

## workshop for learning Yoga Mudras and Acupressure Technique

The workshop on learning yoga mudras and acupressure technique was held at the premises of Lumding College, Lumding on the 23<sup>rd</sup> of June 2018. Two resource persons named Mr. Vinay Kumar and Mr. Nishant Kumar from Dev Sanskriti Viswavidyalaya, Haridwar, Uttarakhand, were invited to teach the yoga mudras and acupressure techniques. A total of 145 students from H.S and T.D.C classes actively participated in the workshop in the presence of the principal, Dr. Mrinal Kanti Paul and other faculty members Dr. Sanghamitra Das Bose, Mr. Shio Kumar Jha, Dr. Sujata Sen, Mrs. Madhumita Deb and Mr. Akhil Chandra Kalita.

A copy of the attendees with their names, class and roll numbers is enclosed below:

| Candidate      | Present in the Workshop for learning yoga Mudras and Acupressure Technique taught by Resource Person Mr. Vinay Kumar & Mr. Nishant Kumar from Dev Sanskriti Viswavidyalaya, Haridwar, Uttarakhand on 23rd June 2018 | Class | Roll No. |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----------|
| 1. Priya Das   | B.A. 1st sem                                                                                                                                                                                                        | 91    |          |
| 2. Ananta Hal  | B.A. 1st Sem                                                                                                                                                                                                        | 56    |          |
| 3. Ananta Das  | B.A. 1st Sem                                                                                                                                                                                                        | 88    |          |
| 4. Pooja Das   | B.A. 1st Sem                                                                                                                                                                                                        | 206   |          |
| 5. Ananta Das  | B.A. 1st Sem                                                                                                                                                                                                        | 101   |          |
| 6. Ananta Das  | B.A. 1st Sem                                                                                                                                                                                                        | 6     |          |
| 7. Ananta Das  | B.A. 1st Sem                                                                                                                                                                                                        | 118   |          |
| 8. Ananta Das  | B.A. 1st Sem                                                                                                                                                                                                        | 113   |          |
| 9. Ananta Das  | B.A. 1st Sem                                                                                                                                                                                                        | 258   |          |
| 10. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 236   |          |
| 11. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 91    |          |
| 12. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 25    |          |
| 13. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 17    |          |
| 14. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 56    |          |
| 15. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 255   |          |
| 16. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 42    |          |
| 17. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 290   |          |
| 18. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 196   |          |
| 19. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 03    |          |
| 20. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 13    |          |
| 21. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 235   |          |
| 22. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 240   |          |
| 23. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 112   |          |
| 24. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 10    |          |
| 25. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 07    |          |
| 26. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 39    |          |
| 27. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 26    |          |
| 28. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 117   |          |

| Candidate      | Present in the Workshop for learning yoga Mudras and Acupressure Technique taught by Resource Person Mr. Vinay Kumar & Mr. Nishant Kumar from Dev Sanskriti Viswavidyalaya, Haridwar, Uttarakhand on 23rd June 2018 | Class | Roll No. |
|----------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|----------|
| 29. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 9     |          |
| 30. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 41    |          |
| 31. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 07    |          |
| 32. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 05    |          |
| 33. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 15    |          |
| 34. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 245   |          |
| 35. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 244   |          |
| 36. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 118   |          |
| 37. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 220   |          |
| 38. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 04    |          |
| 39. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 075   |          |
| 40. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 234   |          |
| 41. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 232   |          |
| 42. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 14    |          |
| 43. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 273   |          |
| 44. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 35    |          |
| 45. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 50    |          |
| 46. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 16    |          |
| 47. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 82    |          |
| 48. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 31    |          |
| 49. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 27    |          |
| 50. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 23    |          |
| 51. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 205   |          |
| 52. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 68    |          |
| 53. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 291   |          |
| 54. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 332   |          |
| 55. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 262   |          |
| 56. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 143   |          |
| 57. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 14    |          |
| 58. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 48    |          |
| 59. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 18    |          |
| 60. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 59    |          |
| 61. Ananta Das | B.A. 1st Sem                                                                                                                                                                                                        | 90    |          |

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|-----|------------------|--------------|-----|
| 68  | Omshankar Achary | T.O. 5th Sem | 216 |
| 69  | Omshankar Achary | T.O. 5th Sem | 217 |
| 70  | Pooja Roy        | T.O. 1st Sem | 218 |
| 71  | Pratiksha Das    | T.O. 1st Sem | 219 |
| 72  | Pratiksha Das    | T.O. 1st Sem | 220 |
| 73  | Pratiksha Das    | T.O. 1st Sem | 221 |
| 74  | Pratiksha Das    | T.O. 1st Sem | 222 |
| 75  | Pratiksha Das    | T.O. 1st Sem | 223 |
| 76  | Pratiksha Das    | T.O. 1st Sem | 224 |
| 77  | Pratiksha Das    | T.O. 1st Sem | 225 |
| 78  | Pratiksha Das    | T.O. 1st Sem | 226 |
| 79  | Pratiksha Das    | T.O. 1st Sem | 227 |
| 80  | Pratiksha Das    | T.O. 1st Sem | 228 |
| 81  | Pratiksha Das    | T.O. 1st Sem | 229 |
| 82  | Pratiksha Das    | T.O. 1st Sem | 230 |
| 83  | Pratiksha Das    | T.O. 1st Sem | 231 |
| 84  | Pratiksha Das    | T.O. 1st Sem | 232 |
| 85  | Pratiksha Das    | T.O. 1st Sem | 233 |
| 86  | Pratiksha Das    | T.O. 1st Sem | 234 |
| 87  | Pratiksha Das    | T.O. 1st Sem | 235 |
| 88  | Pratiksha Das    | T.O. 1st Sem | 236 |
| 89  | Pratiksha Das    | T.O. 1st Sem | 237 |
| 90  | Pratiksha Das    | T.O. 1st Sem | 238 |
| 91  | Pratiksha Das    | T.O. 1st Sem | 239 |
| 92  | Pratiksha Das    | T.O. 1st Sem | 240 |
| 93  | Pratiksha Das    | T.O. 1st Sem | 241 |
| 94  | Pratiksha Das    | T.O. 1st Sem | 242 |
| 95  | Pratiksha Das    | T.O. 1st Sem | 243 |
| 96  | Pratiksha Das    | T.O. 1st Sem | 244 |
| 97  | Pratiksha Das    | T.O. 1st Sem | 245 |
| 98  | Pratiksha Das    | T.O. 1st Sem | 246 |
| 99  | Pratiksha Das    | T.O. 1st Sem | 247 |
| 100 | Pratiksha Das    | T.O. 1st Sem | 248 |

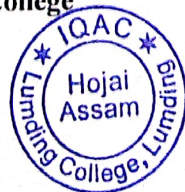
|     |               |              |     |
|-----|---------------|--------------|-----|
| 101 | Pratiksha Das | T.O. 1st Sem | 249 |
| 102 | Pratiksha Das | T.O. 1st Sem | 250 |
| 103 | Pratiksha Das | T.O. 1st Sem | 251 |
| 104 | Pratiksha Das | T.O. 1st Sem | 252 |
| 105 | Pratiksha Das | T.O. 1st Sem | 253 |
| 106 | Pratiksha Das | T.O. 1st Sem | 254 |
| 107 | Pratiksha Das | T.O. 1st Sem | 255 |
| 108 | Pratiksha Das | T.O. 1st Sem | 256 |
| 109 | Pratiksha Das | T.O. 1st Sem | 257 |
| 110 | Pratiksha Das | T.O. 1st Sem | 258 |
| 111 | Pratiksha Das | T.O. 1st Sem | 259 |
| 112 | Pratiksha Das | T.O. 1st Sem | 260 |
| 113 | Pratiksha Das | T.O. 1st Sem | 261 |
| 114 | Pratiksha Das | T.O. 1st Sem | 262 |
| 115 | Pratiksha Das | T.O. 1st Sem | 263 |
| 116 | Pratiksha Das | T.O. 1st Sem | 264 |
| 117 | Pratiksha Das | T.O. 1st Sem | 265 |
| 118 | Pratiksha Das | T.O. 1st Sem | 266 |
| 119 | Pratiksha Das | T.O. 1st Sem | 267 |
| 120 | Pratiksha Das | T.O. 1st Sem | 268 |
| 121 | Pratiksha Das | T.O. 1st Sem | 269 |
| 122 | Pratiksha Das | T.O. 1st Sem | 270 |
| 123 | Pratiksha Das | T.O. 1st Sem | 271 |
| 124 | Pratiksha Das | T.O. 1st Sem | 272 |
| 125 | Pratiksha Das | T.O. 1st Sem | 273 |
| 126 | Pratiksha Das | T.O. 1st Sem | 274 |
| 127 | Pratiksha Das | T.O. 1st Sem | 275 |
| 128 | Pratiksha Das | T.O. 1st Sem | 276 |
| 129 | Pratiksha Das | T.O. 1st Sem | 277 |
| 130 | Pratiksha Das | T.O. 1st Sem | 278 |

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|-----|---------------|--------------|-----|
| 131 | Pratiksha Das | T.O. 1st Sem | 279 |
| 132 | Pratiksha Das | T.O. 1st Sem | 280 |
| 133 | Pratiksha Das | T.O. 1st Sem | 281 |
| 134 | Pratiksha Das | T.O. 1st Sem | 282 |
| 135 | Pratiksha Das | T.O. 1st Sem | 283 |
| 136 | Pratiksha Das | T.O. 1st Sem | 284 |
| 137 | Pratiksha Das | T.O. 1st Sem | 285 |
| 138 | Pratiksha Das | T.O. 1st Sem | 286 |
| 139 | Pratiksha Das | T.O. 1st Sem | 287 |
| 140 | Pratiksha Das | T.O. 1st Sem | 288 |
| 141 | Pratiksha Das | T.O. 1st Sem | 289 |
| 142 | Pratiksha Das | T.O. 1st Sem | 290 |
| 143 | Pratiksha Das | T.O. 1st Sem | 291 |
| 144 | Pratiksha Das | T.O. 1st Sem | 292 |
| 145 | Pratiksha Das | T.O. 1st Sem | 293 |
| 146 | Pratiksha Das | T.O. 1st Sem | 294 |
| 147 | Pratiksha Das | T.O. 1st Sem | 295 |
| 148 | Pratiksha Das | T.O. 1st Sem | 296 |
| 149 | Pratiksha Das | T.O. 1st Sem | 297 |
| 150 | Pratiksha Das | T.O. 1st Sem | 298 |
| 151 | Pratiksha Das | T.O. 1st Sem | 299 |
| 152 | Pratiksha Das | T.O. 1st Sem | 300 |

Report Prepared by: Team IQAC, Lumding College

Date of Event: 23<sup>rd</sup> June 2018

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Co-ordinator  
IQAC  
Lumding College  
Lumding, Hojai, Assam