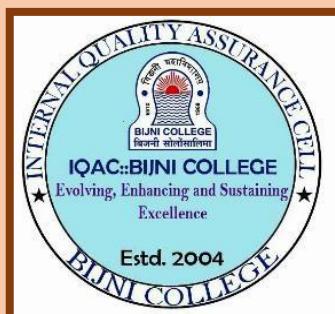




**An Annual Report
On
Life Skill Class on Yoga
Session: From 1st August 2024 to 31st July 2025**

**Prepared by
Internal Quality Assurance Cell
BIJNI COLLEGE**



**BIJNI COLLEGE
P.O. Bijni, Dist. Chirang, BTR, Assam, India-783390
Website: bijnicollege.ac.in
Email: bijnicollege@gmail.com**

Report on Yoga Class

About the Programme

Bijni College provides life skill class on Yoga. It teaches practical techniques like asanas and pranayama to foster physical health, mental clarity, and emotional regulation, developing resilience, focus, self-awareness, and discipline for a balanced, effective daily life, moving beyond just physical fitness to build inner calm and adaptability. The core components of the Yoga Life Skill Class are Mind-Body Connection, Emotional Intelligence, Self-Care, Focus & Discipline and Resilience.

1. Name of the Programme : Life Skill on Yoga
2. Organized by : Sports & Health Cells of Bijni College
3. Session : From 1st August 2024 to 31st July 2025
4. Venue : Bijni College Yoga Centre
6. Number of participants : 68 X 3=204 (68 Participants in a Batch)

Objective of the Programme

- To promote physical health and fitness among students and staff through regular practice of yogic postures and breathing exercises.
- To enhance mental well-being by reducing stress, anxiety, and emotional imbalance through meditation and mindfulness techniques.
- To inculcate discipline, concentration, and self-awareness in learners for better academic performance and personal growth.

Programme outcome

- Improved physical fitness and flexibility leading to better posture, stamina, and overall health among participants.
- Enhanced concentration and focus, contributing to improved academic and professional efficiency.
- Reduced stress levels and improved emotional resilience, fostering mental stability and inner calmness

Activity Report

The Yoga Classes were conducted in the college campus under the guidance of trained instructors. Sessions included a combination of Asanas (postures), Pranayama (breathing exercises), and Dhyana (meditation) techniques. Participants were introduced to both basic and intermediate levels of yoga practices suitable for all age groups.

Special sessions were also organized on the occasion of International Yoga Day to promote awareness about the importance of yoga for holistic development.

Glimpses of the Programme







List of Participants

Yoga Awareness Programme

Dt - 29/04/2025

Time - 12 Noon to 1 Pm.

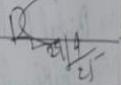
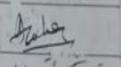
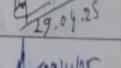
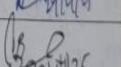
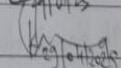
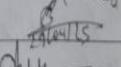
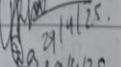
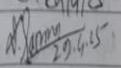
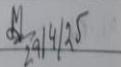
Venue - B.G. Basumatary Auditorium, Bijni

A free Yoga Awareness Camp is organised by Health cell, Bijni College, Bijni, Assam on 29/04/2025 at B.G. Basumatary Auditorium, Chirang, Govt. of Assam. The camp is inaugurated by Dr. Birhash Giri Basumatary, Principal, Bijni College, Bijni. In his inaugural speech he discussed about the benefits of yoga as well as the importance of yoga in our daily life. IAC Coordinator Rabul Basumatary, also mentioned the benefit and importance of yoga during his activation. Lastly Mr. Amrendra Saha, Yoga Instructor guided the participants in yoga. He to all the teachers and students. A total no. of 68 Participants (Teachers & students) have participated in the programme.

Name of the Participants.

Designation

Signature

1. Dr. Birhash Giri Basumatary	Principal	
2. Amrendra Saha	Yoga Instructor	
3. Sabita Ray	Vice-Principal	
4. Devyoti Sauma	Asstt Prof	
5. Dr. Rabul Basumatary	Co-ordinator IAPC, Bijni College	
6. Dr. Kusum Barman	Asstt. Prof.	
7. Rongor Basumatary	Guest Faculty	
8. Arindita Bhattacharya	Guest Faculty	
9. Jumi Sa	Asstt. Prof	
10. Darshana Sauma	Guest Faculty	
11. Meigen Barman	Asstt. Prof	

<u>Name of the Participants</u>	<u>Designation</u>	<u>Signature</u>
2. Sumita Basumatary (B.A. 4th Sem)	Student (Mention)	Sumita Basumatary
3. Nurbada Chetry (B.A. 9th Sem)	Student (Mention)	Nurbada Chetry
4. Tania Ghosh (UG 2nd Sem)	Student (Chemistry)	Tania Ghosh
5. Muktaonara Begum (UG 2nd sem)	Student (Chemistry)	Muktaonara Begum
6. Emonia Bhattacharya (UG 3rd sem)	Student (chemistry)	Emonia Bhattacharya
7. Arjuna Bhattacharya (UG 3rd sem)	Student (chemistry)	Arjuna Bhattacharya
8. Monika Barman (UG 4th sem)	Student (Assamese)	Monika Barman
9. Nabin Choudhury (UG 2nd Sem)	Student (Assamese)	Nabin Choudhury
10. Diganta Barman (UG 2nd sem)	Student (Assamese)	Diganta Barman
11. Sanjaya Marmal (UG 2nd Sem)	Student (Assamese)	Sanjaya Marmal
12. Gayatri Barman (UG 2nd Sem)	Student (Assamese)	Gayatri Barman
13. Biplabita Barman (" ")	" (")	Biplabita Barman
14. Nilima Saha (" ")	" (")	Nilima Saha
15. Shubra Das (UG 4th Sem)	Student (Assamese)	Shubra Das
16. Sayed Md. Ali (UG 2nd Sem)	" (Assamese)	Sayed Md. Ali
17. Neesum Basumatary (UG 2nd Sem)	" (chemistry)	Neesum Basumatary
18. Sanindul Islam Ali (UG 2nd Sem)	" (chemistry)	Sanindul Islam Ali
19. Sultana Elmira Yasmin (UG 4th Sem)	Student (Assamese)	Sultana Elmira Yasmin
20. Jamuna Bhattachary (UG 4th Sem)	" (Assamese)	Jamuna Bhattachary
21. Amin Ahmed (UG 4th Sem)	" (Education)	Amin Ahmed
22. Apurba Basumatary (UG 4th Sem)	" (Assamese)	Apurba Basumatary
23. Suvo Chakraborty (UG 4th Sem) (Bengali)	" (Bengali)	Suvo Chakraborty
24. Bishel Mahanayak (UG 4th Sem) (Bengali)	" (Bengali)	Bishel Mahanayak
25. Jhiki Sarkare (UG 6th Sem) (Bengali)	" (Bengali)	Jhiki Sarkare
26. Lakshmi Podder (UG 4th Sem) (Assamese)	" (Assamese)	Lakshmi Podder
27. Manshra Ray (UG 6th Sem) (Bengali)	" (Bengali)	Manshra Ray
28. Ujjal Anjya (UG 4th Sem) (Bangali)	" (Bangali)	Ujjal Anjya
29. Komal Husum (UG 2nd Sem) (Assamese)	" (Assamese)	Komal Husum
30. Kamal Husum (UG 6th Sem) (Assamese)	" (Assamese)	Kamal Husum
31. Muzammal Mondal (UG 2nd Sem) (Assamese)	" (Assamese)	Muzammal Mondal
32. Ramej Ali (UG 2nd Sem) (Assamese)	" (Assamese)	Ramej Ali
33. Prishma Mishra (UG 2nd Sem) (Bengali)	" (Bengali)	Prishma Mishra
34. Sushila Basumatary (UG 3rd Sem) (Botany)	" (Botany)	Sushila Basumatary
35. Bhunika Basumatary (UG 2nd Sem) (Botany)	" (Botany)	Bhunika Basumatary

List of Participants

46. Aroma Basumatary	UG 4th sem (Bodo)	Aroma Basumatary
47. Rongina Basumatary	UG 4th Sem. (Bodo)	Rongina Basumatary
48. Sanghamitra Ray	UG 2nd Sem (Physics)	Sanghamitra Ray
49. Nazma Sultana	UG 2nd Sem (Physics)	Nazma Sultana
50. Suramika Muchahary	FYUGI 2nd sem (Botany)	Suramika Muchahary
51. Preya Basumatary	UG 4th Sem (Bodo)	Preya Basumatary
52. Manika Daimary	UG 4th Sem (Bodo)	Manika Daimary
53. Somed Ali	2nd Sem (Physics)	Somed Ali
54. Abdul Hussain	2nd sem (Physics)	Abdul Hussain
55. Biswadat Gogary	2nd sem (Physics)	Biswadat Gogary
56. Sushanta Basumatary	UG 2nd Sem (Botany)	Sushanta Basumatary
57. Mitishwar Brahma	UG 2nd Sem (Botany)	Mitishwar Brahma
58. Kandarpa Ray	UG 2nd sem (Aeronautics)	KRD
59. Surangshu Gaisary	(Guest Faculty)	
60. Arga Basumatary	(Guest Faculty)	
61. Barnali Basumatary	(Guest Faculty)	
62. Anuradha Basumatary	(Guest Faculty)	
63. Alpona Misra	(Associate Prof.)	

11th International Yoga Day 2025
organized by
Health Cell, Bijni College
Date : 21/6/25, Time :- 6:30 Am.
Venue : B.G. Basumatary Auditorium Hall

Signature of Faculty, Resource Person and Guest

1. Dr. Bishashree Basumatary

21/6/25

2. Kshilashree Basumatary

3. Barnali Gogary

21/6/25

4. Gopal Gogary

21/6/25

5. Suniti Sarmah

21/6/25

6. Dr. Babul Basumatary

21/6/25

7. Dr. Golinda Basumatary

21/6/25

8. Dr. Umanath Basumatary

21/6/25

9. Binika Gogary

21/6/25

10. Abhijit Ray

21/6/25

11. Suniti Parma

21/6/25

12. Anupam Sarkar Ray

21/6/25

13. Rengor Basumatary

21/6/25

14. Devyati Sarmah

21/6/25

15. Dhrishna Sarmah

21/6/25

16. Sabata Ray

21/6/25

17. Meigen Basumatary

21/6/25

18. Kusum Brahma

21/6/25

Signature of Participants

Name

class

Signature

9. Jumira Desmin	HS 1st Year	Rabul Marzary
10. Mampi Basumatary	HS 1st Year	Jumira Desmin
11. Somiron Begum	HS 1st year	Mampi Basumatary
12. Sikkhamoni Basumatary	HS 1st year	Somiron Begum
13. Subhangshu Basumatary	B.A. 3rd sem	
14. Sonpha Basumatary	B.A. 6th sem	Sonpha Basumatary
15. Maleekha Ray		
16. Premalal Ray		
17. Purvima Basumatary		
18. Debendra Narayan Basumatary		
19. Himangshu Modhi		
20. Sanjib Basumatary		
21. Mafetunay Saha		
22. Jitraj Basumatary		
23. Ruisumui Basumatary	PG 2nd sem	Ruisumui Basumatary
24. Munu Boro	H.S 2nd year	Munu Boro
25. Nalakanta Basumatary		
26. Kusum Brahma		

Name

class

Signature

HS 2nd year

Albasen

18 A. 6th sem

Almashekh

18 A. 2nd year

Ezraath Naser

18 H. 3rd year

Rumit BZ

Rumit BZ

RA 6th Sem

R

B.A. 6th sem

AJ

H.S 6th year

Komal Basumatary

Quality Assurance Note from the Co-ordinator, IQAC

The Annual Report on Life Skill Class on Yoga for the Session started from 1st August 2024 to 31st July has been prepared based on the report and additional data provided jointly by Health & Sports Cells of Bijni College. The validity of data has been verified and prepared final activity report and the quality of activity has been assured by Dr. Babul Basumatary, Co-ordinator, IQAC, Bijni College.

Internal Quality Assured by



(Dr. Babul Basumatary)
Co-ordinator
IQAC, Bijni College
Date: 02/09/2025
Place: IQAC Office, Bijni College



Received by



(Dr. Birhash Giri Basumatary)
Principal
Bijni College
Date: 02/09/2025
Place: Office, Bijni



IQAC
BIJNI COLLEGE::BIJNI