaining body language etc. after the presentations of the papers an interactive session is conducted above some relevant interactive session is conducted above some relevant questions are taken foe discussion- as some expert views/comments are also share for the benefits of the participants. At about 3.30, the proceeding of the second day is conducted.

On the third and last day of the workshop- two sessions are conducted. In the first session- a thorough discussion is held on the ten core life skills as listed by UNICEF, UNESCO-and WHO. These are: problem solving, critical thinking, effective communication skills, decision making, creative thinking, interpersonal relationship skills, soft awareness-building skills, empathy, and coping with stress and emotions.

In this session Mrs. Alaka Mazumdar, one of the resource persons, has anchored the discussions and the session is chaired by Dr. Dhaneswar Baishya, Associate professor, Dept. of Political science, Barbhag College. Some participants have also shared their views on the importance of the ten life skills.

At about 1.30 pm the concluding session of the workshop starts. The concluding session is chaired by Dr. Karuna Baruah, Vice Principal (Academic), barbhad College. Dr. Birinchi Choudhury, the principal, Barbhad College, has attended as chief guest. After brief speech by the chief guest, the certificates were distributed amongst. The participants Dr. Bipul kalita has given the vote of thanks to all concerned. The workshop finally concluded at about 2.45 pm.





Three Day workshop

ON

Life Skill Development

Organised by - IRAC
Basthacollege

Venue: Conference Hall
Date: 25, 26 & 27th April.

Signature of
Resource person

1. Branta Marsandhi
2. Binay Kr. Sarma
3. Alaka Wrozmoo
4. BAnand
- 5.

Signature of
Participants

1. Sanchayita Khaldhola
2. Branta M. Denei
3. Dr. Shesali Bosa
4. Monalisa Brahma
5. Hemanta Debee
6. Gityajali Ganai
7. Satish Ch. Bhuyan
8. Susanta Narayan Choudhary
9. Nagnita Devi
10. Nilu roni Das
11. Arif Kr. Saama
12. Chandan Kabita
13. Sharat Moch

14. Khanikar Mani
15. Chikraj Hussain.
16. Ankita Talekdar.
17. Anamika Kalita.
18. Anamika Kalita
19. Tina Putowong
20. Shikhamasi Haloi

21. Rajashree Choudhury
22. Madhurima Deka
- 23) Karishma Deka
- 24) Pinki Devi
- 25) Bhaskar Kalita
- 26) Sawrav Kalita.
- 27) Jumi Kalita
- 28) Chandoma Kalita
29. Niren Malakar.

30. Bipul Barua
31. Trishna mani Kalita
32. Barasha Kalita.
33. Pikuomani Talekdar
34. Pramkrisna Bhuyan
35. Aneta Das.

36. Luna Basheya
37. Pimpa Beyerin.
- 38) Anindita Baruah
- 39) Pratirekha Dauka
- 40) Pransal Kalita

- 41) Gayatri Bhazali
- 42) Semamani Das
- 43) Trishna mani Das.
- 44) Pallaki Das.
- 45) Kangkan Jalai
- 46) Bedanta Sarma

- 47) Rajlax Kalita
- 48) Nabasmiti Baruah.

49/ Divitisman Bhatta Charjya.

50/ Surajit Sarma.

51/ Bhaswati Lahkar.

52/ Rini Das

53/ Jayesri Kalita

54/ Simanta Bez

55/ Anowar Hussaen

56/ Sijher Ray

57/ Jurima Patowary.

58/ Tarasha Kakati.

59/ Pubali Deka.

60/ Konkana Das.

61/ Pshabara Sarma

62. Raktim Talukdar.

63. Mreimay Talukdar.

64. Manika Ch. Nees Asst. Prof. Dept of History.

65. Bipne Neel



Bismita
Principal-Ic & Secretary
Barbhag College



Organized by
Internal Quality Assurance Cell (IQAC)
BARBHAG COLLEGE
VII. & P.O.: Kalag, Nalbari, Assam, Pin: 781351
Email id: barbhagcollege@gmail.com, URL: <https://barbhagcollege.co.in>

Certificate of Participation

This is to certify that

.....
.....
has participated Three Day Workshop on “**Life Skill Development**” Organized by Internal Quality Assurance Cell (IQAC), Barbhag College held at Barbhag College, Nalbari from 25/04/2022 to 27/04/2022

Dr. Brinshi Choudhury
Principal
Barbhag College, Nalbari

Dr. Anupam Dutta
Coordinator IQAC
Barbhag College, Nalbari

OK ✓

Swami Barun Anand
Founder,
Anandapuram, Nalbari

10/01/2022

THREE DAY WORKSHOP

On

Life Skill Development

**Organized by
IQAC, Barbhag College**

**Resource Persons: Swami Barun Anand,
Founder, Anandapuram, Nalbari , Basanta
Mazumdar, Biraj Kr. Sarma & Alaka Mazumdar,
Yoga trainer**

Date: 25th and 27th April, 2022

Venue: Conference Hall, Barbhag College



CELEBRATION OF 8TH INTERNATIONAL DAY OF YOGA

SPONSORED BY

INDIAN COUNCIL OF PHILOSOPHICAL RESEARCH
Darshan Bhawan, 36, Tughlakabad Institutional Area
M.B Road, New Delhi-110062

ORGANISED BY: DEPARTMENT OF HISTORY
IN COLLABORATION WITH: INTERNAL QUALITY ASSURANCE CELL
BARBHAG COLLEGE, KALAG, NALBARI, ASSAM
VENUE: CONFERENCE HALL

Theme: Yoga for Humanity

DATE: 30TH JUNE, 2022 (THURSDAY)

TALK ON: YOGA FOR HEALTH, HAPPINESS & HARMONY

PROGRAMME

Felicitation of Invitee: Dr. Manik Ch. Nath, Programme Coordinator,
9.00-9.20 AM International Day of Yoga

Lighting the Lamp: Dr. Birendra Deka, President, GB, Barbhag College,
9.20- 9.40 AM Kalag, Nalbari

Chief Guest cum President: Dr. Birinchi Choudhury, Principal, Barbhag
9.40-10.05 AM College, Nalbari

TEA BREAK: 10.05-10.20AM

Resource Person: Mr. Akhil Sarma, Instructor of Yoga, Member of
10.20-2.30PM RSS, Guwahati, Assam

Mr. Jitendra Nath Talukdar, Trainer of Yoga, Centre
for Yoga, Nalbari

Mr. Tilak Das, Instructor of Yoga, Member of RSS

LUNCH: 2.30-2.30 PM

DISTRIBUTION OF CERTIFICATE: (2.30-2.40PM)

Presidential Remark: Dr. Birinchi Choudhury, Principal, Barbhag
2.40-2.45 PM College, Nalbari

*Vote of Thanks: Dr. Manik Ch. Nath, Programme Coordinator,
2.45-2.55 PM International Day of Yoga*

Report on International Day of Yoga (IDY)

SPONSORED BY

INDIAN COUNCIL OF PHILOSOPHICAL RESEARCH

Darshan Bhawan, 36, Tughlakabad Institutional Area

M.B Road, New Delhi-110062

ORGANISED BY: DEPARTMENT OF HISTORY

IN COLLABORATION WITH: INTERNAL QUALITY ASSURANCE CELL

BARBHAG COLLEGE, KALAG, NALBARI, ASSAM

Date: 30/06/2022 (Thursday)

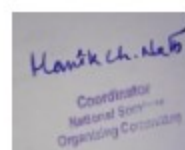
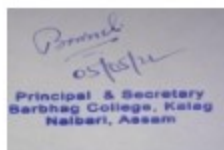
Venue: Conference Hall

Time: 9.00 AM- 2.55 PM

The 8th International Day of Yoga programme sponsored by Indian Council of Philosophical Research (ICPR), New Delhi- 110062 was organized by the Department of History, Barbhag College, Kalag, Nalbari in collaboration with IQAC, Barbhag College, Kalag, Nalbari, Assam. On the occasion, the felicitation programme of the invitee guest is felicitated by Dr. Manik Chandra Nath, Programme Coordinator & Assistant Professor, Department of History, Barbhag College, Nalbari. First of all, the lightening of the lamp Dr. Birendra Deka, President, GB, Barbhag College, Nalbari is felicitated by Dr. Namita Devi, Assistant Prof., Department of History, Barbhag College. Dr. Deka gave an outstanding welcome addressed to all the participants and delivered the speech on importance of the International Yoga Day. The Chairperson Dr. Birinchi Choudhury, Principal, Barbhag College felicitated by Dr. Nandita Goswami, Assistant Professor, Department of Economics, Barbhag College. The Resource Persons of the event Mr. Akhil Sarma, Instructor of Yoga is felicitated by Dr. Anupam Dutta, Associate Prof., Department of English, Barbhag College & Coordinator of IQAC, Barbhag College. The Resource Person Mr. Jitendra Nath Talukdar, Trainer of Yoga, Nalbari is felicitated by Dr. Bipul Kalita, Associate Prof., Barbhag College and another Resource Person cum Instructor of Yoga Mr. Tilak Das is felicitated by Hemanta Deka, Associate Prof, Department of Political Science, Barbhag College. The invitee Resource Persons delivered the valuable speech on the day of Yoga and its importance in the day to day life. All the resource persons expressed their valuable thought on Yoga and Yoga for Humanity. Lastly, Chairperson offered his worth speech among the participants and stated that yoga is essential physical exercise to all. At the eleventh hour of the event, the Programme Coordinator offered his vote of thanks with mentioning the financial support by ICPR, New Delhi, without their help and support it is not possible to organize the programme. Dr. Nath offered heartiest thanks to all the 140 (one hundred forty)



participants, guests, resource persons, teachers, non-teaching staff and dear students of our college. The ICPR, New Delhi gives their valuable support for grand success the event, so the college fraternity and Programme Coordinator will always thankful to the Indian Council of Philosophical Research, New Delhi.



Note of Resource Person

Every year June 21 is observed as an international yoga day, declared by the United Nations and the credit goes to India for introducing the draft resolution in the UNGA on December 11, 2014. In this connection, the draft resolution received an overwhelming support by 177 member nations, which is said to be the highest in the UNGA for any resolution of such nature. Although, the initiative taken by India should have come long before, given the rich cultural history the country enjoys in yoga sutra and the yoga philosophy, which is also known as an abode of yogis, who practice and teach yoga for physical, mental and spiritual well being. But as is said, better late than never, so holds true of declaring June 21st as the International Day of Yoga. By helping declare June 21 as an international yoga day, India has got an added responsibility to ensure that yoga is practiced and preached in every nook and corner of the world, which is battling for peace and tranquility. India has to play a very proactive role in drawing awareness at the global level towards the need and importance of practicing yoga, especially in the modern day world, which is full of stress and strain, when life has got more mechanized. Yoga is a *Sanskrit* word which means to join or to unite, symbolizing the merging of inner-consciousness with the supreme consciousness. The yogic practices are said to be over 10000 years old, however, the evidences of yoga practice can be traced as early as 5000 years ago in the Rig Veda, the oldest sacred texts. The Patanjali Yoga Sutra is deemed to be the first systematic yogic compendium and is often referred as the father of yoga philosophy or the yoga sutras, wherein discussion lasts around eight limbed path towards attaining the Samadhi. As per dictionary meaning, the word yoga refers to practice aimed at training the consciousness for a state of perfect spiritual insight and tranquility that is achieved through the three paths viz., action, knowledge and devotion.

In this year, the Govt. of India observes the yearlong 75th years of celebration of India's freedom movement by adopting whole year programme on AZADI KA AMIRIT MAHATSAV, on this regards the ICPR, New Delhi have also taken the different programme under this banner in the utmost respect of the Azadi Ka Amirit Mahatsav, the Barbhag College, Kalag, Nalbari has taken the International Day of Yoga programme on 30th June, 2022. Today, we are happy to participating in the Yoga programme. Yoga is a

system of exercises practiced as a part of the Hindu discipline to promote control of the body and mind. Yoga helps to rejuvenate the body and prolongs the life. It is a process whereby by a person can cleanse his/her body and mind. The richness of a culture is always traced by looking at its longevity and prevalence of its practice in a society and to enrich this culture there is always need to promote and propagate this culture both within the society and to the outside world. In the same way to further enrich the yoga philosophy, there is the need to reach out to those who hitherto remained deprived of this heavenly bliss. The yogis of India have to enrich this yogic culture in the same way the way Swami Vivekananda propounded the modern yoga philosophy to the west. It was in the year 1893, when Swami Vivekananda addressed the parliament of Religions in the Chicago and enlightened the house about the need and importance of yoga. The aim of Swami Vivekananda was not only to highlight the richness of Indian yogic culture to the west, but to make the western world experience the bliss, which they were ignorant of and is essential for bringing the perfect global order.

Besides, the knowledge is about sharing and making others aware of things and practices of which they are unaware. The aim should always be to let things move from the haves to the have-nots, and so holds true about movement of knowledge or yoga. There is utmost need that teaching, preaching and practicing of yoga should move outside India for the wider benefit of humanity and for that practicing yogis of India need to travel outside India on the similar lines what Swami Vivekananda marched to the west with. Some common health benefits of yoga: - It is said that a regular practitioner of yoga not only keeps diseases at bay, but also prolongs life. The irony is, almost every second person on the earth suffers with one of the other kind of medical conditions and so do people keep on experimenting with their bodies with different kind of medicine despite knowing the ill or side effects of the medicine. Contrary to it, people, despite knowing very well the health benefits of yoga and its positive side effects chose medicine over yoga. Although there are numerous health benefits of yoga, but still some common benefits which a person can reap by practicing yoga on a daily basis include. Yoga is one of the best stress busters; practicing yoga regularly not only helps in preventing from diseases, but also helps in recovering from ill health. Yoga improves flexibility of the body, helps to build and tone up muscles, perfects the body posture, prevents cartilage and joint breakdown, protects the spine, improves bone strength, helps to regulate the blood pressure, boosts immunity by improving draining of lymph's, regulates heart rate, blood sugar, improves memory, enhances decision making ability and helps in maintaining good energy levels throughout the day. Yoga helps to improve the agility of the body, helps in maintaining a healthy nervous system, improves sleeping abilities and reduces depression.

Apart from the physical benefits, yoga also helps in fine tuning the psychological problems in a person. Yoga helps one to remain healthy and happy, helps in developing a good and healthy lifestyle, helps in relaxing the body and rejuvenating the worn out

tissues. Helps in giving the much needed peace of mind, increases self-esteem, given inner strength, one becomes conscious of changes and transformation which yoga brings into one's body, helps in improving and leading a happy family life, improves all round fitness, helps in fighting with the weight loss, stress free life, inner peace, improved immunity, living with greater awareness, increased energy, better intuition and more. Beginners who intend to practice yoga asanas (sitting) should always do it under the guidance of someone who is familiar with yoga asanas and their advantages and disadvantages. One has to follow every precaution while practicing yoga asanas, mostly depending upon one's state of health. Yoga has its own advantages, but, if a person is not in a good state of health, practicing yoga asanas, not advisable for one may further aggravate one's health. So, it is always advisable to first know the state of your health and then know your asanas, which are good for your health. Pranayama is the exercise of breathing, what people generally are familiar with. The exercise of breathing may appear simple to practice while seating in a lotus asana, but the intensity and vividness involved in the breathing while performing pranayama in different states has to be equally taken care of, as any attempts towards pushing one's body beyond normal limits may prove harmful. Some major pranayama yoga forms are i) Anulom Vilom Pranayama ii) Agnisar Pranayama iii) Bahya Pranayama iv) Bhastrika Pranayama v) Bharamari Pranayama vi) Digra Pranayama vii) Kaapalabhati Pranayama viii) Nadi Shodhana Pranayama ix) Shitali Pranayama x) Udgit Pranayama xi) Ujjayi Pranayama.

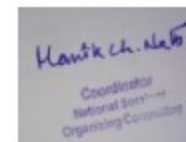
Since most of the yoga practices are directly associated with the breathing, hence helps in improving the health of the lungs. Yoga improves the conditions like ulcer, digestive system, irritable bowel, constipation, eye sight etc. On June 21, 2017, the world is about to observe the 3rd international yoga day. More and more people have started realizing the importance of the yoga and so is India gearing up to make this year yoga day more memorable with more and more public participation. This year, more and more public participation is expected all across the world. There is need to understand that yoga is not about this particular day, but is something which people need to imbibe in their routine life. Practicing yoga on the international yoga day will not turn a person into a follower or believer of yoga philosophy. People have to make it sure to practice yoga on a daily basis for at least 30 to 40 minutes a day. To reap the maximum health benefits of yoga, it is advisable that one should practice yoga preferably early in the morning, given the follow up routine day activities, however one can practice pranayama at any point of time as per one's suitability. The Prime Minister Narendra Modi played a very significant role in declaring June 21 as an International Yoga Day by the UN. It was Prime Minister Modi, who on September 27, 2014, in his speech to the UNGA proposed the idea of having an International Yoga Day. Prime Minister Modi in his speech said at length about the benefits of Yoga, a gift of Indian ancient tradition. The Prime Minister Modi told the august gathering that how Yoga helps in the embodiment of mind and body, thought and action, restraint and fulfillment, harmony between man and nature,

health and well being and how yoga helps in developing the sense of oneness with the body, mind and the nature. It won't be inappropriate to say that in the present times Prime Minister Narendra Modi is the global ambassador of the yoga philosophy. Prime Minister Modi hasn't just reached out to its own citizens in drawing awareness about propagating, preaching and practicing yoga, but like a devotee follower of the Swami Vivekananda, Mr. Modi is committed to reach out to the masses all across the globe with his vision of making yoga a global phenomenon. While proposing June 21 as the International Yoga Day, Prime Minister Modi ji was well aware that the day has cosmic significance. The time is rated as suitable for the spiritual harvesting. It is believed that it was on this very day when the Lord Shiva the first yogi began imparting the knowledge of yoga to the mankind. The other cosmic significances of the day is that it marks the transition to Dakashniyan, which means when the days in the southern hemisphere start becoming longer and shorter in the northern hemisphere, followed by Guru Poornima, the first full moon after the summer solstice. It would be quite unfair to not to mention about the present day yoga guru of India Baba Ramdev. Baba Ramdev is a staunch believer and advocator of the yoga philosophy, who with his firm belief and devotion has taken yoga to every doorstep of the country. Baba Ramdev in his endeavour to spread the message of yoga not only succeeded in drawing awareness among the masses about the yoga and its physical, psychological and spiritual benefits, but is being seen as a man who succeeded in drawing crowds to his yoga camps, both within and outside the country. It is not that yoga was completely forgotten or not practiced in the India, but as was pointed out by Shri Shri Ravi Shanker of the Art of Living that without state patronage yoga was surviving like an orphan. The practice of yoga was prevalent, but was going around silently among few Ashrams, which too were sharing the benefits of yoga only among their followers and not among the common masses. Even the difficulty with such yogis was that they were unable to entice people towards yoga and to their yoga camps. This limited awareness about yoga was somewhat working contrary to the true ambitions and purpose of the yoga. Baba Ramdev, made people realize that how yoga can help in bringing the much needed change in the life of an individual. The move towards declaring June 21 as the international Day of Yoga was almost hailed by one and all, all across the world in general and the yoga gurus across India in particular. These yoga gurus hailed the personal efforts put in by the Prime Minister Narendra Modi towards the deceleration of June 21 as an International Yoga Day by the United Nations. Sri Sadhguru of Isha Foundation termed the move more scientific towards the inner well being of individuals. Similarly, Sri Sri Ravi Shanker of the Art of Living apart from lauding the efforts of Prime Minister Modi, also said that how difficult it is for a any religion, culture or philosophy to survive without state patronage, but with the UN recognition, the world is bound to witness the benefits of yoga. India is a very vast country, having over 1.30 billion people, practicing different faiths, following different ideologies and to tie them all in a common frail thread is impossible. Thereon, people in

India lack scientific temper as such, most of the time look at the things from the religious perspective, with the result they always end up making issues out of nothing by giving them the religious colour. Practicing yoga in India is being opposed by some religious groups, only because they propagate yoga as a practice, which belongs to Hindus and non-Hindus should refrain from doing any yogic practices. This is very unfortunate that the people who belong to this yogic land, have forgotten about their own rich culture and values, and those who have started adopting the western lifestyle, should remember that the west has started embracing yoga with open arms and the International Yoga Day corroborates this fact. In this regards, the department of History Barbhag College is organized the 8th International Day of Yoga on 30th June 2022 sponsored by Indian Council of Philosophical Research, New Delhi. Due to heavy flood in the college premise the event is postponed to 30th June 2022. So, we are very happy to participated as Resource Persons in this grand programme and thankful to ICPR, New Delhi and Barbhag College family for giving this opportunity to be the part of the International Day of Yoga Programme, 2022. With this remarks, we are concluded our presentations and let's start the Yoga practice. Thanks to all the participants and students.

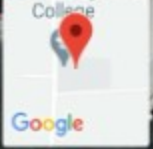


Dr. Birinchi Choudhury
Principal, Barbhag College
Kalag, Nalbari, Assam-781351



Dr. Manik Chandra Nath
Programme Coordinator, IDY
Barbhag College, Kalag, Nalbari





Collene
 Khudra Dingdingi, Assam, India
 9F7M+P2W, Khudra Dingdingi, Assam 781347, India
 Lat 26.364498°
 Long 91.483351°
 30/06/22 10:04 AM



Kismat Kuriha, Assam, India
 Unnamed Road, Kismat Kuriha, Assam 781102, India
 Lat 26.326387°
 Long 91.494286°
 30/06/22 09:55 AM



Nalbari, AS, India
 Barbhag, Nalbari, 781351, AS, India
 Lat 26.364481, Long 91.483455
 30/06/22 11:24



Yoga for Humanity ICPR

CELEBRATION OF 8TH INTERNATIONAL DAY OF YOGA

SPONSORED BY
INDIAN COUNCIL OF PHILOSOPHICAL RESEARCH
 NEW DELHI-110062

ORGANISED BY
DEPARTMENT OF HISTORY, BARBHAG COLLEGE

IN COLLABORATION WITH
Internal Quality Assurance Cell
 Barbhag College, Kalag, Nalbari, Assam

Talk on Yoga for Health Happiness & Harmony

Venue: Conference Hall Date: 30th June, 2022 (Thursday)

Yoga for Humanity ICPR

CELEBRATION OF 8TH INTERNATIONAL DAY OF YOGA

SPONSORED BY: INDIAN COUNCIL OF PHILOSOPHICAL RESEARCH NEW DELHI-110062

ORGANISED BY: DEPARTMENT OF HISTORY IN-COLLABORATION WITH: INTERNAL QUALITY ASSURANCE CELL Barbhag College, Kalag, Nalbari, Assam

Certificate of Participation

This is to certify that

has participated in the awareness Programme marking the 8TH INTERNATIONAL DAY OF YOGA sponsored by Indian Council of Philosophical Research (ICPR), New Delhi (110062) organized by Department of History, Barbhag College in collaboration with Internal Quality Assurance Cell (IQAC) Barbhag College, Kalag, Nalbari, Assam on 30th June, 2022 (Thursday)

Dr. Mahesh Chandra Barbhag, Principal & Chairperson, Barbhag College, Kalag, Nalbari, Assam

Dr. Manoj Chandra Barbhag, Programme Coordinator, Barbhag College, Kalag, Nalbari, Assam



HISTORY DEPARTMENT

BARBHAG COLLEGE, KALAG, NALBARI-781351

Ref. No.

Date: 30.06.22

8TH INTERNATIONAL DAY OF YOGA PROGRAMME, 2022

Sponsored by



Indian Council of Philosophical Research, New Delhi

Organized By

Department of History

In Collaboration With

IQAC, Barbhag College, Kalag, Nalbari

Date: 30th June, 2022 (Thursday) Time: 9.00 A.M.-2:50 P.M. Venue: Conference Hall

We are very happy to invite all of you in the 8th International Day of Yoga programme sponsored by ICPR, New Delhi which is going to be organized by the Department of History & in collaboration with IQAC, Barbhag College, Kalag, Nalbari. So, we request all of you kindly to be accept our invitation and give your valuable support for grand success the event.

Sl. No	Name, Designation & Department	Signature
1	Dr. Birinchi Choudhury, Principal Barbhag College	<i>Birinchi</i> 30/06/2022
2	Dr. Kavita Baruah, Academic In-charge Barbhag College	<i>Kavita</i> 30/06/22
3	Mrs. Nivedita Goswami, Vice Principal Barbhag College	<i>Nivedita</i> 30.06.22
4	Mr. S.N. Choudhury, Associate Prof., Dept. of Education	<i>S.N. Choudhury</i> 30/6/22
5	Mr. Ajit Kr. Sarma, Associate Prof., Dept. of English	<i>Ajit Kr. Sarma</i> 30/6/22
6	Dr. Dhaneswar Baishya, Associate Prof., Dept. of Political Science	<i>Dhaneswar Baishya</i> 30/6/22
7	Mr. Niren Malakar, Associate Prof., Dept. of Political Science	<i>Niren Malakar</i> 30/6/2022
8	Mr. Hermanta Deka, Associate Prof., Dept. of Political Science	<i>Hermanta Deka</i> 30/6/22
9	Dr. Satish Ch. Bhauyan, Associate Prof., Dept. of Assamese	<i>Satish Ch. Bhauyan</i> 30/6/22
	Dr. Anupam Dutta, Associate Prof., Dept. of English	<i>Anupam Dutta</i>

*Auth. Attested
Manda. Deka
Prog. Co-ordinator*

Manda. Deka
Principal & Secretary
Barbhag College, Kalag
Nalbari, Assam

Jul 13, 2022, 21:18

Sl. No.	Name, Designation & Department	Signature
11.	Dr. Biplab Deka, Associate Prof., Dept. of Assamese	<i>Biplab Deka</i>
12.	Dr. Bipul Kalita, Associate Prof., Dept. of Assamese	<i>Bipul Kalita</i>
13.	Dr. Chandan Kalita, Assistant Prof., Dept. of English	<i>Chandan Kalita</i>
14.	Dr. Nandita Goswami, Assistant Prof., Dept. of Economics	<i>Nandita Goswami</i>
15.	Dr. Namita Devi, Assistant Prof., Dept. of History	<i>Namita Devi</i>
16.	Dr. Kishore Kalita, Librarian	<i>Kishore Kalita</i>
17.	Dr. Nitumoni Das, Assistant Prof., Dept. of Education	<i>Nitumoni Das</i>
18.	Mrs. Gitanjali Goswami, Assistant Prof., Dept. of Economics	<i>Gitanjali Goswami</i>
19.	Mr. Mahananda Pathak, Assistant Prof., Dept. of Physics	<i>Mahananda Pathak</i>
20.	Mr. Dwipen Das, Assistant Prof., Dept. of Botany	<i>Dwipen Das</i>
21.	Mrs. Prativa Deka, Assistant Prof., Dept. of Zoology	<i>Prativa Deka</i>
22.	Mr. Gautam Baishya, Assistant Prof., Dept. of Chemistry	<i>Gautam Baishya</i>
23.	Dr. Rantumoni Deka, Assistant Prof., Dept. of Zoology	<i>Rantumoni Deka</i>
24.	Mrs. Pulama Talukdar, Assistant Prof., Dept. of Physics	<i>Pulama Talukdar</i>
25.	Mr. Mukut Baishya, Assistant Prof., Dept. of Chemistry	<i>Mukut Baishya</i>
26.	Dr. Shewali Borah, Assistant Prof., Dept. of Education	<i>Shewali Borah</i>
27.	Dr. Khanikar Maut, Assistant Prof., Dept. of Assamese	<i>Khanikar Maut</i>
28.	Mrs. Hiramoni Patgiri, Assistant Prof., Dept. of Political Science	<i>Hiramoni Patgiri</i>
29.	Ms. Monalisha Brahma, Assistant Prof., Dept. of History	<i>Monalisha Brahma</i>
30.	Mr. Sharat Mech, Assistant Prof., Dept. of Assamese	<i>Sharat Mech</i>
31.	Ms. Sanchyita Khakholary, Assistant Prof., Dept. of History	<i>Sanchyita Khakholary</i>
32.	Md. Lutfur Rahman, Assistant Prof., Dept. of Zoology	<i>Lutfur Rahman</i>
33.	Md. Khalilur Rahman, Assistant Prof., Dept. of Chemistry	<i>Khalilur Rahman</i>
34.	Md. Rafiqe Ahmed, Assistant Prof., Dept. of Botany	<i>Rafiqe Ahmed</i>

*Sub-Allowed
Prof. Lant...*

Borah
Principal & Secretary
Barbhag College, Kalag
Naibari, Assam

Jul 13, 2022, 21:18

Sl. No	Name, Designation & Department	Signature
35.	Mrs. Bibha Devi, Assistant Prof., Dept. of Botany	
36.	Mr. Pranab Deka, Assistant Prof., Dept. of Mathematics	
37.	Mr. Lakhi Nath Choudhury, Assistant Prof., Dept. of Physics	
38.	Mr. Tapan Barman, Assistant Prof., Dept. of Mathematics	
39.	Mrs. Pranita K. Majumdar, Assistant Prof., Dept. of English	
40.	Ms. Kusum Doley, Assistant Prof., Dept. of Philosophy	
41.	Ms. Manashri Baruah, Assistant Prof., Dept. of Philosophy	
42.	Dr. Manik Ch. Nath, Assistant Prof., Dept. of History	
43.	Mr. Kailash Ch. Das, Head Assistant	
44.	Mr. Khagen Kalita, UDA	Khagen ch. Kalita
45.	Mr. Pankaj Majumdar, LDA	Pankaj Majumdar
46.	Mr. Ashim Deka, LDA	
47.	Mrs. Ranju Doley, LDA	Ranju mani Doley.
48.	Mr. Basanta Deka, Library Bearer	
49.	Mr. Rajen Talukdar, Laboratory Bearer	Rajen Talukdar.
50.	Mr. Lohit Hazarika, Grade-IV	Lohit Hazarika
51.	Mr. Jitu Kalita, Grade-IV	Jitukalita
52.	Mr. Dimbeswar Kalita, Grade IV	Dimbeswar Kalita
53.	Mr. Hiteswar Kalita, Grade-IV	
54.	Mr. Ratul Kalita, Grade IV	Ratul Kalita
55.	Md. Zakir Hussain, Grade IV	Zakir Hussain
56.	Mr. Alakesh Patowary, Gr-III	Alakesh Patowary
57.	Mr. Dimbeswar Kalita, Grade-IV	Dimbeswar Kalita
58.	Mr. Raghav Kalita, Grade -IV	Raghav Kalita
59.	Mrs. Ranu Kalita, Grade IV	Ranu Kalita
60.	Jitendra Nath Salukdar, R/P	Jitendra
61.	Jitak Das, R/P	Jitak Das.
62.	Bikash Bhuyan	Bikash Bhuyan
63.	Dr. Birendra Deka R/P	

64.
 Dhruba Sarma
 Principal & Secretary
 Narbhag College, Kalig
 Tinbari, Assam

Dhruba Sarma
 Principal & Secretary
 Narbhag College, Kalig
 Tinbari, Assam

Sl. No.	Name, Designation & Department	Signature
64.	Daisy Kalita	Kalita
65.	Pinku Deka	Deka
66.	Nitashree Kalita	Kalita
67.	Bhaskar Jali Talukdar	Talukdar
68.	Balanta Sarma	Sarma
69.	Chinnay Sarma	Sarma
70.	Gautam Das	Das
71.	Jyotismita Talukdar	Jyotismita Talukdar
72.	Bi Pakhi Talukdar	Talukdar
73.	Firdousi Rahman	Rahman
74.	Nalagati Boruah	(Signature)
75.	Ekampan Hali	H.K.
76.	Niharjit Talukdar	Niharjit Talukdar
77.	Pranjal Kalita	P. Kalita
78.	Balrajit Kalita	Balrajit Kalita
79.	Nirban Sarma	Nirban Sarma
80.	Moumy Bisharua	Moumy Bisharua
81.	Bedanta Talukdar	Bedanta Talukdar
82.	Hirak Jyoti Das	HJD
83.	Lital Talukdar	(Signature)
84.	Maarika Sharma	(Signature)
85.	Suman Barua	
86.	Niharjati Kalita	NK
87.	Samirani Talukdar	S. Talukdar
88.	Sanjit Talukdar	(Signature)
89.	Saurav Saikia	Saurav Saikia
90.	Susmita Boruah	Susmita Boruah
91.	Simanta Das	Simanta Das
92.	Devkishan Sarma	DS.
93.	Randip Saikia	(Signature)
94.	Rajdip Hujuri	(Signature)
95.	Kalika Kalita	(Signature)

Prof. Atul Kumar
 Member in-charge
 Prof. Committee

(Signature)
 Principal & Secretary
 Barbhag College, Kalig
 Naibari, Assam

JUL 13, 2022, 21:18

List of Participants in the 8th International Day of Yoga - Dt. 20/06/22

- | | |
|-------------------------------|-------------------|
| 97) Sri Madhusmita | 98) Malhubaika |
| 97) Suman Baschya | 97) Suman Baschya |
| 98) Niharajyoti Kalita | 98) N |
| 99) Samirani Lakkar | Samirani Lakkar |
| 100) Anit Ali | Anit Ali |
| 101) Satish Ch. Shyam | Bya |
| 101) Karishma Deka | J |
| 113) Jini Sukla | Sukla |
| 113) Likhmani Kalita | Likhmani |
| 114) Himavri Das | Himavri |
| 115) Mavehumi Jalukdar | Mavehumi |
| 116) Semi Begum. | Semi |
| 117) Sima Begum | Sima |
| 118) Dr. Hiranmani Patgi | H. Patgi |
| 117) Manashri Baruah | Baruah |
| 120) Anit Kr. Sarma | Anit |
| 121) Jibandha Kishor Salukdar | Salukdar |
| 122) Dr. Animeswar Baschya | Baschya |
| 123) Nivedita Goswami | Goswami |
| 124) Barasha Das | B. Das |
| 125) Anamika Deka | Anamika |
| 126) Jinku Das | J. Das |
| 127) Tanashree Salukdar | T. Salukdar |
| 128) Mainul Haque | M. Haque |
| 129) Dimpri Das | Dimpri Das |
| 130) Manika Das | M. Das |
| 131) Sarojinikan Kalita | S. Kalita |
| 132) Medul Kumar | Medul |
| 132) Anurupa Goswami | Anurupa |
| 133) Nilakshi Das | Nilakshi |

Self-Attended
Mainul Haque
Prof. coordinator

Baruah
Principal & Secretary
Barbhag College, Kalag
Nalbari, Assam

135) Sni Dauhana Devi	D. Devi
136) sri suity kalita	SK
137) punitisha chakravarty	<u>P.C</u>
138) Kuleep Lalakhar	<u>KL</u>
139) kangken kalii	<u>KK</u>
140) Manabjyoti Jalukdon	<u>M.J.</u>
141) Raju Sarma	<u>R.</u>

In the International Day of Yoga Programme held on 30/6/22 at Barbhag College Nalbari Assam has total 140 (One Hundred Forty) only participants joined in event, the programme is ended at 2:55 PM.

B. Barman

Principal & Secretary
Barbhag College, Kalag
Nalbari, Assam

Debi A. Deka
Manika ce Deka
Prog. coordinator

