



গড়গাঁও মহাবিদ্যালয়
GARGAON COLLEGE

21st June, 2023

International Yoga Day





INTERNATIONAL DAY OF YOGA

Name of the activity: Celebration of International Yoga Day on 21st June, 2023

Collaboration:

- | | | |
|--------------------------------------|-------------------------------------|--|
| 1) Eco Club | 2) Yoga Center | 3) 49 Assam Naval NCC & 11 Assam Girls NCC |
| 4) Women Cell of Gargaon College and | 5) Patanjali Yoga Samiti, Sivasagar | |

No. of Participants: 151

Overview:

The NSS Unit of Gargaon College in collaboration with Eco Club, Yoga Center, the 49 Assam Naval NCC and 11 Assam Girls NCC, Women Cell of Gargaon College and Patanjali Yoga Samiti, Sivasagar District celebrated 9th International Yoga Day on 21st June at the college premises with great enthusiasm. This day is celebrated in conjunction with the International Yoga Day, which is celebrated all over the world on the basis of the 'Yoga Art' that was originated in ancient India. The function was started with a brief introduction of International Yoga Day by Dr. Rimjim Borah, NSS programme officer of Gargaon College. After felicitation and lamp lighting ceremony, the programme was inaugurated by Dr. Sabyasachi Mahanta, the Principal of the College. Dr. Mahanta, in his inaugural speech briefly explained the significance of International Yoga Day. He mentioned that Yoga Day is celebrated all over world to raise awareness about the glorious yoga practice of India. Yoga is a ancient art of India which plays an important role in relaxing the mind and body and boosting people's immune system. Dr. Chandaditya Gogoi, the HoD of the Department of Geology and resource person of this 9th International Yoga day celebration practiced various yoga positions among more than two hundred persons comprising of teachers, non-teaching staff, students, volunteers of National Service Scheme and Cadets of NCC. Ranjan Mahanta, Jila Pravari, Patanjali Yoga Samiti, Sivasagar District and Bhargav Goswami, yoga teacher also demonstrated soma yaga asanas. Dr. Rimjim Borah offered vote of thanks to all the faculties, non-teaching staff, NSS volunteers, NCC Cadets and all students who graced the occasion with their participation.



**List of the Participants
International Yoga Day, 21st June, 2023**

1	Biswajit Dutta
2	Ajijur Rohman
3	Jahnabi Phukan
4	Krishna Rani Boruah
5	Ankita Gogoi
6	Puja Borpatra Gohain
7	Rahul Bailung
8	Baby Dutta
9	Joyshree Rajkumari
10	Kalpana Borah
11	Kalyani Konwar
12	Indrani Saikia
13	Annapriya Dutta
14	Hirokhyoti Handique
15	Deepshikha Gharphalia
16	Rishashree Chetia
17	Munmi Duwarah
18	Arfina Ahmed
19	Niharika Borgohain
20	Subhankhi Chetia
21	Donipal Panitula
22	Jeshi Gogoi
23	Bepul Konwar
24	Pronoy Dutta
25	Kaushik Chetia
26	Barbee Konwar
27	Rahul Gogoi
28	Rituraj Changmai
29	Porag Jyoti Boruah
30	Amar Jyoti Chetia
31	Abhijit Ghatuwar
32	Utpal Changmai
33	Bhargav Jyoti Borgohain
34	Mousum Gogoi
35	Nelutpol Boruah
36	Bakhishtha Chetia
37	Ankumoni Borah
38	Sonali Koiri
39	Niha Mech



40	Barakha Buragohain
41	Prity Konwar
42	Jintu Mech
43	Dimpi Rajkhowa
44	Dipika Boruah
45	Rajdeep Borgohain
46	Luit Jyoti Moran
47	Anindya Pratim Dowarah
48	Kanistha Mili
49	Amarjit Singh
50	Chanjuua Priya Boruah
51	Abismita Borah
52	Ritem Borpatra Gohain
53	Nikita Phukan (Zoology)
54	Jadap Ch Nayak
55	Pinki Boruah
56	Bristi Chetia
57	Roshmi Borgohain
58	Bidisha Gogoi
59	Rishika Khongia
60	Dikhita Gogoi
61	Debashree Saikia
62	Gitashree Tamuli
63	Muskan Rahman
64	Sikha Ehutia
65	Horishikesh Dowari
66	Ambarish Buragohain
67	Rani Bora
68	Priyakhee Dutta
69	Puja Boruah
70	Joyshree Borgohain
71	Diksha Gogoi
72	Himadri Mohan
73	Debprokesh Khodal
74	Podmakanta Handique
75	Prostuti Gogoi
76	Pancharika Mohan
77	Gargi Kashyap Bora
78	Sneha Gogoi
79	Kristina Singh
80	Vaishali Dey
81	Kristina Dowarah
82	Mon Aronya Phukan



83	Disha Borah
84	Shrimasri Buragohain
85	Prastuti Phukan
86	Aditya Dutt
87	Sondipon Boruah
88	Pratyush Roy
89	Rajdeep Kashyap
90	Hrishikesh Boruah
91	Saurav Jyoti Deka
92	Amabjyoti Bhattacharya
93	Gouranga Chetia
94	Eureka Gogoi
95	Samudri Hazarika
96	Snaha Dey
97	Ankita Gogoi
98	Purwati Rabha
99	Pujarani Sonowal
100	Nikita Hazarika
101	Dhoritree Chetia
102	Samyadeep Konwar
103	Manashpran Saikia
104	Riki Saikia
105	Manash Pratim Tamuli
106	Manash Pratim Kalita
107	Rituraj Saikia
108	Koushik Mohan
109	Mriganka Kashyap
110	Biki Borpatra Gohain
111	Anurag Borgohain
112	Rishiraj Mohan
113	Durgeshwar Boro
114	Anamika Roy
115	Jupitora Bailung
116	Muskan Koinat Ali
117	Sunayya Ahmed
118	Divyanka Buragohain
119	Priyanshu Paul
120	Jyotimoi Buragohain
121	Bishnu Bikash
122	Ankur Raj Gogoi
123	Hirokijyoti Saikia
124	Kopil Konwar
125	Bhargab Chetia
126	Manash Jyoti Konwar
127	Chayan Gogoi



128	Navadeep Gogoi
129	Dimpol Moran
130	Gourav Gogoi
131	Jenee Gogoi
132	Mritrandini Chetia
133	Prity Sonowal
134	Bivash R. Saikia
135	Progyan Jyoti Dutta
136	Nitupoma Lohon
	Teaching and Non-Teaching Staff
137	Sandeepa Agarwalla
138	Ankita Dutta
139	Dr. Jitu Saikia
140	Dr. Boluram Das
141	Shoutai Lohon
142	Kabita Phukan
143	Dr. Rinjim Borah
144	Harekrishna Milli
145	Ritumony Tanu
146	Jayanta Sonowal
147	Dr. Ankur Dutta
148	Dr. Sahin Sehnaz Begum
149	Sangita Chetia
150	Dr. Bidyananda Borkakoti
151	Dr. Raktim Pator

Rinjim Borah

Dr. Rinjim Borah
Programme Officer, M.A. Unit
of Gargaon College, Dimapur
Sivasagar, Assam



Banner of the Event

GARGAON COLLEGE
9TH INTERNATIONAL DAY OF YOGA
(21st June, 2023)
Theme: Yoga for Vasudhaiva Kutumbakam

Organised by
NSS Unit, Gargaon College
Eco Club
Yoga Centre
11 Assam Girls (1) Coy NCC
49 Assam Naval Unit NCC
Women Cell (GCTU)
& IQAC, Gargaon College

Venue: Indoor Stadium, Gargaon College
Time: 9 am onwards.

Photos of the Event







Borkola Gorph Gaon, Assam, India
WPFQ+HHW, Borkola Gorph Gaon, Assam 785685, India
Lat 26.92315°



Borkola Gorph Gaon, Assam, India
WPFQ+HHW, Borkola Gorph Gaon, Assam 785685, India
Lat 26.92315°



Borkola Gorph Gaon, Assam, India
WPFQ+HHW, Borkola Gorph Gaon, Assam 785685, India
Lat 26.92315°