

One-Week Yoga & Wellness Camp

A one-week Yoga & Wellness Camp was organized by the *Student Services Centre* and *Yoga & Wellness Committee* in collaboration with *IQAC* and *IIC, Darrang College, Tezpur*, from **June 16 to June 21, 2025**.

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 camp, **Ms. Hiramoni Kalita Lahkar**, provided intensive physical training sessions, guiding students in various aspects of yoga and wellness practices.

The camp witnessed enthusiastic participation from both faculty members and students across departments, with **more than 27 students** actively engaging in the sessions. The primary objectives of the programme were multifaceted, focusing on:

- **Physical benefits:** enhanced flexibility, improved strength, and better cardiovascular health.
- **Mental benefits:** stress reduction, improved focus, emotional balance, and self-awareness.
- **Holistic well-being:** uniting body, mind, and spirit to encourage inner peace, better sleep, and overall happiness.

At the valedictory session, **certificates of appreciation and participation** were distributed to all participants by the Principal and members of the IQAC. The programme was a resounding success, fostering awareness of the importance of yoga and wellness in leading a balanced and healthy lifestyle.

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RESOURCE PERSON: HIRAMONI KALITA LAHKAR

SL. NO.	NAME	DESIGNATION	UID NUMBER	SIGNATURE 16-06-2025	SIGNATURE 17-06-2025	SIGNATURE 18-06-2025	SIGNATURE 19-06-2025	SIGNATURE 20-06-2025	SIGNATURE 21-06-2025
1	Mandira Lohar	Student	23AD0586	P	P	P	P	P	P
2	Ghanakanta Ojha	"	24AD0857	P	P	P	P	P	P
3	Mayukha Hazarika	"	24CD0176	P	P	P	P	P	P
4	Prabi Toppo	"	24AD0219	P	P	P	P	P	P
5	Anamika Talukdar	"	23AD0339	P	P	P	P	P	P
6	Ashita Talukdar	"	24AD0387	P	P	P	P	P	P
7	Olivia Mishra	"	23AD0011	P	P	P	P	P	P
8	Bidrit Baro	"	23AD0272	P	P	P	P	P	P
9	Nabajit Ramcharny	"	23AD0314	P	P	P	P	P	P
10	Honal Hamepi	"	23AD0621	P	P	P	P	P	P
11	Aaditsi Patgiri	"		P	P	P	P	P	P
12	Bhumiika Patgiri	"	24AD0578	P	P	P	P	P	P
13	Minoli Englenpi	"	24AD0299	P	P	P	P	P	P

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