

# **Report on Yoga Diwas Celebration**



**Department of History,  
Morigaon College, Assam.**

# Report on Lecture Programme: Awareness on the Benefits of Yoga

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Resource Person: Puja Sarma

Time: 1 p.m.

Organized by: Centre for Indian Knowledge Systems in collaboration with Department of History, Morigaon College.

Date: 21:08:2024

Venue: Dr.H.Sarmah Memorial Lecture Hall

Report:

A lecture programme titled "Awareness on the Benefits of Yoga" was conducted on 21st August 2024, at Dr. H. Sarmah Memorial Lecture Hall, Morigaon College. The event was organized by the Centre for Indian Knowledge Systems in collaboration with the Department of History, Morigaon College. The session commenced at 1 p.m. and the Resource Person for the event was Puja Sarma, a professional yoga practitioner. The lecture aimed to enhance awareness about the physical, mental, and spiritual benefits of practicing yoga. Puja Sarma, an esteemed yoga practitioner and instructor, provided an in-depth understanding of how yoga can contribute to overall well-being. She emphasized the importance of incorporating yoga into daily routines to manage stress, improve flexibility, and promote a balanced lifestyle.

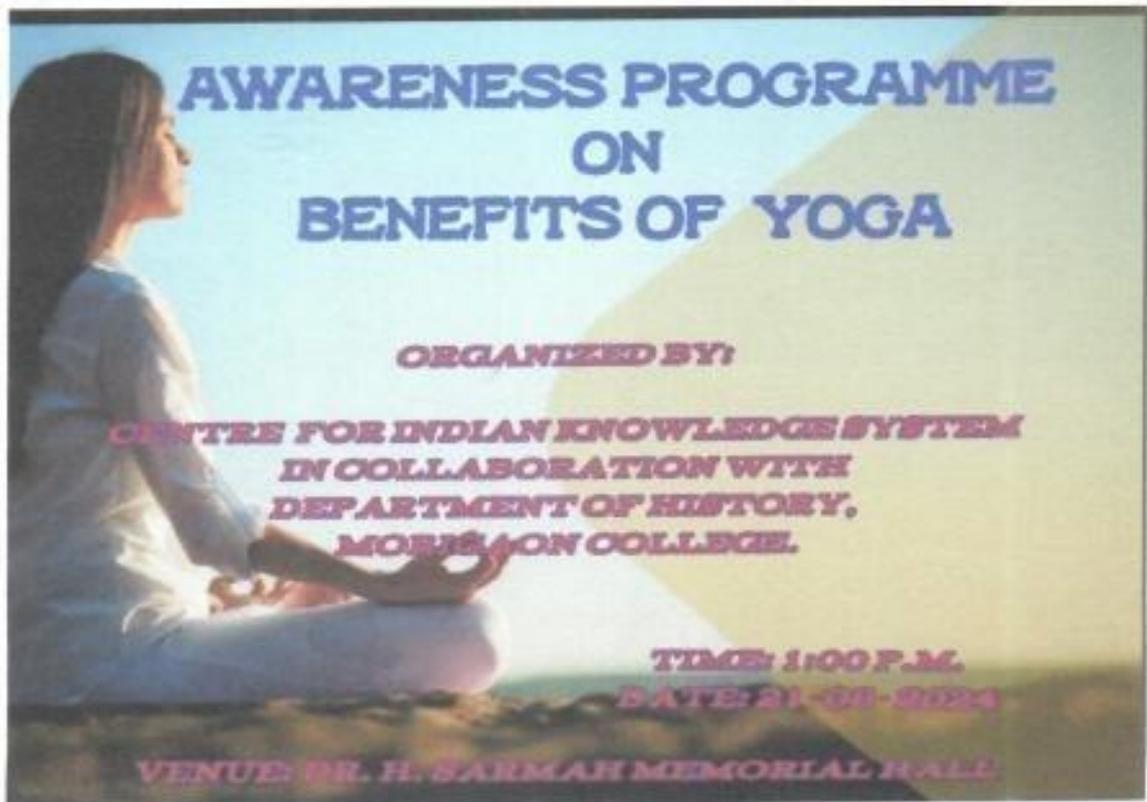
Outcome:

During the session, Sarma demonstrated several basic yoga postures, explaining their benefits and proper techniques. She also highlighted the significance of pranayama (breathing exercises) in regulating emotions and improving mental clarity. The audience, which included students, faculty members, and other participants, actively engaged in the practical session and raised insightful questions during the interactive segment. The lecture concluded with a vote of thanks to Puja Sarma for her valuable insights and practical guidance. The event was well-received, and participants expressed their appreciation for the same.

*Puja Sarma*

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Department of History  
Morigaon College  
Date .....

Images of the Event



**AWARENESS PROGRAMME  
ON  
BENEFITS OF YOGA**

**ORGANIZED BY:**  
**CENTRE FOR INDIAN KNOWLEDGE SYSTEM  
IN COLLABORATION WITH  
DEPARTMENT OF HISTORY,  
MORIGAON COLLEGE.**

**TIME: 1:00 P.M.  
DATE: 21-08-2024**

**VENUE: DR. H. SARMAH MEMORIAL HALL**

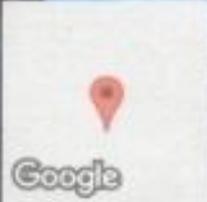


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Morigaon College  
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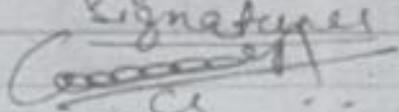
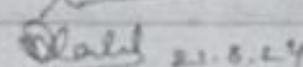
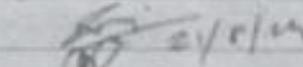
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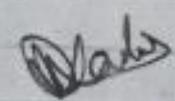
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Department of History  
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Date .....

21/08/2024

The Department of History, in collaboration with, B Centre for Indian Knowledge Systems is has organised a Lecture programme on "Awareness on the Benefits of Yoga". Poo Sharma, a professional Yoga Trainer is guest was present as the Resource Person.

Name & Signature of the participants :-

| Names                         | Signatures                                                                                         |
|-------------------------------|----------------------------------------------------------------------------------------------------|
| 1. Adil Kumar                 |                  |
| 2. Dr Chandan Sharma          |                 |
| 3. Rishi Das                  |                |
| 4. Anjali Barua               |               |
| 5. Deepak Kalita              |  Date 21.8.24 |
| 6. Anasastine Choudhury       |               |
| 7. Raj Ballav Nath            |  Date 21/8/24 |
| 8. Prantiksha Bharali         |               |
| 9. Barashorami Korkha         |                                                                                                    |
| 10. Runona Ranyai             |                                                                                                    |
| 11. Rejini Buthora            |                                                                                                    |
| 12. Momalisha Medhi           |                                                                                                    |
| 13. Rahul Phungcha            |                                                                                                    |
| 14. Koushik Hukhai            |                                                                                                    |
| 15. Sompranmitra Komalari     |                                                                                                    |
| 16. Jayati prabha Bhanu Bhanu |                                                                                                    |
| 17. Tulika Devi               |                                                                                                    |
| 18. Janyana Devi              |                                                                                                    |
| 19. Mummi Hukhai              |                                                                                                    |
| 20. Krishna Pratim Nath       |                                                                                                    |
| 21. Samir Nath                |                                                                                                    |
| 22. Raikan Ali                |                                                                                                    |
| 23. Himak Jyoti Das           |                                                                                                    |
| 24. Parajyoti Rajan           |                                                                                                    |



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Date

- 254 Tanali Hina  
 25) Choutam Das  
 26) Pitupam Borra  
 27) Tanali Deka  
 28) Krishna Devi  
 29) Bhaswati Devi  
 30/ Rinjin Boudalai  
 31/ Polash Deka  
 32/ Barsha Rani Patan  
 33/ Kabita Borra.  
 34/ Kartabi Borra  
 35/ Afikur Ahmed  
 36/ Hafijuddin Ahmed  
 37/ Nazari Senapati  
 38/ Aatyantika devi  
 39/ Piyatki Deka  
 40/ Lema mari Hukai  
 41 Pasashmoni Dewki  
 42 Puatibha Boudalai  
 43/ Queen Patan  
 44/ Tina Deka  
 45/ Lakshya jyoti Boudalai  
 46/ Dimpi Borra  
 47/ Pallaki Ray  
 48) Sarmistha Saikia  
 49) Karmita Devi  
 50) Inzamamul Hoque.  
 51/ Sri paragayali Malong  
 52/ Kapil Boudalai  
 53/ Seemanta Nath  
 54/ Pruthi Kora Borra  
 55/ Dibyajyoti Bezbaruah  
 56/ Taneshka Bharati  
 57/ Kousomita Das  
 58 ANJALI DEVI

Dalit

59/ Renu Englipi

60/ Ajmin Sultaner

61/ Mimujia Begum

*Dahl*

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