

**Awareness programme on**  
**“Yoga for Sound Health and Peace of Mind”**  
**on 5<sup>th</sup> International Yoga Day**

**Date: 21<sup>st</sup> June 2019**

**Organiser: Women Cell and Yoga Cell of Dr. B.K.B. College**

**Number of Participants: 77**


**The Report:**

On 21<sup>st</sup> of June 2019, on the occasion of 5<sup>th</sup> International Yoga Day, an awareness camp on the topic, “Yoga for Sound Health and Peace of Mind” by the Women Cell and Yoga Cell of Dr. B.K.B.College. In the programme, Brahmakumaris from Prajapoti Brahmakumari were invited as resource persons. Addressing the gathering, the resource persons talked in length about the importance of yoga in our day to day life. They discussed how yoga can have a positive impact on our health and also on our mind. Yoga not only helps us to have a sound health but also peace of mind resulting in a happy, peaceful and healthy life. They suggested and urged everyone to include yoga in our daily life for a sound health and for having peace of mind and thereby to have a better life. In the programme, Panchi Bora, International Medal Winner in 8<sup>th</sup> Asian Yoga Championship 2018 and a student of a student of Dr.B.K.B.College, was also invited in the programme who demonstrated her yoga skills at the end of the programme. In the programme, principal and Vice- principal of the college, Dr. Nripen Chandra Das and, Bipul Chakrabarty respectively along with other staffs of the college also said a few words on yoga. The programme was attended by all the teaching and non-teaching staffs along with the students of the college.

# Attendance Attached:

1) Saddam Hussain.	58) Momta Begum.
2) Shahid Ullah	59) Ruma Saikia
3) Bipul Kabwar	60) Reema Borah
8) Nusrat Nahar Begum	61) Shrutimala Bairagi
9) Sabina Yeasmin.	62) Binti Borah.
10) Mansura Begum	63) Priyanka Bakhla
11) Paulas Bodra	64) Udangree Bhagawati
15) Shilpi Bhowmick	65) Jhorena Kalita
21) Nikita Nag	66) Sanchita Borah
20) Arana Zaman.	67) Kanabi Borah
22) Minakshi Kumari Borah.	68) Neloran Yeasmin.
23) Digma Begum	69) Paulas Pratim Bakhla.
26) Duanam Das Treki	70) Jyoti Chandra.
28) Anita Kumari Ram	81) Nilutpal Rakidars
25) Meghali Tanti	82) Simanta Borah
26) Rashmi Bezborah.	83) Manab Jyoti Saikia
29) Krishna Borah.	84) Mintu Neog
35) Pallabi Kaybongshi	85) Kalpa Jyoti Das.
32) Summa Begum.	86) Kausik Kalita
20) Purnabi Bhumi	87) Nabasmita Borah.
23) Himasree Borah.	88) Mahidul Islam
22) Binita Bodrai	89) Piken Ghaloi
20) Ritumoni Saikia	90) Ankur Bora.
28) Rupesree Borah	91) Jadabmoni Kalita.
25) Rupankar Saikia	92) Samir Sing Ghor
24) Sopal Bhumi	93) Abdul Mannan
29) Ajay K. Subba	10) Tushar Ranjan Saikia.
26) Sui Monor Kumar Bora.	11) Ruhil Chandra Sen.
20) Parikaj Jyoti Borah	12) Sarat Phukan
30) Karna Nanda	13) Diganta Borah.
37) Miralal Das	14) Pahi Bora.
32) Paritosh Barman.	15) Nirmali Saikia.
33) Babbar Bishwa Sharma	16) Nandini Saikia.
	17) Usha Bora Gohain
	18) Puja Borah.
	19) Priyanka Bora



- 70/ Sri Sweety Borah  
71/ Sri Kristi Deba  
72/ Bineta Borah.  
73) Bentimoni Dadhara  
74/ Nilima Pradhan  
75/ Madhuri Kumari.  
76/ Jesmina Begum  
77/ Anjali Deb.  
72/ Padumi Murdar  
73/ Sushmita Sharma  
74/ Anpida Aktara  
75/ Himadri Sharma.  
76/ Simi Hatimata  
77/ Juli Das
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**Photographs Attached:**

