

Celebration of International Yoga Day at Darrang College

The **International Yoga Day** was celebrated with great enthusiasm on **June 21, 2025**, at **Darrang College, Tezpur**, organized by the **Student Services Centre** and **Yoga & Wellness Committee**, in collaboration with the **IQAC** and **IIC** of the college.

The programme was inaugurated by **Dr. Palash Moni Saikia**, Principal of Darrang College, along with **Dr. Sweta Mahanta**, IQAC Coordinator. The **resource person** for the session, **Ms. Hiramoni Kalita Lahkar**, conducted an engaging yoga workshop, demonstrating various yoga postures and explaining their benefits for physical and mental well-being.

The event witnessed **active participation from students and faculty members** across different departments, creating an atmosphere of enthusiasm and positivity.

During the **valedictory session**, **certificates of appreciation and participation** were distributed to all participants by the Principal and IQAC members. The programme concluded successfully, fostering greater awareness about the significance of yoga and wellness in leading a **balanced and healthy lifestyle**.



DARRANG COLLEGE (AUTONOMOUS), TEZPUR

Celebration of International Yoga Day

DATE: 21st June, 2025

TIME: 6:30 AM

SL. NO.	NAME	DESIGNATION	SIGNATURE
1	Parishmita Dikia	Student	Pary
2	Ronaleka Kalita	Student	R
3	Anmol Chettry	Student	Anmol
4	Alipha Hazarika	Student	Alipha
5	Bristu Choudhury	Student	Bristu
6	Siddika Nazim	Student	Siddika
7	Mayukh Hazarika	Student	Mayukh
8	Nilam Prasad	Student	Nilam P
9	Puja Gogoi	Student	P. G
10	Esha Kalita	Student	E. K
11	Mandira Lohan	Student	M. L.
12	Anamika Talukdar	"	Anamika
13	Ankita Talukdar	"	Ankita Talukdar
14	Minoti Englangpi	"	Minoti
15	Martha Lokim Lushai	Student	Martha
16	Rupsika Terangpi	"	Rupsika
17	Dharitri Kalita	"	Dharitri
18	Nisha Devi	Student	Nisha
19	Bhumika Sapkota	Student	Bhumika
20	Popitara Deka	Student	Popitara

SL. NO.	NAME	DESIGNATION	SIGNATURE
21	Aaditri Patgiri	Student	Aaditri
22	Deepjyoti Das	Student	<u>D</u>
23	Jayanta Acharya	Student	<u>A. Acharya</u>
24	Umesh Bhattacharai	"	<u>Umesh</u>
25	Jannat Haque	"	J. H
26	Samina Yasmin	"	S. Y
27	Muskan Khatun	"	M. K
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