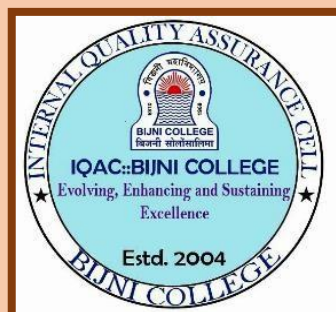




An Annual Report
On
Life Skill Class on Yoga
Session: From 1st August 2024 to 31st July 2025

Prepared by
Internal Quality Assurance Cell
BIJNI COLLEGE



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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 Camp Programme		
Date - 29/04/2025		
Time - 12 Noon to 1 P.m.		
Venue - B.G. Barumatay Auditorium, Bijini College		
<p>A free Yoga Awareness Camp is organized by Health cell, Bijini College, Bijini and sponsored by District Health Society, National Health Mission, Chirang, Govt of Assam on 29/04/2025 at B.G. Barumatay Auditorium Hall, Bijini College, Bijini from 12 Noon to 1 P.m. The camp is inaugurated by Dr. Bishakh Gini Barumatay, Principal, Bijini College, Bijini. In his inauguration speech he discussed about the benefits of yoga as well as the importance of yoga in our daily life. NAC Coordinator Babul Barumatay, vice-principal Sabita Roy also attend in the camp.</p> <p>Mr. Anandendu Saha, Yoga Acharya, guided the participants in yoga. He also mentions the benefit and importance of yoga during his activities. Lastly Mr. Devijyoti Saha, convenor of Health cell, Bijini College, Bijini gives the vote of thanks to all the teachers and students. A total no. of 68 Participants (Teachers & students) has participated in the programme.</p>		
Name of the Participants.	Designation	Signature
1. Dr. Bishakh Gini Barumatay	Principal	
2. Anandendu Saha	Yoga Instructor	
3. Sabita Roy	Vice-Principal	
4. Devijyoti Saha	Asst. Prof	
5. Dr. Babul Barumatay	Co-ordinator IQAC, Bijini College	
6. Dr. Kusum Barahma	Asstt. Prof.	
7. Ringar Barumatay	Guest faculty	
8. Chandita Bhattacharya	Guest Faculty	
9. Guni Da	Asstt. Prof	
10. Darshana Sarma	Guest Faculty	
11. Mijun Barman	Asstt. prof	

Name of the Participants	Designation	Signature	46. Ar
2. Sumitra Barumatay (B.A 4th Sem)	Student (Madan)	Sumitra Barumatay	47. R
3. Nandada Chetry (B.A 9th Sem)	Student (Madan)	Nandada Chetry	48. S
4. Tania Chetry (UG 2nd Sem)	Student (Chemistry)	Tania Chetry	49. N
5. Mukhananda Begum (UG 2nd Sem)	Student (Chemistry)	Mukhananda Begum	50. S
6. Emima Khutum (UG 2nd Sem)	Student (Chemistry)	Emima Khutum	51. P
7. Arjuna Khutum (UG 2nd Sem)	Student (Chemistry)	Arjuna Khutum	52. 1
8. Monica Begum (UG 4th Sem)	Student (Assamese)	Monica Begum	53. 1
9. Moha Choudhury (UG 2nd Sem)	Student (Assamese)	Moha Choudhury	54. 1
10. Diganta Barman (UG 2nd Sem)	Student (Assamese)	Diganta Barman	55. 1
11. Sanjoy Marmur (UG 2nd Sem)	Student (Assamese)	Sanjoy Marmur	56. 1
12. Gayatri Barman (UG 2nd Sem)	Student (Assamese)	Gayatri Barman	57. 1
13. Pankaj Barman (" " ")	Student (Assamese)	Pankaj Barman	58. 1
14. Nilima Saha (" " ")	Student (Assamese)	Nilima Saha	59. 1
15. Shiba Das (UG 4th Sem)	Student (Assamese)	Shiba Das	60. 1
16. Sajal Malik (UG 2nd Sem)	Student (Assamese)	Sajal Malik	61. 1
17. Nandan Barumatay (UG 2nd Sem)	Student (Chemistry)	Nandan Barumatay	62. 1
18. Sanidul Islam (UG 2nd Sem)	Student (Assamese)	Sanidul Islam	63. 1
19. Suman Saha (UG 4th Sem)	Student (Assamese)	Suman Saha	64. 1
20. Jyoti Barman (UG 4th Sem)	Student (Assamese)	Jyoti Barman	65. 1
21. Armin Ahmed (UG 4th Sem)	Student (Education)	Armin Ahmed	66. 1
22. Apurba Barumatay (UG 4th Sem)	Student (Assamese)	Apurba Barumatay	67. 1
23. Suman Chakraborty (UG 4th Sem)	Student (Bengali)	Suman Chakraborty	68. 1
24. Bisal Mahapatra (UG 4th Sem)	Student (Bengali)	Bisal Mahapatra	69. 1
25. Thiki Sankar (UG 6th Sem)	Student (Bengali)	Thiki Sankar	70. 1
26. Lakshi Podare (UG 4th Sem)	Student (Assamese)	Lakshi Podare	71. 1
27. Monisha Roy (UG 4th Sem)	Student (Bengali)	Monisha Roy	72. 1
28. Ujjal Aniya (UG 4th Sem)	Student (Bengali)	Ujjal Aniya	73. 1
29. Kamal Roy (UG 2nd Sem)	Student (Assamese)	Kamal Roy	74. 1
30. Kamal Hussain (UG 2nd Sem)	Student (Assamese)	Kamal Hussain	75. 1
31. Musammat Mondal (UG 2nd Sem)	Student (Assamese)	Musammat Mondal	76. 1
32. Rameji Ali (UG 2nd Sem)	Student (Assamese)	Rameji Ali	77. 1
33. Prishona Mondal (UG 2nd Sem)	Student (Bengali)	Prishona Mondal	78. 1
34. Sumit Barumatay (UG 2nd Sem)	Student (Assamese)	Sumit Barumatay	79. 1
35. Dhruva Barumatay (UG 2nd Sem)	Student (Assamese)	Dhruva Barumatay	80. 1

List of Participants

46. Arcoma Basumatary	UG 4th sem (Bodo)	Arcoma 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. Sanamika Muchahary	FUG 2nd sem (Botany)	Sanamika Muchahary
51. Priya Basumatary	UG 4th Sem (Bodo)	Priya Basumatary
52. Manika Daimary	UG 4th Sem (Bodo)	Manika Daimary
53. Somed Ali	2nd Sem (physics)	Somed Ali
59. Abul Hussain	2nd sem (Physics)	Abul Hussain
60. Biswul Gogary	2nd sem (Physics)	Biswul Gogary
61. Sushanta Basumatary	UG 2nd Sem (Botany)	Sushanta Basumatary
62. Milishon Brahma	UG 2nd Sem (Botany)	Milishon Brahma
63. Kandarpa Ray	UG 2nd sem (Assamese)	Kandarpa Ray
64. Swarnagar Daimary	(Guest Faculty)	Swarnagar Daimary
65. Arga Basumatary	(Guest Faculty)	Arga Basumatary
66. Barnali Basumatary	(Guest Faculty)	Barnali Basumatary
67. Anuradha Basumatary	(Guest Faculty)	Anuradha Basumatary
68. Aparna Misra	(Associate Prof.)	Aparna Misra

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

The "11th International Yoga Day" along with "A Decade of International Day of Yoga" has been organized by the Health Cell, Bijni College in collaboration with the "Art of Living", Bijni Center (H.A. Bangalore). As a part of celebration a popular talk on "Importance of yoga on Health Care" has been organised. The Resource Person, Dr. Kusum Brahma, Assistant Professor, Department of Education, Bijni College, Bijni talks about the background and importance of International Yoga Day. She also talks about the importance of yoga on our mental and physical health in way of life.

In this yoga day all the participants have actively participated in various yoga (i.e. Bhujangha, Kapalbhati, Pranayam, Savasana, Ashtanga, yoga, Kundalini yoga, Anulom-bilom, Bhramari etc.) with the help of instructor Gopal Gogary, Kshitish Barman and others instructor of yoga and all other members of the Art of Living. They properly teach the participants how to practice through a proper way and the benefits of the yoga.

9. Jumiya Desmin	HS 1st Year	Rahul Narzary
10. Manti Basbore	HS 1st Year	Jumiya Desmin
11. Somirion Begum	HS 1st year	Manti Basbore
12. Sikkhamoni Basuach	HS 1st year	Somirion Begum
13. Subhanshal Basumatary	B.A. 3rd Sem	Sikkhamoni Basuach
14. Sampa Basumatary	B.A. 6th Sem	Subhanshal Basumatary
15. Maleika Ray		Sampa Basumatary
16. Premadev Ray		Maleika Ray
17. Purnima Barman		Premadev Ray
18. Debendra Narayan Barman		Purnima Barman
19. Himangshu Medhi		Debendra Narayan Barman
20. Sanjib Barman		Himangshu Medhi
21. Mr. K. M. Saha		Sanjib Barman
22. Jibran Das		Mr. K. M. Saha
23. Ruksumi Basumatary	PG 2nd Sem	Jibran Das
24. Munu Boro	HS 2nd year	Ruksumi Basumatary
25. Nakanta Barman		Munu Boro
26. Kusum Brahma		Nakanta Barman

Signature of Faculty, Resource person and guest

- Dr. Bishakh Gini Basumatary
- Kshitish Barman
- Gopal Gogary
- Kshitish Barman
- Dr. Kusum Brahma
- Dr. Babul Basumatary
- Dr. Gubinda Barishya
- Dr. Umananda Basumatary
- Biswul Gogary
- Abhijit Ray
- Sowali Parman
- Anupam Sanhar Ray
- Ringsar Basumatary
- Kshitish Barman
- Danashan Sarma
- Sabita Ray
- Mridul Barman
- Kusum Brahma

Signature of Participants

Name	Class	Signature
Albakesh Naszady	HS 2nd year	Albakesh
Ramesh Basumatary	BA 6th Sem	Ramesh
Ezra Nath Naszady	HS 2nd year	Ezra Nath Naszady
Rohit Basumatary	HS 1st year	Rohit
Pooja Barman	BA 6th Sem	Pooja
Anobinda Barman	BA 6th Sem	Anobinda
Kamal Barman	HS 1st year	Kamal Barman

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, Bijn



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