

Report of Lectures/Orientations/Workshops/Other Activities of S. B. Deorah College

1. Name of the Event:	three-day Yoga workshop
2. Date and Time:	25-5-23 to 27-5-23
3. Venue:	S. B. Deorah college
4. Organized by Department/ Cell/ Committee:	Department of History in collaboration with Vivekananda Kendra, Kanyakumari, Assam Prant, Branch Guwahati,
5. Name of the Convenor:	
6. Resource Person and Organization Details:	Swapna Goswami, Manju Barua, Maitrayee Bhardwaz,
7. Objective of the event:	Physical and mental well-being of the students and faculty
8. Number of Participants:	45
9. Category of Participants (e.g. Students/Faculty etc.):	Students of the department and faculty members of the college
10. A brief report of the event:	<p>The Department of History, S.B. Deorah, in collaboration with Vivekananda Kendra, Kanyakumari, Assam Prant, Branch Guwahati, organized a three-day Yoga workshop on Suryanamaskar from 25th May 2023 to 27th May 2023. The event witnessed enthusiastic participation from both faculty members and students, with a total of 12 faculty members and 33 students taking part in the workshop</p>

**Signature of Convenor**

## Photographs of the event:



Three Daye yoga workshop 25-05-2023

on  
Suryanamaskar

Organised by Department of History,  
S.B. Deora College, in collaboration with  
Virakotachola Kachalva, Kanyakumari,  
Resam Phant, Branch, Guwahati  
Date - 25/05/2023 to 27/05/2023  
Time - 3 PM

1. Swarna Jeswami
2. Bakul Day
3. Manju Barua
4. Maitrayee Bhardwaj
5. Minati Dora

Participants: Teachers

Sl no	Name	Department	Signature
1	Sagar Sharma	Chemistry	[Signature]
2	Jamini Bosephair	Political Science	[Signature]
3	Susmitha Rabha	Physics	[Signature]
4	Palak Talukdar	Physics	[Signature]
5	Puja Bishaya	Zoology	[Signature]
6	Bhagyasmata Sharma	Chemistry	[Signature]
7	Jayanta Kr. Mishra	Chemistry	[Signature]
8	Binita Bosephair	Physics	[Signature]
9	Nabanita Ghosami	Mathematics	[Signature]
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11			
12	Lalpingmai Chatterjee	History	[Signature]

Participants: students

Srno	Name	Class	Signature
1	Jayashree Medhi	B.A. 2nd Sem (Hons)	Jayashree medhi
2	Saurav Das	B.A 2nd Sem (H)	Saurav Das
3	Dimpi Rabha	B.A 2nd Sem (H)	Dimpi Rabha
4	Regina Jinkay	B.A 2nd Sem (H)	Regina Jinkay
5	Nandita Jamatia	B.A 2nd Sem (H)	Nandita Jamatia
6	Anlin Hazarika	B.A. 2nd sem (H)	Anlin Hazarika
7	Martina Choudhury	BA 6th Sem (H)	Martina Choudhury
8	Barakshi Baro	BA 6th Sem (H)	Barakshi Baro
9	Sahiba Begum	BA 6th sem	Sahiba Begum
10	Mafiza Begum	B.Com 2nd Sem	Mafiza Begum
11	Tunjuma Parbin	H.S 2nd year	Tunjuma Parbin
12	Baraksha Das	H.S 2nd year	Baraksha Das
13	Sangini Barik	H.S 2nd year	Sangini Barik
14	Sunita Kalita	H.S 2nd year	S. Kalita
15	Bikash Barman	B.Com 4th Sem	B. Barman
16	Sahil Islam	B.A 2nd sem	Sahil Islam
17	Nina 2 Sharma	BA 2nd Sem (H)	Nina 2 Sharma
18	Juwal Ahmed Barbhuiya	B.Com 2nd Sem	Juwal Ahmed Barbhuiya
19	Mangita Das	B.A 2nd sem	M. Das
20	Simi Kumari Singh	B.A 3rd sem	Simi Kumari Singh
21	Prileka Paul	BA 3rd Sem (EH)	P. Paul
22	Alia Anisha Rahman	11	Alia Anisha Rahman
23	Rahul Sharma	<del>H.S 2nd year</del> H.S 2nd year	Rahul Sharma
24	Bhargya Das	B.A. 6th Sem	Bhargya Das
25	Rajish Choudhary	B.Com 3rd Sem	Rajish Choudhary
26	Arshad Rashid	B.A. 2nd sem	Arshad Rashid
27	Shivan Kumar	B.Com 2nd Sem	Shivan Kumar
28	Dibprate Kalita	P.Com 3rd Sem	Dibprate Kalita
29	Abdul Hadi Alam	B.Sc 2nd sem	Abdul Hadi Alam
30	Shangkhiya Singha	BA 3rd sem	Shangkhiya Singha
31	Hirani Deka	B.Sc 2nd sem	Hirani Deka
32	Alone Salama	D. Com 1st Sem	Alone Salama
33	H. S. Das	BA 3rd Sem	H. S. Das

**Name & Signatures of Participants:**

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**Date:**

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