



DEPARTMENT OF ASSAMESE
MORIGAON COLLEGE
P.O. - MORIGAON, DIST.- MORIGAON (ASSAM)
PIN - 782105



Dr. Samutjal Saikia
M.A. M.PHIL., Ph.D, HoD

Ref.

Date :

7 DAYS WORKSHOP ON YOGA

DATE : 21/06/2025 to 27/08/2025

Venue: Indoor Stadium, Morigaon College

Organizer: Dept. of Assamese, Dept. of Hindi
& KKSHOU Study Center

Resource Person: Puja Sarmah

Dr. Nilbedita Saikia
M.A, Ph.D

Dr. Dibyajyoti Sarma
M.A, Ph.D

Utpal Mech
M.A, M.PHIL

Nandita Talukdar
M.A, M.PHIL

Hemaprava Rabha
M.A

Objectives of the event : (1) To develop physical and
mantel health.

(2) To Popularize yoga among the students.

Number of Participants : 63

Report : International Yoga Day of 2025 was celebrated at Morigaon College. In this year the NCC unit, Assamese Department and KKHSOU of Morigaon College celebrated the Yoga day for 7 days as a workshop. The yoga workshop was inaugurated by the Principal of Morigaon college Dr. Lila Kanta Borthakur and he delivered a beautiful inaugural speech on yoga from his own experience. In the opening ceremony of workshop was attended by Jugal chandra Nath, coordinator, KKHSOU and Dr. Samutjal Saikia, ANO, NCC. The workshop was conducted by Mrs. Puja Sarma as a yoga instructor. Instructor Puja Sarma provided the teachers and students with extensive practical knowledge about the benefits of yoga, rules and regulations of yoga and different types of yoga. A total of 63 students participated in the 7 days workshop.

Outcomes : The learners practice various types of Yoga to maintain their good physical and mental health.

27/08/25



7 DAYS WORKSHOP ON YOGA

For Students, Teaching and
Non Teaching Staff of Morigaon College



CELEBRATION OF INTERNATIONAL YOGA DAY/2025

Organized by Department of Assamese and Hindi in collaboration
with KKSHOU Study Center, Morigaon College

Date : 21st June to 27 June, 2025

Venue : Indoor Stadium Cum Multipurpose Hall

Time : 10 00 A.M.

Resource Person : Mrs. Puja Sarma



27/08/2025



[Signature]
27/08/2025

Sl. No.	Name	Year	Roll Nos.
1.	Neha Raja	2nd year	AS2024SWIA4810488
2.	Bhenu Das.	3rd year	AS2023SDA010126.
3.	Pary Das.	2nd year	AS2024SWIA4810489
4.	Paretha pratim Nath	3rd year	AS2023SDA0003976
5.	Kanu Singh	2nd year	AS2024SDIA4810479
6.	prasaquil mal.	3rd year	AS2023SDA010059
7.	Sini Zoni	3rd year	AS2023SWA000023
8.	Rimpi Devi	3rd year	AS2023SDA0009666
9.	Dristai parna Medhi	2nd year	AS2024SWIA4810485
10.	Dhani Ram Purna	3rd year	AS2023SDA010188
11.	Tina Devi	2nd year	AS2024SWIA4810482
12.	Pinki kacho	1st year	AS2025SWIA4811020
13.	Dhruva Jyoti Deka	3rd year	AS2023SDA010049
14.	yubaraj Nath	3rd year	AS2023SDA010347
15.	monuj Nath	3rd year	AS2023SDA010172
16.	Pihu Devi	2nd year	AS2024SWIA4810481
17.	Santas Nath	3rd year	AS2023SDA010041
18.	Riki Medhi	2nd yr.	AS2024SDIA4810475
19.	Anshana Bora	2nd year	AS2024SWIA4810423
20.	Borhami Deka	3rd year	AS2023SWA010136
21.	Anurag Devni	2nd year	AS2024SDIA4810480
22.	Kiran Devi	2nd year	AS2024SWIA4810486
23.	Babita Boradalai	1st year	AS2025SWIA4811019
24.	Mriman jyoti Bora	2nd year	AS2024SDIA4810476
25.	Sibya Bharati Boradalai	3rd year	AS2023SWA010249.
26.	Sumitra Medhi	1st year	AS2025SWIA4811025
27.	Gyandev Deka.	2nd year	AS2024SDIA4810478
28.	Geetanjali Hira.	2nd year	AS2024SWIA4810491.
29.	Prinshpniya Deka	2nd year	AS2024SWIA4810495
30.	Pallabi Devi	2nd year	AS2024SWIA4810496
31.	Sikha Rani Hira	1st year	AS2025SWIA4811022
32.	Daxal Deka	3rd year	AS2023SDA010179
33.	Sunami Bora	3rd year	AS2023SWA009985

23/11/25

Sl. No.	Name	Year	Roll NOS.
34	Suniya Bonthai	1st year	AS2025SWIA4811081
35	Nirupama Amchi	1st year	
36	Parvita Patari	1st year	AS2025SWIA4811037
37	Hiranika Nath	1st year	AS2025SDIA4811007
38	Anamika Bordoloi	2nd year	AS2024SWIA4810493
39	Heermoni Patan	1st year	AS2025SWIA4811027
40	Gangapallab Bonah	1st year	AS2025SDIA4811016
41	Bhitali Dewri	1st year	AS2025SWIA4811023
42	Saminia Akdar	1st year	AS2025SWIA4811028
43	Sasmita Mondal	1st year	AS2025SWIA4811029
44	Puja Das	1st year	AS2025SWIA4811026
45	Rajni Babbar	1st year	
46	Debasmita Das	1st year	AS2025SDIA4811010
47	Piku Nath	1st year	AS2025SDIA4811014
48	Rismiti Bordoloi	1st year	AS2025SDIA4811008
49	Bikhi Basumatary	1st year	AS2025SDIA4811006
50	Sumati Biswas	1st year	AS2025SWIA4811024
51	Jina Dewri	1st year	AS2025SWIA4811036
52	Puja Basumatary	1st year	AS2025SWIA4811021
53	Papari Patan	1st year	AS2025SWIA4811033
54	Parvita Medhi	1st year	AS2025SWIA4811034
55	Bishal Kumar Nath	1st year	AS2025SDIA4811013
56	Hachiram Baglari	1st year	AS2025SDIA4811009
57	Anait Basumatary	1st year	AS2025SDIA4811018
58	Nikhil Kumar Nath	1st year	AS2025SDIA4811017
59	Dhruvayati Kakati	1st year	AS2025SDIA4811012
60	Jitu Nath	1st year	AS2025SDIA4811011
61	Usha Devi	2nd year	AS2024SWIA4810487
62	Parvita Bordoloi	2nd year	AS2024SWIA4810494
63	Anurupa Decker	2nd year	AS2024SWIA4810490