





JOYA GOGOI COLLEGE, KHUMTAI  
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Report on Yoga Day

Organised by	College NSS Unit in association with IQAC, Mental Stress Management Cell.
Programme Name	International Day of Yoga
Programme date & time	21-06-2022, 10 am onwards
Venue	Joya Gogoi College, Khumtai
No of participant	130
Resource Person	Dr. Amiya Kr. Das
A brief report	International Day of Yoga has been celebrated across the world annually on June 21 <sup>st</sup> since 2015. On 21 <sup>st</sup> June, 2022, NSS unit of Joya Gogoi College, IQAC and Mental Stress Management Cell jointly organized International Day of Yoga. The main aim of Yoga day is to raise awareness among the people about the benefits of participating yoga. One of the aims of yoga is to help to prevent and manage stress by relaxing muscles and improving mood. The programme was inaugurated by Principal Dr. Amiya Kr. Das and the Object of the programme was given by Dr. Pores Ch. Kalita. About 130 nos. of students actively participated in the programme.
Photographic evidence:	

  
Principal & Secretary  
Joya Gogoi College  
Khumtai



Khumtai, Assam, India  
 JRSQ+FPR Joya Gogoi College, Khumtai Chariali, Khumtai,  
 Assam 785619, India  
 Lat 26.608431°  
 Long 93.839369°  
 21/06/22 10:15 AM

Attendance Sheets

Students' attendance sheet for NSS-Event  
 Name of the event: Yoga Training Programme on 14th May 2022  
 Total students participated: 150

Sl. No.	Name of the students	Signature
1/	S. Ananta Das	S. Ananta
2/	Pragya Das	Pragya
3/	Pratik Das	Pratik
4/	Prachi Das	Prachi
5/	Chiranjit Das	Chiranjit Das
6/	Pratik Das	Pratik Das
7/	S. Ananta Das	S. Ananta
8/	Manmohan Das	Manmohan
9/	Hari Manoj	Hari Manoj
10/	Pratik Das	Pratik Das
11/	Pratik Das	Pratik Das
12/	Pratik Das	Pratik Das
13/	Pratik Das	Pratik Das
14/	Pratik Das	Pratik Das
15/	Pratik Das	Pratik Das
16/	Pratik Das	Pratik Das
17/	Pratik Das	Pratik Das
18/	Pratik Das	Pratik Das
19/	Pratik Das	Pratik Das
20/	Pratik Das	Pratik Das
21/	Pratik Das	Pratik Das
22/	Pratik Das	Pratik Das
23/	Pratik Das	Pratik Das
24/	Pratik Das	Pratik Das

*[Signature]*  
 Principal & Secretary  
 Joya Gogoi College  
 Khumtai

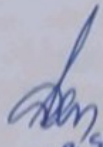


Students' attendance sheet for 10th Batch

JOYA GOGOI COLLEGE, KHUMTAI, GOLAGHAT

S.N.	Name of the student	Signature
1/	Abhishek Barua	Abhishek
2/	Abhishek Barua	Abhishek
3/	Abhishek Barua	Abhishek
4/	Abhishek Barua	Abhishek
5/	Abhishek Barua	Abhishek
6/	Abhishek Barua	Abhishek
7/	Abhishek Barua	Abhishek
8/	Abhishek Barua	Abhishek
9/	Abhishek Barua	Abhishek
10/	Abhishek Barua	Abhishek
11/	Abhishek Barua	Abhishek
12/	Abhishek Barua	Abhishek
13/	Abhishek Barua	Abhishek
14/	Abhishek Barua	Abhishek
15/	Abhishek Barua	Abhishek
16/	Abhishek Barua	Abhishek
17/	Abhishek Barua	Abhishek
18/	Abhishek Barua	Abhishek
19/	Abhishek Barua	Abhishek
20/	Abhishek Barua	Abhishek
21/	Abhishek Barua	Abhishek
22/	Abhishek Barua	Abhishek
23/	Abhishek Barua	Abhishek
24/	Abhishek Barua	Abhishek
25/	Abhishek Barua	Abhishek
26/	Abhishek Barua	Abhishek
27/	Abhishek Barua	Abhishek
28/	Abhishek Barua	Abhishek
29/	Abhishek Barua	Abhishek
30/	Abhishek Barua	Abhishek
31/	Abhishek Barua	Abhishek

Principal & Secretary  
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KHUMTAI, GOLAGHAT

  
 Principal & Secretary  
 Joya Gogoi College  
 Khumtai