

**Report on International Day of Yoga 2022 celebrations at Patharkandi
College, Karimganj, Assam-788724**

**Nodal institute: Assam University, Silchar, Government of India
Patharkandi College is affiliated to Assam University**

The International Day of Yoga (IDY) - 2022 was celebrated virtually as well as physically by Patharkandi College fraternity by looking into the unmanageable flood situation at Barak Valley region Assam on 21st June. To commemorate *International Yoga Day'22 (IDY_2022)* an awareness programme has been started from 4 - 21 June'22 on *YOGA - A tool for Physical and Mental health* for the benefit of the college fraternity. The training programme was started by lightening the ceremonial lamp by respected Principal of Patharkandi College, *Dr. Monjurul Hoque* followed by welcoming address by the one of the coordinator of the event *Dr. Dimpi Paul*, Asst. Prof., Department of Physics. During her speech she explained the importance of physical as well as mental health and how that can be improved through *YOGA* and *Meditation*. The first day of the training programme has been dedicated to spread the aforementioned knowledge among the fraternity through talk and meditation session. At the beginning *Dr. Gautam Das*, Asst. Professor, Dept. of Bengali was delivered a talk on “*Energy Shifting*” followed by a brief talk on “*Breathing Technique to calm mind*” by *Dr. Md. Imam Uddin Ansari*, Asst. Professor, Dept. of Political Science. The session was continued by a very significant talk on “*How to control different Emotions*” by *Dr. Istiaque Hussain Mazumder*, Asst. Prof., Dept. of Philosophy followed by a brief discussion on “*Mind & the Body: The connection*” by *Dr. Munmi Saikia*, Asst. Prof., Department of Mathematics. Thereafter, *Dr. Saugata Purkayastha*, Asst. Professor, Department of Mathematics, gave a lecture on “*Food to clear the mind and soul*” followed by a brief discussion on “*Heal Mind and Soul for appropriate mental health*” by *Dr.*

Dimpi Paul, Asst. Professor, Department of Physics. At the end the present members was given a meditation session for 10minutes for relaxing their mind. The training session was segregated in different days among each semester students that includes all the aforementioned talks and meditation. In addition to that, the students were trained for simple yoga postures to improve their physical health as well. The *cultural committee* of Patharkandi College, Assam coordinated the event in association with NSS and NCC unit of Patharkandi College, Assam at college campus.

During the final day event nearly 200 students and faculty members attended the Yoga programme present virtually and physically. Few students and faculty members performed a few yoga asanas that were taught during the training sessions from 9:00 AM to 9:30 AM with full zeal and enthusiasm. The meeting ended with the recitation of National Anthem. A complete video was made to capture the moments of the training session and the international yoga day 2022.

Few photographs of the IDY 2022 at Patharkandi College, Karimganj-788724 (Assam) are given below:





Submitted By—

Cultural Committee Co-ordinator, Dr. Dimpi Paul, Asst. Prof.

Dept. Of Physics, Patharkandi College-788724 (Assam)

Students Attendance and Participation during International Yoga Day (IDY 2022):

S.N.	Name	Stream	Semester
1.	Nousin afrose choudhury	Science	BA 1st
2.	Md Shaid Ahmed	Science	BA 1st
3.	Amirul Talukdar	Science	BA 1st semester
4.	Asbar Hussain	Science	B.Sc 3rd sem.
5.	Shilpa Acharjee	Art's	BA 5th
6.	Shani Das	Science	B Sc 1st
7.	Begum sageeda	ARTS	B.Sc 5th semester
8.	Dharitri Bhattacharjee	Arts	B.A 5th Semester
9.	Mahmuda Begam	Science	B.Sc 3rd semester
10.	Rumana Begam	Arts	BA 3rd semester
11.	Nourin yeasmin	Science	B.Sc 3rd
12.	Forida begum	Bsc	B.Sc 1st sem
13.	Rajasri Paul	Science	B.Sc 1sr semester
14.	Rumpi bhowmik	Art's	BA 5th semester
15.	Safwana Begum	Art's	BA 5th semester
16.	Sultana Parvin	Arts	BA 5th Semester
17.	Mamata parbin	Art's	BA 5th semester
18.	Zavad Akhtar Hussain	Arts	BA 5 th Semester
19.	Shamima Altar	Arts	BA 5th sem
20.	Rahela Begam	Arts	B. A 5th semester
21.	MD Olliullah Ahmed	Science	B.Sc 3rd semester

22.	Begam khalida parveen	Arts	BA 5th semester
23.	Abu Salim Md Mamun	Bsc (Zoology)	B.Sc 1st Semester
24.	Anwarul Islam	Science	B.Sc 3rd
25.	Milon Nath	Science	B.Sc First Semester
26.	Fahima Begum	Science	Bsc 1st semester
27.	Hafija Begum	Science	BSc 1st sem
28.	Rajia Begom Choudhury	Science	BSC.1st sem
29.	Mahbuba begum	Science	B.Sc 1st semester
30.	Begam khalida parveen	Arts	BA 5th semester
31.	Mamata parbin	Art's	B.A 5th semester
32.	Begam khalida parveen	Arts	B.A. 5th Semester
33.	Md Misbahul Haque Mazumdar	Arts	BA 3rd
34.	Saharul Alam	Arts	BA 3rd semester
35.	MARUF JAMAL AHMED KHAN	Arts	BA 3rd SEMESTER
36.	Anurupa Verma	Arts	BA 3 rd SEMESTER
37.	MD MASUM AHMED	Arts	B.A 3rd Semester
38.	Marzana siddique	Arts	B.A.3rd semester
39.	Sushmita Chakraborty	Arts	BA 3rd
40.	Iftekhar Hussain Choudhury	Arts	BA 3rd semester
41.	Nondita baidya	Arts	BA 3rd
42.	Rafia Begom	Arts	B A 3rd Semester
43.	Suhada begom	Arts	BA 3rd semester

44.	Anirban debnath	Arts	B A 5 th Semester
-----	-----------------	------	------------------------------

SI	Name	Stream	Semester
45	Mriganka Suklabaidya	Arts	B A 5 th Semester
46	Anamul Hoque	Arts	B A 5 th Semester
47	Murad Harun Tapadar	Arts	B A 5 th Semester
48	Mriganka Suklabaidya	Arts	B A 5 th Semester
49	Anamul Hoque	Arts	B A 5 th Semester
50	Manna lal deb	Arts	B A 5 th Semester
51	Dilwar Hussain	Arts	B A 5 th Semester
52	Dolly suklabaidya	Arts	B A 5 th Semester
53	Ruhul Amin Tapadar	Arts	B A 5 th Semester
54	Rahul Debnath	Arts	B A 5 th Semester
55	Razin Akter	Arts	B A 5 th Semester
56	RUSHEN ARMED	Arts	B A 5 th Semester
57	Sultana parvin	Arts	B A 5 th Semester
58	Rohit Paul	Arts	B A 5 th Semester
59	MASUM Ahmed	Arts	B A 5 th Semester
60	Abul Ata Md Yusyf	Arts	B A 5 th Semester
61	Abu Taher Ahmed	Arts	B A 5 th Semester
62	Asraf Uddin	Arts	B A 5 th Semester
63	Namita Rabidas	Arts	B A 5 th Semester
64	Rupali Das	Arts	B A 5 th Semester
65	Dilwar Hussain	Arts	B A 5 th Semester
66	Manna lal deb	Arts	B A 5 th Semester
67	Begum Sageeda	Arts	B A 5 th Semester

68	Sushmita Chakraborty	Arts	B A 5 th Semester
69	Sahina perveen	Arts	B A 5 th Semester
70	Dolly suklabaidya	Arts	B A 5 th Semester
71	Ruhul Amin Tapadar	Arts	B A 5 th Semester
72	Rahul Debnath	Arts	B A 5 th Semester
73	Sultana parvin	Arts	B A 5 th Semester
74	Jahir Hussain	Arts	B A 5 th Semester
75	Md Misbahul Haque Mazumdar	Arts	B A 5 th Semester
76	Rohit Paul	Arts	B A 5 th Semester
77	Masum Ahmed	Arts	B A 5 th Semester
78	Momi paul	Arts	B A 5 th Semester
79	Kabir Ahmed	Arts	B A 5 th Semester
80	Nayan deb nath	Arts	B A 5 th Semester
81	Ripa das	Arts	B A 5 th Semester
82	Rupali Das	Arts	B A 5 th Semester
83	Abu Taher Ahmed	Arts	B A 5 th Semester
84	Abul Ata Md Yusyf	Arts	B A 5 th Semester
85	Abdul Hoque	Arts	B A 5 th Semester
86	Tanu Das	Arts	B A 5 th Semester
87	Sushmita Chakraborty	Arts	B A 5 th Semester
88	Merina siddiqua	Arts	B A 5 th Semester
89	Sahina perveen	Arts	B A 5 th Semester
90	Namita Rabidas	Arts	B A 5 th Semester
91	Asraf Uddin	Arts	B A 5 th Semester