

## Activity Report

Session: 2022-2023



Name of Event: Workshop on 'Yoga for Mindfulness and Meditation Practices'  
In Collaboration with PDUAM, Dalgaoon

Date: 21/06/2023


Location: Udalguri College, Udalguri

Objective: The objective of the seminar is to introduce participants to the principles and practices of yoga specifically tailored for enhancing mindfulness and meditation, with a focus on exploring the intersection of yoga with physics principles to deepen their understanding and application of these practices.


No of Student Participants: 329

Outcome: By the end of the seminar, participants will be able to:

1. Understand the foundational principles of mindfulness and meditation within the context of yoga philosophy.
2. Apply yoga techniques, including asanas (poses), pranayama (breathing exercises), and meditation practices, to cultivate *mindfulness and enhance mental clarity*.
3. Explore the scientific basis of mindfulness and meditation through the lens of physics, examining concepts such as concentration, energy flow, and interconnectedness.
4. Experience the practical benefits of incorporating yoga into their daily routines for stress reduction, improved focus, and emotional well-being.
5. Integrate mindfulness and meditation practices into their academic and professional lives, leveraging these tools to enhance creativity, problem-solving skills, and overall resilience.

  
Dr Luke Daimary  
Principal,  
Udalguri College

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UDALGURI

  
Dr Khanin Dutta,  
Coordinator,  
Assistant Professor



**List of Participating Students in Workshop on "Yoga for Mindfulness and Meditation Practices" In collaboration with**

**PDUAM, Dalgaon**

**Date: 21-06-2023**

| SL. No. | Name of the Participants | Semester |
|---------|--------------------------|----------|
| 1       | ANUSHMITA BAYAN          | VI       |
| 2       | MANISHA KATUWAL CHETRY   | VI       |
| 3       | PROMIT KHAKHLARI         | VI       |
| 4       | BHUMSWRANG BASUMATARI    | VI       |
| 5       | TULARAM BASUMATARY       | VI       |
| 6       | MOMID BORO               | VI       |
| 7       | ARIB RABHA               | VI       |
| 8       | RUPALI BORO              | VI       |
| 9       | LOLITA BRAHMA            | VI       |
| 10      | BIRNA BASUMATARY         | VI       |
| 11      | CHRISTMITON DAIMARI      | VI       |
| 12      | KHANJITA CHOUDHURY       | VI       |
| 13      | SOMAINA BASUMATARY       | VI       |
| 14      | PRIYANKA DEURI           | VI       |
| 15      | THULUNGA BASUMATARY      | VI       |
| 16      | SONIMA NARZARY           | VI       |
| 17      | MILI DAIMARI             | VI       |
| 18      | SUPRIYA BASUMATARY       | VI       |
| 19      | JIMITA BASUMATARY        | VI       |
| 20      | ALEX BASUMATARY          | VI       |
| 21      | MIJING BASUMATARI        | VI       |
| 22      | PHWISALI BRAHMA          | VI       |
| 23      | URMILA DEVI              | VI       |
| 24      | GOPIN BORO               | VI       |
| 25      | RAHUL DAIMARI            | VI       |
| 26      | RANKUMAR BASUMATARY      | VI       |
| 27      | SOBITA BORO              | VI       |
| 28      | HISKIA DAIMARI           | VI       |
| 29      | SANJITA BRAHMA           | VI       |
| 30      | ROMAINA DAIMARI          | VI       |
| 31      | RADHA NARZARY            | VI       |
| 32      | AJWLI BORO               | VI       |
| 33      | LUCAS DAIMARI            | VI       |
| 34      | BABITA DEVI              | VI       |
| 35      | NIKITA KALITA            | VI       |
| 36      | RICHARD DAIMARI          | VI       |
| 37      | DAOGA BASUMATARY         | VI       |
| 38      | RUPASH DAIMARI           | VI       |
| 39      | MUNUMAINA DAIMARI        | VI       |
| 40      | BIPUL LIMBU              | VI       |

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|----|-----------------------|----|
| 41 | BARHUNGKHA BASUMATARY | VI |
| 42 | SUJUMA BASUMATARY     | VI |
| 43 | DILIP CHOUHAN         | VI |
| 44 | MITHISAR BASUMATARY   | VI |
| 45 | ROBITA BASUMATARI     | VI |
| 46 | RAHUL BASUMATARY      | VI |
| 47 | SOMAINA BASUMATARY    | VI |
| 48 | ARGENG KHUMRARY       | VI |
| 49 | PURNIMA GOYARI        | VI |
| 50 | SANGITA DEVI          | VI |
| 51 | BEAUTY DAIMARI        | VI |
| 52 | SISILIYA GOYARI       | VI |
| 53 | RIDJILBALA DAIMARI    | VI |
| 54 | DIPANKAR MANDAL       | VI |
| 55 | DEEPA DAIMARI         | VI |
| 56 | MITHUSEN BASUMATARY   | VI |
| 57 | GRACESTER DAIMARI     | VI |
| 58 | BIJOY BAGLARI         | VI |
| 59 | SUMITRA BORO          | VI |
| 60 | SANDWNI DAIMARI       | VI |
| 61 | SAMARIA DAIMARI       | VI |
| 62 | BANDITA RABHA         | VI |
| 63 | RAM SOREN             | VI |
| 64 | DONALD DAIMARI        | VI |
| 65 | TANNU BASUMATARY      | VI |
| 66 | RESHAB SARMA          | VI |
| 67 | SWAPNA DAIMARI        | VI |
| 68 | TEK BAHADUR SIRPALI   | VI |
| 69 | PRINTU DAIMARI        | VI |
| 70 | JINKLE DAIMARI        | VI |
| 71 | MILAN BHATTARAI       | VI |
| 72 | BIRWNGW DAIMARI       | VI |
| 73 | JUMUNA BORO           | VI |
| 74 | SUBHASISH SHARMA      | VI |
| 75 | DAUHARU BAGLARI       | VI |
| 76 | ANTHONY RABHA         | VI |
| 77 | PRIJITA DAIMARI       | VI |
| 78 | DIPTI SARMAH          | VI |
| 79 | SARCHIL DAIMARI       | VI |
| 80 | DWIMALI BORO          | VI |
| 81 | RIYA DAS              | VI |
| 82 | PURABI RABHA          | VI |
| 83 | HEMANTA BISWAS        | VI |
| 84 | ROMEO DAIMARI         | VI |
| 85 | SODEEP BASUMATARI     | VI |
| 86 | SUBUNGSHA DAIMARI     | VI |
| 87 | SUNPUNGSHA BASUMATARY | VI |
| 88 | INDRA BAHADUR CHETRY  | VI |

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|-----|--------------------|----|
| 89  | JURI HARIZAN       | VI |
| 90  | ROJE BASUMATARY    | VI |
| 91  | AKASH BASUMATARY   | VI |
| 92  | DETSUNG BASUMATARI | VI |
| 93  | HOMNATH CHETRY     | VI |
| 94  | RWMWI HAZOWARY     | VI |
| 95  | PRIYA DAIMARI      | VI |
| 96  | MONISHA NARZARY    | VI |
| 97  | UDANGSRI NARZARI   | VI |
| 98  | JINA DAIMARI       | VI |
| 99  | ARPANA DAS         | VI |
| 100 | DWMWISRI NARZARY   | VI |
| 101 | KRANTI BORO        | VI |
| 102 | DEBEN BASUMATARY   | VI |
| 103 | MITHINGA DAIMARI   | VI |
| 104 | ASMITA HASDAK      | VI |
| 105 | HIRA DAIMARI       | VI |
| 106 | SALOMI MOCHAHARI   | VI |
| 107 | SUNALI BASUMATARY  | VI |
| 108 | MAINAO DAIMARI     | VI |
| 109 | JIMI BASUMATARY    | VI |
| 110 | ANJONA DAIMARI     | VI |
| 111 | JISKEL BASUMATARY  | VI |
| 112 | BARSHA BASUMATARY  | VI |
| 113 | TEEKA RAI          | VI |
| 114 | SAIRASH DAIMARI    | VI |
| 115 | JAYASHREE BORO     | VI |
| 116 | HENDRITA WARY      | VI |
| 117 | ABIR DAIMARI       | VI |
| 118 | PRONAB RABHA       | VI |
| 119 | JATIN RABHA        | VI |
| 120 | HANNA BASUMATARI   | VI |
| 121 | JWNGSAR MUCHAHARY  | VI |
| 122 | BISHAL RABHA       | VI |
| 123 | RASMITA DEVI       | VI |
| 124 | TUTUMONI DAS       | VI |
| 125 | SUCHITRA SAHA      | VI |
| 126 | SHANSHRI SWARGIARY | VI |
| 127 | MANITA BRAHMA      | VI |
| 128 | NITUMANI DAS       | VI |
| 129 | DEEPIKA HASDA      | VI |
| 130 | DEEPJYOTI MAHALIA  | VI |
| 131 | REKHAMONI DAS      | VI |
| 132 | BIRKHAND NARZARI   | VI |
| 133 | BINOD BASUMATARI   | VI |
| 134 | BINITA DAIMARI     | VI |
| 135 | RITUSH DAIMARI     | VI |
| 136 | DINESH RAJBHAR     | VI |

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|-----|-----------------------|----|
| 137 | CORNELUIS TUDU        | VI |
| 138 | DODERE MOCHAHARI      | VI |
| 139 | KRISHNA CHOUHAN       | VI |
| 140 | ANJALU GOYARI         | VI |
| 141 | PUBALI PANGKHI DAS    | VI |
| 142 | HADORSA BASUMATARY    | VI |
| 143 | LUCKY BAGLARI         | VI |
| 144 | SONIA NARZARY         | VI |
| 145 | PEMA TAMANG           | VI |
| 146 | BIDANGSHRI BAGLARY    | VI |
| 147 | DEBISRI BASUMATARY    | VI |
| 148 | PURNIMA ISLARY        | VI |
| 149 | SWAPNA DEVI           | VI |
| 150 | RITUMALA DAIMARI      | VI |
| 151 | KRISMA DAIMARI        | VI |
| 152 | SURESH SOREN          | VI |
| 153 | KRISHMIRI DAIMARI     | VI |
| 154 | PRIYANKA BASUMATARI   | VI |
| 155 | ROSE MARY DAIMARI     | VI |
| 156 | DANEAL HASDA          | VI |
| 157 | YUBRAJ UPADHYAYA      | VI |
| 158 | SOTHIMA BASUMATARY    | VI |
| 159 | BIGRAI MOCHAHARI      | VI |
| 160 | SOLOMON DAIMARI       | VI |
| 161 | SANSWRANG ISHORARI    | VI |
| 162 | BIJIT BASUMATARY      | VI |
| 163 | BINA WARY             | VI |
| 164 | MONU BRAHMA           | VI |
| 165 | BELARANI DAIMARI      | VI |
| 166 | DIPIKA DAS            | VI |
| 167 | HIMASHRI BASUMATARY   | VI |
| 168 | JIMONI DAS            | VI |
| 169 | NAMBRITA DAIMARI      | VI |
| 170 | PRANAB BASUMATARY     | VI |
| 171 | HARISH BASUMATARY     | VI |
| 172 | DAHAL DAIMARY         | VI |
| 173 | GWMBWR BORO           | VI |
| 174 | MANOSHA BORO          | VI |
| 175 | ANNA BAGLARY          | VI |
| 176 | JATU HEMBROM          | VI |
| 177 | JASHMITA DAIMARI      | VI |
| 178 | JUISH DAIMARI         | VI |
| 179 | PREETY BASUMATARY     | VI |
| 180 | FREEDOM BRAHMA        | VI |
| 181 | ARINDAM DUTTA         | VI |
| 182 | SUNSHINE DAIMARI      | VI |
| 183 | HIRAK JYOTI RABHA     | VI |
| 184 | SONGRAJA GWRA NARZARY | VI |

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|-----|----------------------|----|
| 185 | SUMINA BASUMATARY    | VI |
| 186 | TINKUSHA BAGLARY     | VI |
| 187 | JOHI DAIMARY         | VI |
| 188 | SUKDEV SARKAR        | VI |
| 189 | RONJOY SOREN         | VI |
| 190 | MANASHI RAMCHIARY    | VI |
| 191 | PRIYANKA BASUMATARY  | VI |
| 192 | KABITA BASUMATARY    | VI |
| 193 | HIRAMONI BASUMATARY  | VI |
| 194 | ARISTARK DAIMARI     | VI |
| 195 | BILIFUNG BARO        | VI |
| 196 | HIMCHARAN BASUMATARY | IV |
| 197 | SUDEM NARZARY        | IV |
| 198 | SWDWMSRI BORO        | IV |
| 199 | DIDWMSRI KHERKATARY  | IV |
| 200 | BINALI BASUMATARY    | IV |
| 201 | PRIBIYA BASUMATARY   | IV |
| 202 | JWNGSHAR BASUMATARY  | IV |
| 203 | RIYA DAIMARI         | IV |
| 204 | AMUSH BAGLARI        | IV |
| 205 | SONIA BASUMATARY     | IV |
| 206 | SUDEMSRI DAIMARY     | IV |
| 207 | HIRAKJYOTI DEKA      | IV |
| 208 | SANSULI BORO         | IV |
| 209 | MONIKA BASUMATARY    | IV |
| 210 | JONALI BHADRA        | IV |
| 211 | PRINCHI LAHKAR       | IV |
| 212 | BIKASH DAIMARI       | IV |
| 213 | PRIYANKA DAIMARI     | IV |
| 214 | SUMIKHA MACHAHARI    | IV |
| 215 | JESMIN DAIMARI       | IV |
| 216 | SOPHIA DAIMARI       | IV |
| 217 | PAHARI SONOWAL       | IV |
| 218 | MRINMOY DEKA         | IV |
| 219 | PAWAN KUMAR CHETRY   | IV |
| 220 | RINKEY GOYARI        | IV |
| 221 | SAJESH BASUMATARY    | IV |
| 222 | GIDION MOCHAHARI     | IV |
| 223 | RONGILA BASUMATARY   | IV |
| 224 | MONTINA MOCHAHARI    | IV |
| 225 | SONKAR BRAHMA        | IV |
| 226 | NEHA DEVI            | IV |
| 227 | BLESSITA BHOBORA     | IV |
| 228 | BINA DEVI            | IV |
| 229 | ABHIJA NARZARI       | IV |
| 230 | RWMWI BROHMO         | IV |
| 231 | NISMITA LIMBU        | IV |
| 232 | RATUL DAS            | IV |

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|-----|----------------------|----|
| 233 | USHA BASUMATARY      | IV |
| 234 | SONIA BASUMATARY     | IV |
| 235 | ROSMI DAIMARI        | IV |
| 236 | AKASH BASUMATARY     | IV |
| 237 | PURNIMA CHOUHAN      | IV |
| 238 | YAMAN LIMBU          | IV |
| 239 | REJENG BASUMATARI    | IV |
| 240 | ALONGBAR BORO        | IV |
| 241 | NEHA DAIMARI         | IV |
| 242 | NEHA MOCHAHARY       | IV |
| 243 | JYOTISH DAIMARI      | IV |
| 244 | SUSMITA BORO         | IV |
| 245 | AISHWARIA DAIMARI    | IV |
| 246 | SAOTHUN BORO         | IV |
| 247 | LOKSHI BOSUMATARI    | IV |
| 248 | HEMSRI DAIMARY       | IV |
| 249 | ANJU MUNDA           | IV |
| 250 | NEHA DAIMARI         | IV |
| 251 | SANAM BORO           | IV |
| 252 | ENJOY DAIMARI        | IV |
| 253 | PUJA DEVI            | IV |
| 254 | PUJA KAPHLE          | IV |
| 255 | MIJINGSRI DAIMARI    | IV |
| 256 | SAITYABATI MOCHAHARI | IV |
| 257 | TRAIFINA DAIMARI     | IV |
| 258 | ROJE BRAHMA          | IV |
| 259 | NARAYAN RAJBHAR      | IV |
| 260 | PRIYA BAISHYA        | IV |
| 261 | SEEMA DAIMARI        | IV |
| 262 | RUBUL BASUMATARY     | IV |
| 263 | RINGKHAND DAIMARI    | IV |
| 264 | SULIKHA DAIMARI      | IV |
| 265 | KANCHAN CHETRY       | IV |
| 266 | SAGRIT BASUMATARY    | IV |
| 267 | BHARATI BRAHMA       | IV |
| 268 | KABERI RABHA         | IV |
| 269 | JENIYA DAIMARI       | IV |
| 270 | PUJA BASUMATARY      | IV |
| 271 | JENY BASUMATARY      | IV |
| 272 | UTJOL DAIMARI        | IV |
| 273 | DHRUBADEV BRAHMA     | IV |
| 274 | RIJKA BASUMATARY     | IV |
| 275 | SUMITA DAIMARI       | IV |
| 276 | ROBINA DAIMARI       | IV |
| 277 | PHULONI BRAHMA       | IV |
| 278 | ROMINA NARZARY       | IV |
| 279 | BODSEBA BAGLARI      | IV |
| 280 | JANIKEL BORGOPYARI   | IV |

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|-----|----------------------|----|
| 281 | ALBIUS BASUMATARY    | IV |
| 282 | TULSI MOCHAHARI      | IV |
| 283 | SAGAR SINGHA         | IV |
| 284 | SANRANI BASUMATARY   | IV |
| 285 | PRIYA WARY           | IV |
| 286 | KHWRWMDAW BORO       | IV |
| 287 | BOLORAM BRAHMA       | IV |
| 288 | RIJU BAGLARI         | IV |
| 289 | SIBISA NARZARI       | IV |
| 290 | LOSON BRAHMA         | IV |
| 291 | TIRAP DAIMARI        | IV |
| 292 | RINA BAGLARI         | IV |
| 293 | SANSULI RAMCHIARY    | IV |
| 294 | ROMIO BASUMATARY     | IV |
| 295 | PROMUD BASUMATARY    | IV |
| 296 | JAIKHLONG DAIMARI    | IV |
| 297 | SANJIBAN SARMAH      | IV |
| 298 | DAMBARU BASUMATARY   | IV |
| 299 | SIMANGSHA BASUMATARY | IV |
| 300 | HORISH KR HAJOWARY   | IV |
| 301 | KERAL DAIMARY        | IV |
| 302 | UJIL DAIMARI         | IV |
| 303 | ASHIS BASUMATARY     | IV |
| 304 | MAINAO WARY          | IV |
| 305 | GEORGE DAIMARI       | IV |
| 306 | SWMKHWR MOCHAHARI    | IV |
| 307 | RUMWI SWARGIARY      | IV |
| 308 | BISHNUPRIYA RABHA    | IV |
| 309 | HORKANTA BASUMATARY  | IV |
| 310 | SINA NARJARY         | IV |
| 311 | SUSANNA DAIMARI      | IV |
| 312 | ASHAMONI DAIMARI     | IV |
| 313 | AGNES NARZARY        | IV |
| 314 | ANSULA DAIMARY       | IV |
| 315 | NIBEDITA BRAHMA      | IV |
| 316 | MOHIMA BASUMATARY    | IV |
| 317 | BITUJIT BAGLARI      | IV |
| 318 | PRANTUSH DAIMARI     | IV |
| 319 | RAJA DAIMARI         | IV |
| 320 | RAJIB DAIMARY        | IV |
| 321 | MITHISAR MOCHAHARY   | IV |
| 322 | SONATHI BASUMATARY   | IV |
| 323 | KHONJO BASUMATARY    | IV |
| 324 | MIJING NARZARY       | IV |
| 325 | RWISUMWI BASUMATARY  | IV |
| 326 | RIMA BASUMATARY      | IV |
| 327 | RESHMA DAIMARI       | IV |
| 328 | ARSONA NARZARI       | IV |





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