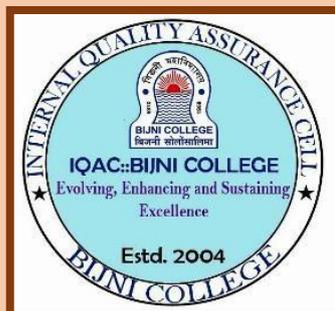




**An Annual Report**  
**On**  
**Life Skill Class on Yoga**  
**Session: From 1st August 2024 to 31st July 2025**

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



**BIJNI COLLEGE**  
**P.O. Bijni, Dist. Chirang, BTR, Assam, India-783390**  
**Website: [bijnicollege.ac.in](http://bijnicollege.ac.in)**  
**Email: [bijnicollege@gmail.com](mailto:bijnicollege@gmail.com)**



## Certificate of Registration

This is to certify that

### BIJNI COLLEGE

P.O. BIJNI, DIST. CHIRANG (BTAD) ASSAM PIN - 783390, INDIA

has been independently assessed by QRO  
and is compliant with the requirement of:

**ISO 9001:2015**

### Quality Management System

For the following scope of activities:

**PROVIDING EDUCATION FOR UNDERGRADUATE STUDENT.**

Date of Certification: 17th January 2023

2<sup>nd</sup> Surveillance Audit Due: 16th January 2025

1<sup>st</sup> Surveillance Audit Due: 16th January 2024

Certificate Expiry: 16th January 2026

**Certificate Number: 202301056**



*Chunmalya ..*

Head of Certification

Validity of this certificate is subject to annual surveillance audits to be done successfully on or before 365 days from date of the audit.  
(In case if surveillance audit is not allowed to be conducted; this certificate shall be suspended / withdrawn).

The Validity of this certificate can be verified at [www.qrocet.com](http://www.qrocet.com)

This certificate of registration remains the property of QRO Certification Limited, and shall be returned immediately upon request.

QRO Certification Limited is accredited by UK Akkreditering Forum Limited, UK ([www.ukaf.org.uk](http://www.ukaf.org.uk))

Winnington House 2 Woodberry Grove Finchley London N12 0DR

QRO Certification Limited

27 Old Gloucester Street, London, WC1N 3AX Company Number : 14230776

Website : [www.qrocet.com](http://www.qrocet.com), E-mail : [info@qrocet.com](mailto:info@qrocet.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 1<sup>st</sup> August 2024 to 31<sup>st</sup> 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 Yoga Class







**List of Participants**

Yoga Awareness Camp Programme

dt - 29/04/2025  
 Time - 12 Noon to 1 P.m.  
 Venue - B.G. Basumatary Auditorium, Bijnor College

A free Yoga Awareness Camp is organized by Health Cell, Bijnor College, Bijnor and sponsored by District Health Society, National Health Mission, Chirang, Govt of Assam on 29/04/2025 at B.G. Basumatary Auditorium Hall, Bijnor College, Bijnor from 12 Noon to 1 P.m. The camp is inaugurated by Dr. Bishakh Gopi Basumatary, Principal Bijnor College, Bijnor. In his inauguration speech he discussed about the benefits of yoga as well as the importance of yoga in our daily life. IAC Coordinator Babul Basumatary, vice-principal Anil Kumar also attend in the camp. Mr. Anandendu Saha, Yoga Acharya, guided the participants in yoga. He also mentions the benefit and importance of yoga during his activities. Lastly Mr. Anandendu Saha, convenor of Health Cell, Bijnor College, Bijnor gives the vote of thanks to all the teachers and students. A total no. of 69 Participants (Teachers & students) has participated in the programme.

| Name of the Participants.      | Designation                      | Signature   |
|--------------------------------|----------------------------------|-------------|
| 1. Dr. Bishakh Gopi Basumatary | Principal                        | [Signature] |
| 2. Anandendu Saha              | Yoga Instructor                  | [Signature] |
| 3. Sabita Roy                  | Vice-Principal                   | [Signature] |
| 4. Anandendu Saha              | Asstt Prof                       | [Signature] |
| 5. Dr. Babul Basumatary        | Co-ordinator IAC, Bijnor College | [Signature] |
| 6. Dr. Kusum Brahma            | Asstt. Prof.                     | [Signature] |
| 7. Kingas Basumatary           | Guest faculty                    | [Signature] |
| 8. Anindita Bhattacharya       | Guest Faculty                    | [Signature] |
| 9. Guni Das                    | Asstt. Prof                      | [Signature] |
| 10. Darshana Sarma             | Guest Faculty                    | [Signature] |
| 11. Muijen Sarman              | Asstt. prof                      | [Signature] |

| Name of the Participants             | Designation         | Signature           | 46. Ar |
|--------------------------------------|---------------------|---------------------|--------|
| 2. Sumitra Basumatary (B.A 1st Sem)  | Student (Chemistry) | Sumitra Basumatary  | 47. Ar |
| 3. Nandada Chetry (B.A 3rd Sem)      | Student (Chemistry) | Nandada Chetry      | 48. S  |
| 4. Tania Chetry (UG 2nd Sem)         | Student (Chemistry) | Tania Chetry        | 49. N  |
| 5. Muktarana Begum (UG 2nd Sem)      | Student (Chemistry) | Muktarana Begum     | 50. S  |
| 6. Emima Khadun (UG 2nd Sem)         | Student (Chemistry) | Emima Khadun        | 51. P  |
| 7. Arzjina Khadun (UG 2nd Sem)       | Student (Chemistry) | Arzjina Khadun      | 52.    |
| 8. Moneka Begum (UG 4th Sem)         | Student (Assamese)  | Moneka Begum        | 53.    |
| 9. Neha Choudhury (UG 2nd Sem)       | Student (Assamese)  | Neha Choudhury      | 54.    |
| 10. Diganta Boraman (UG 2nd Sem)     | Student (Assamese)  | Diganta Boraman     | 55.    |
| 11. Sanjay Marmu (UG 2nd Sem)        | Student (Assamese)  | Sanjay Marmu        | 56.    |
| 12. Gayatri Boraman (UG 2nd Sem)     | Student (Assamese)  | Gayatri Boraman     | 57.    |
| 13. Banrita Barman ( " " )           | " ( " )             | Banrita Barman      | 58.    |
| 14. Nilma Saha ( " " )               | " ( " )             | Nilma Saha          | 59.    |
| 15. Shikha Das (UG 4th Sem)          | Student (Assamese)  | Shikha Das          | 60.    |
| 16. Sajad Malik (UG 2nd Sem)         | " (Assamese)        | Sajad Malik         | 61.    |
| 17. Nour Basumatary (UG 2nd Sem)     | " (Chemistry)       | Nour Basumatary     | 62.    |
| 18. Sanidul Islam (UG 2nd Sem)       | " (Chemistry)       | Sanidul Islam       | 63.    |
| 19. Sultana Elna Yamin (UG 4th Sem)  | Student (Assamese)  | Sultana Elna        | 64.    |
| 20. Jannatun Nour (UG 4th Sem)       | " (Assamese)        | Jannatun Nour       | 65.    |
| 21. Armin Ahmed (UG 4th Sem)         | " (Education)       | Armin Ahmed         | 66.    |
| 22. Apurba Basumatary (UG 4th Sem)   | " (Assamese)        | Apurba Basumatary   | 67.    |
| 23. Suvo Chakraborty (UG 4th Sem)    | (Bengali)           | Suvo Chakraborty    | 68.    |
| 24. Bisal Mahapatra (UG 4th Sem)     | (Bengali)           | Bisal Mahapatra     | 69.    |
| 25. Thiki Sarkar (UG 6th Sem)        | (Bengali)           | Thiki Sarkar        | 70.    |
| 26. Lakshmi Poddar (UG 4th Sem)      | (Assamese)          | Lakshmi Poddar      | 71.    |
| 27. Mansha Roy (UG 4th Sem)          | " (Bengali)         | Mansha Roy          | 72.    |
| 28. Ujjal Anuja (UG 4th Sem)         | (Bengali)           | Ujjal Anuja         | 73.    |
| 29. Kandarpa Ray (UG 2nd Sem)        | (Assamese)          | Kandarpa Ray        | 74.    |
| 30. Kamal Hussain (UG 2nd Sem)       | (Assamese)          | Kamal Hussain       | 75.    |
| 31. Musammat Mondal (UG 2nd Sem)     | (Assamese)          | Musammat Mondal     | 76.    |
| 32. Rameji Ali (UG 2nd Sem)          | (Assamese)          | Rameji Ali          | 77.    |
| 33. Prishon a Meher (UG 2nd Sem)     | (Bengali)           | Prishon a Meher     | 78.    |
| 34. Susmita Basumatary (UG 2nd Sem)  | (Bengali)           | Susmita Basumatary  | 79.    |
| 35. Dhruvika Basumatary (UG 2nd Sem) | (Bengali)           | Dhruvika Basumatary | 80.    |

List of Participants

|                         |                       |                     |
|-------------------------|-----------------------|---------------------|
| 46. Arzoma Basumatary   | UG 4th sem (Bodo)     | Arzoma 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. Biswal Goyary       | 2nd sem (Physics)     | Biswal Goyary       |
| 61. Sushanta Basumatary | UG 2nd Sem (Botany)   | Sushanta Basumatary |
| 62. Mishra Braktra      | UG 2nd Sem (Botany)   | Mishra Braktra      |
| 63. Kandarpa Ray        | UG 2nd sem (Assamese) | KAR                 |
| 64. Swarnagar Daimary   | (Guest Faculty)       | Swarnagar Daimary   |
| 65. Arga Basumatary     | (Guest Faculty)       | Arga Basumatary     |
| 66. Barwali Basumatary  | (Guest Faculty)       | Barwali Basumatary  |
| 67. Anuradha Basumatary | (Guest Faculty)       | Anuradha Basumatary |
| 68. Aparna Misra        | (Associate Prof.)     | Aparna Misra        |

11th International Yoga Day, 2025  
 organized by  
 Health Cell, Bijn 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, Bijn College in collaboration with the "Art of Living", Bijn Center (H.A. Bangalore). As a part of celebration a popular talk on "Importance of yoga on Health Care" has been organized. The Resource Person, Dr. Kusum Brahma, Assistant Professor, Department of Education, Bijn College, Bijn 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 has 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 Goyary, Kshitish Barman and others instructor of yoga and all other member 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 Marzary           |
| 10. Mampi Basbore           | HS 1st Year  | Jumiya Desmin           |
| 11. Samirion Begum          | HS 1st year  | Mampi Basbore           |
| 12. Sikkamani Basuah        | HS 1st year  | Samirion Begum          |
| 13. Subangshat Basumatary   | B.A. 3rd sem | Sikkamani Basuah        |
| 14. Sampa Basumatary        | B.A 6th sem  | Subangshat Basumatary   |
| 15. Maleika Ray             |              | Sampa Basumatary        |
| 16. Preema Ray              |              | Maleika Ray             |
| 17. Purnima Barman          |              | Preema Ray              |
| 18. Debundia Narayan Barman |              | Purnima Barman          |
| 19. Himangshu Medhi         |              | Debundia Narayan Barman |
| 20. Sanjit Barman           |              | Himangshu Medhi         |
| 21. Ms. Huma Safa           |              | Sanjit Barman           |
| 22. Jibraj Das              |              | Ms. Huma Safa           |
| 23. Ruksumi Basumatary      | PG 2nd Sem   | Jibraj Das              |
| 24. Nunu Boro               | HS 2nd year  | Ruksumi Basumatary      |
| 25. Nalkanta Barman         |              | Nunu Boro               |
| 26. Kusum Brahma            |              | Nalkanta Barman         |

Signature of Faculty, Resource person and guest

- Dr. Bishakh Gini Basumatary
- Kshitish Barman
- Sampal Kanti Goyary
- Kshitish Barman
- Dr. Babul Basumatary
- Dr. Gubinda Barishya
- Dr. Umanika Basumatary
- Biswal Goyary
- Abhijit Ray
- Sowali Parman
- Anupam Sankar Ray
- Ringsar Basumatary
- Kshitish Barman
- Danashan Sarma
- Sabata Ray
- Mridga Barman
- Kusum Brahma

Signature of Participants

| Name              | class       | Signature       |
|-------------------|-------------|-----------------|
| Albatesh Naszady  | HS 2nd year | Albatesh        |
| Ramesh Basumatary | BSA 6th Sem | Ramesh          |
| Ezraath Naszady   | HS 2nd year | Ezraath Naszady |
| Rohit Basumatary  | HS 1st year | Rohit           |
| Pooja Raha        | B.A 6th Sem | Pooja           |
| Anobinda Barman   | B.A 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



**IQAC**  
**BIJNI COLLEGE::BIJNI**