



JOYA GOGOI COLLEGE, KHUMTAI  
P.O.: KHUMTAI, DIST.: GOLAGHAT, PIN: 785619 (ASSAM)  
Mob. No. 9854719773 Email: [principal.jgc@gmail.com](mailto:principal.jgc@gmail.com)

**Report on Yoga Day**

<b>Organised by</b>	College NSS Unit in association with IQAC and Mental Stress Management Committee, Joya Gogoi College, Khumtai.
<b>Programme Name</b>	International Day of Yoga
<b>Programme date &amp; time</b>	21-06-2023, 10am onwards
<b>Venue</b>	Joya Gogoi College, Khumtai
<b>No of participant</b>	78
<b>Resource Person</b>	Mrs Anjumoni Bora Saikia
<b>A brief report</b>	<p>On 21<sup>st</sup> June, 2023, 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 students as well as teaching and non-teaching staff of the college about the benefits of practicing yoga. One of the aims of yoga is to help prevent and manage stress by relaxing muscles and improving mood. The programme was inaugurated by Principal Dr. Amiya Kr. Das. About 78 nos. of students actively participated in the programme. In this programme, resource person Mrs. Anjumoni Bora Saikia discussed and practiced different techniques of yoga and shared her experience among the students.</p>

  
Principal & Secretary  
Joya Gogoi College  
Khumtai

