



গড়গাঁও মহাবিদ্যালয়  
GARGAON COLLEGE

**A REPORT ON INTERNATIONAL  
YOGA DAY**

**Date: 21.06.2023**





## Overview of the program

### Program No. 18

**Name of the Program: International Yoga Day**

**Venue: Gargaon College**

**Date: 21st June, 2023**

**Organized by: The NSS Unit of Gargaon College in collaboration with Eco Club, Yoga Center, the 49 Assam Naval NCC and 11 Assam Girls NCC, Women Cell of Gargaon College and Patanjali Yoga Samiti, Sivasagar District**

**Nature of Activity: Extension**

**Number of Participants: 151**

**Objective of the Program: To celebrated 9th International Yoga Day**

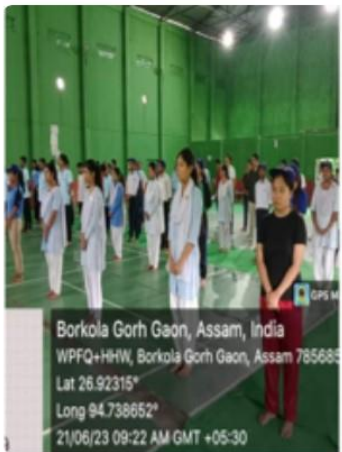
Media coverage

## Brief report of the program

The NSS Unit of Gargaon College in collaboration with Eco Club, Yoga Center, the 49 Assam Naval NCC and 11 Assam Girls NCC, Women Cell of Gargaon College and Patanjali Yoga Samiti, Sivasagar District celebrated 9th International Yoga Day on 21st June at the college premises with great enthusiasm. This day is celebrated in conjunction with the International Yoga Day, which is celebrated all over the world on the basis of the 'Yoga Art' that was originated in ancient India. The function was started with a brief introduction of International Yoga Day by Dr. Rimjim Borah, NSS programme officer of Gargaon College. After felicitation and lamp lighting ceremony, the programme was inaugurated by Dr. Sabyasachi Mahanta, the Principal of the College. Dr. Mahanta, in his inaugural speech briefly explained the significance of International Yoga Day. He mentioned that Yoga Day is celebrated all over world to raise awareness about the glorious yoga practice of India. Yoga is a ancient art of India which plays an important role in relaxing the mind and body and boosting people's immune system. Dr. Chandaditya Gogoi, the HoD of the Department of Geology and resource person of this 9th International Yoga day celebration practiced various yoga positions among more than two hundred persons comprising of teachers, non-teaching staff, students, volunteers of National Service Scheme and Cadets of NCC. Ranjan Mahanta, Jila Pravari, Patanjali Yoga Samiti, Sivasagar District and Bhargav Goswami, yoga teacher also demonstrated soma yaga asanas. Dr. Rimjim Borah offered vote of thanks to all the faculties, non-teaching staff, NSS volunteers, NCC Cadets and all students who graced the occasion with their participation.

# Photographs

**GARGAON COLLEGE**  
**9TH INTERNATIONAL DAY OF YOGA**  
 (21st June, 2023)  
 Theme: Yoga for Vasudhaiva Kutumbakam  
 Organised by  
 NSS Unit, Gargaon College  
 Eco Club  
 Yoga Centre  
 11 Assam Girls (1) Coy NCC  
 49 Assam Naval Unit NCC  
 Women Cell (GCTU)  
 & IQAC, Gargaon College



## Participants

Sl. No.	Name	Sl. No.	Name	Sl. No.	Name
1	Biswajit Dutta	52	Ritem Borpatra Gohain	101	Dhoritree Chetia
2	Ajjur Rohman	53	Nikita Phukan ( Zoology)	102	Samyadeep Konwar
3	Jahnabi Phukan	54	Jadap Ch Nayak	103	Manashpran Saikia
4	Krishna Rani Boruah	55	Pinki Boruah	104	Riki Saikia
5	Ankita Gogoi	56	Bristi Chetia	105	Manash Pratim Tamuli
6	Puja Borpatra Gohain	57	Roshmi Borgohain	106	Manash Pratim Kalita
7	Rahul Bailung	58	Bidisha Gogoi	107	Rituraj Saikia
8	Baby Dutta	59	Rishika Khongia	108	Koushik Mohan
9	Joyshree Rajkumari	60	Dikrita Gogoi	109	Mriganka Kashyap
10	Kalpana Borah	61	Debashree Saikia	110	Biki Borpatra Gohain
11	Kalyani Konwar	62	Gitashree Tamuli	111	Anurag Borgohain
12	Incrani Saikia	63	Muskan Rahman	112	Rishiraj Mohan
13	Annapriya Dutta	64	Sikha Ehuti	113	Durgeshwar Boro
14	Hirokhyoti Handique	65	Horishikesh Dowari	114	Anamika Roy
15	Deepshikha Gharphalia	66	Anbarish Buragohain	115	Juptora Bailung
16	Rishashree Chetia	67	Rani Bora	116	Muskan Koinat Ali
17	Mummi Duwarah	68	Priyakhee Dutta	117	Sunayya Ahmed
18	Arfina Ahmed	69	Puja Boruah	118	Divyanka Buragohain
19	Niharika Borgohain	70	Joyshree Borgohain	119	Priyanshu Paul
20	Subhankhi Chetia	71	Diksha Gogoi	120	Jyotimoi Buragohain
21	Doripal Panitula	72	Himadri Mohan	121	Bishnu Bikash
22	Jeshi Gogoi	73	Debprokesh Khodal	122	Ankur Raj Gogoi
23	Beptil Konwar	74	Podmakanta Handique	123	Hirokhyoti Saikia
24	Pronoy Dutta	75	Prostuti Gogoi	124	Kopil Konwar
25	Kaushik Chetia	76	Pancharika Mohan	125	Bhargab Chetia
26	Barbee Konwar	77	Gargi Kashyap Bora	126	Manash Jyoti Konwar
27	Rahul Gogoi	78	Sneha Gogoi	127	Chayan Gogoi
28	Rituraj Changmai	79	Kristina Singh	128	Navadeep Gogoi
29	Porag Jyoti Boruah	80	Vaishali Dey	129	Dimpol Moran
30	Amar Jyoti Chetia	81	Kristina Dowarah	130	Gourav Gogoi
31	Abhijit Ghatuwar	82	Mon Aronya Phukan	131	Jenee Gogoi
32	Utpal Changmai	83	Disha Borah	132	Mritrandini Chetia
33	Bhargav Jyoti Borgohain	84	Shrimasri Buragohain	133	Priy Sonowal
34	Mousum Gogoi	85	Prastuti Phukan	134	Bivash R. Saikia
35	Nelutpol Boruah	86	Aditya Dutt	135	Progyan Jyoti Dutta
36	Bakshitha Chetia	87	Sondipon Boruah	136	Nituporna Lohon
37	Ankumoni Borah	88	Pratyush Roy	<b>Teaching and Non-Teaching Staff</b>	
38	Sonali Koiri	89	Rajdeep Kashyap	137	Sandeepa Agarwala
39	Niha Mech	90	Hrishikesh Boruah	138	Ankita Dutta
40	Barakha Buragohain	91	Saurav Jyoti Deka	139	Dr. Jitu Saikia
41	Priy Konwar	92	Arnabjyoti Bhattacharya	140	Dr. Boluram Das
42	Jintu Mech	93	Gouranga Chetia	141	Shoutai Lohon
43	Dimpi Rajkhowa	94	Eureka Gogoi	142	Kabita Phukan
44	Dipika Boruah	95	Samudri Hazarika	143	Dr. Rimjim Borah
45	Rajdeep Borgohain	96	Sneha Dey	144	Harekrishna Milli
46	Luit Jyoti Moran	97	Ankita Gogoi	145	Ritunony Tanu
47	Anindya Pratim Dowarah	98	Puwati Rabha	146	Jayanta Sonowal
48	Kanistha Milli	99	Pujarani Sonowal	147	Dr. Ankur Dutta
49	Amarjit Singh	100	Nikita Hazarika	148	Dr. Sahin Selnaz Begum
50	Chanjua Priya Boruah			149	Sangita Chetia
51	Abismita Borah			150	Dr. Bi-dyananda Borkakoti
				151	Dr. Raktim Pator

*Rimjim Borah*  
 Dr. Rimjim Borah  
 Programmatic Officer, NCE Unit  
 of Gargaon College, Bimalayan  
 Sivasagar, Assam

**You Tube Link of the Program:**

