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 selfawareness.
- **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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DARRANG COLLEGE (AUTONOMOUS), TEZPUR ONE WEEK YOGA AND WELLNESS CAMP DATE: 16th to 21st June, 2025 TIME: 3.30 P.M ONWARD RESOURCE PERSON: HIRAMONI KALITA LAHKAR

	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
).	Mandira Lohar	Chident	23AD0586	P	P	P	P	P	f
	Ghanakanta Ojha	и	24 AD 0857	P	p	P	P	P	P
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+	Olinia Mishra	h	23 AD 0011	P	ρ	P	P	P	P
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14	Parishmita Saiki'a	Strident	23400239	P	ρ	P	P	P	P
15	Tishow Tyote Devi	h	28 ADO6 35	P	P	P	P	P	P
16	Sonalike Udita	1)	23AD 0751	P	P	P	P	P	P
17	Prija Gogoi	lı	23 AD0472	P	P	P	P	P	P
18	Nilam Prasad	li	23 RD 0 0 9 1	P	4	P	P	P	P
19	Diksha Jarsined	11	2380 0026	P	P	p	ρ	P	P
20	Dupjyoti Das	h	23AD0430	P	P	P	P	P	P
21	Bhagyashru Rabba	1	24AD0843	P	P	P	P	P	P
22	Konghana Basumatay	, 11	24 000118	P	P	p	P	P	P
23	Unish Bhattarai	h	2400045	P	P	ρ	P	P	P
24	Tayanta Scharya	11	22 CD 0123	P	P	7	p	P	P
25	Esha Kalita	1	23AD0465	p	P	P	P	P	P
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