

Report on Life Skills Yoga

Since 2016, Value Education Committee, Lumding College, has initiated activities for promotion of life skill yoga along with other activities for the promotion and wellbeing of the stakeholders. The committee regularly has organised workshop on life skill yoga on the eve of International Yoga Day. During pandemic this workshop was also conducted through online. In fact, organising that type of workshop on yoga is a capacity development and skills enhancement activity which is organised for improving students' capability. During the last five years a good number of students enrolled in the yoga workshop along with Faculties and staffs of the college. During 2018-19, thirty students of the college enrolled in the yoga workshop (14.06.2019 to 21.06.2019) which was held in the college yoga centre and finally demonstrate their performance on 21st June, 2019 on the event of International Yoga Day.

Yoga Day Celebration' 2019

International Day of yoga was observed in the year 2019 on 21st June as well as in ~~their~~ previous years. Organised by Value Education Committee and IQAC, Lumding College. Mr. Sukanta Das, from Rashtriya Sevak Sangha, Kriya Bharati, was invited to teach yoga to the students. ~~the~~ ~~seventy~~ Ten days yoga camp started from 14th June to 20th June in regular basis. About 30 (thirty ~~only~~ ~~only~~) students and all the members of the yoga committee participated in the work shop. On 21st June the programme was ~~not~~ started with kindling of light and vedic Mantras. All the participants exhibited yoga and Pranayams ~~and~~ in front of audience. The programme was ended with Shanti Mantra Chanting. The whole programme was scheduled according to the government protocol.

Sanghamitra Das (Bose)
Convener, Value Education Committee

2018-19

Roll Number	Unique ID	Name of Student	Mobile Number	Day 1 14/6/2019	Day 2 15/06/2019	Day 3 16/06/2019	Day 4 17/06/2019	Day 5 18/06/2019	Day 6 19/06/2019	Day 7 20/06/2019	Final 21/06/2019
18DS018	52300060	KAUSHAL DAS	8721823640	P	P	P	P	P	P	P	P
18DS022	52300066	BHIM CHAUHAN	8011887120	P	P	P	P	P	P	P	P
18DS024	52300070	RINGTARDI THAOSEN	7896286368	P	P	P	P	P	P	P	P
18DS027	52300075	ANAMIKA BHUYAN	8638706986	P	P	P	P	P	P	P	P
18DS035	52300084	HAMLIK HASNU	8837087445	P	P	P	P	P	P	P	P
18DS042	52300091	MANJU SHARMA	9435432422	P	P	P	P	P	P	P	P
18DS051	52300100	SARITA KUMARI	7896962436	P	P	P	P	P	P	P	P
18DS085	52300501	ABHIJIT TOPPO	9957058578	P	P	P	P	P	P	P	P
18DS096	52300665	TWINKLE MARAMSA	9531462554	P	P	P	P	P	P	P	P
18DS099	52300685	MANISH PRASAD	8011997566	P	P	P	P	P	P	P	P
18DC005	52300108	MRINAL GOPE	9706745901	P	P	P	P	P	P	P	P
18DC010	52300113	KUNAL DUTTA	9707301318	P	P	P	P	P	P	P	P
18DC023	52300130	SANJANA SARKAR	9957407285	P	P	P	P	P	P	P	P
18DC028	52300137	ABAJIT DAS	7896016622	P	P	P	P	P	P	P	P
18DC055	52300277	TAPASH CHANDRA DEY	7002497253	P	P	P	P	P	P	P	P
18DA014	52300161	PUJA DEY	8011618199	P	P	P	P	P	P	P	P
18DA017	52300167	ESHA DAS	9707411832	P	P	P	P	P	P	P	P
18DA020	52300171	RAHUL RABI DAS	8876581138	P	P	P	P	P	P	P	P
18DA066	52300229	PRIYA DEBNATH	9127578706	P	P	P	P	P	P	P	P
18DA069	52300234	MONOWARA BEGUM	7577028637	P	P	P	P	P	P	P	P
18DA070	52300237	SARITA THAPA	9136819436	P	P	P	P	P	P	P	P
18DA099	52300303	NIBADITA GOPE	9957465135	P	P	P	P	P	P	P	P
18DA167	52300375	SUPRIYA BATHARI	9435268443	P	P	P	P	P	P	P	P
18DA168	52300376	DESAINDI KEMPRAI	8134850349	P	P	P	P	P	P	P	P
18DA172	52300380	MOU DEY	8486358626	P	P	P	P	P	P	P	P
18DA219	52300430	SARNAB PRATIM DEY	9127147586	P	P	P	P	P	P	P	P
18DA292	52300690	PAYEL BHOWMICK	8876442601	P	P	P	P	P	P	P	P
18DA335	52300450	SUBOM DEY	7002183388	P	P	P	P	P	P	P	P
18DA348	52300835	SURAJ THAOSEN	7002128429	P	P	P	P	P	P	P	P
18DA351	52300861	SANITA DAS	7002380268	P	P	P	P	P	P	P	P



During 2019-2020, thirty students of the college enrolled in the yoga workshop (14.06.2020 to 21.06.2020) which was held online and finally demonstrate their performance on 21st June, 2020 on the event of observance International Yoga Day.

Online-Yoga class 2019-20

Roll Number	Name	Mobile Number	Day 1 14/6/2020	Day 2 15/06/2020	Day 3 16/06/2020	Day 4 17/06/2020	Day 5 18/06/2020	Day 6 19/06/2020	Day 7 20/06/2020	Final 21/06/2020
19DA006	PARNA DEB	8876926525	P	P	P	P	P	P	P	P
19DA008	ABISHEK CHOWDHURY	9101166438	P	P	P	P	P	P	P	P
19DA059	PAPRI DAS	9085642784	P	P	P	P	P	P	P	P
19DA061	ROSHMI DAS	9085840049	P	P	P	P	P	P	P	P
19DA062	BIKRAM BHOWMICK	9365235568	P	P	P	P	P	P	P	P
19DA132	BHOLA DEY	8134918501	P	P	P	P	P	P	P	P
19DA133	DOLI MONI PATAR	6002846393	P	P	P	P	P	P	P	P
19DA206	MUKUL DAS	6002424781	P	P	P	P	P	P	P	P
19DA207	KAMAN HASNU	7002528492	P	P	P	P	P	P	P	P
19DA208	GOVIND BALMIKI	9957947388	P	P	P	P	P	P	P	P
19DA258	GOURAB DAS	7896972207	P	P	P	P	P	P	P	P
19DC031	AMIT DAS	6001082702	P	P	P	P	P	P	P	P
19DC032	ABHIJIT DEY	8638980217	P	P	P	P	P	P	P	P
19DC041	BITTU DAS	6002988478	P	P	P	P	P	P	P	P
19DC042	JOYDEEP SAHA	7896552301	P	P	P	P	P	P	P	P
19DC046	MONOJIT DAS	8011643261	P	P	P	P	P	P	P	P
19DC047	BABY GUPTA	6000455298	P	P	P	P	P	P	P	P
19DS054	AKSHAY CHAUHAN	9101717898	P	P	P	P	P	P	P	P
19DS055	ARYAN BHAGAT	9365622816	P	P	P	P	P	P	P	P
19DS075	ASISH MAJUMDER	9101314585	P	P	P	P	P	P	P	P
19DS076	SANJAY RABIDAS	7085552368	P	P	P	P	P	P	P	P
19DS097	AKASH DAS	9365666239	P	P	P	P	P	P	P	P
19DS098	SUBASH CHAUHAN	9101972448	P	P	P	P	P	P	P	P
19DS110	SUROJIT DAS	6003143690	P	P	P	P	P	P	P	P
19DS115	AMIT SARKAR	8638034616	P	P	P	P	P	P	P	P
19DS090	RAJAN KUMAR SHILL	8638288436	P	P	P	P	P	P	P	P
19DS093	DEBASISH DEBNATH	9678251075	P	P	P	P	P	P	P	P
19DS096	POVETRO HANSE	8812011526	P	P	P	P	P	P	P	P
19DS006	TAPASH DAS	8761030280	P	P	P	P	P	P	P	P
19DS009	DHRUBA DAS	9365512044	P	P	P	P	P	P	P	P

Report of Yoga day Celebration' 2020

In the year 2020 yoga Day was celebrated in Google meet. 55 participants joined in the programme on 21st June. Yoga Teacher of Ash of Living, Sri Vishnu Prakash from Dharma Ashram exhibited yoga and the participants followed him. It was the period of Corona pandemic, so the whole programme was arranged by the Value Education Committee in Association with IQAC, Lumding College on online mode. After the yoga programme meditation was performed in guided version.

Sanghamitra Das (Bose)
Convener, Value Education Council

INTERNATIONAL DAY OF YOGA

FB'LIVE

A live Session On The Occasion of International Day Of Yoga Will Be conducted by IQAC And VEC, Lumding College In Collaboration with the Art Of Living

Resource Person - Shri Vishnu Prakash, Faculty, Art Of Living

FB account —: @Sanghamitra Das Bose

JUNE 21, 2020.. 10:00 AM ONWARDS



During 2020-2021, thirty students of the college enrolled in the yoga workshop (14.06.2021 to 21.06.2021) which was held online and finally demonstrate their performance on 21st June, 2021 on the event of observance International Yoga Day.

2020-21 (online) Workshop

Roll Number	Name	Mobile Number	Day 1 14/6/2021	Day 2 15/06/2021	Day 3 16/06/2021	Day 4 17/06/2021	Day 5 18/06/2021	Day 6 19/06/2021	Day 7 20/06/2021	Final 21/06/2021
20DA005	BRINDA DAS	7896915030	P	P	P	P	P	P	P	P
20DA007	TAPAN DAS	8474086811	P	P	P	P	P	P	P	P
20DA008	MEGHA SENGUPTA	6001933234	P	P	P	P	P	P	P	P
20DA014	RAKHI KUMARI	7002721564	P	P	P	P	P	P	P	P
20DA015	BAISHAKI PAUL	9954879786	P	P	P	P	P	P	P	P
20DA051	ESHA DEB	6000479175	P	P	P	P	P	P	P	P
20DA169	MRINAL DUTTA	6002607336	P	P	P	P	P	P	P	P
20DA170	DIPTI DEB	8723033614	P	P	P	P	P	P	P	P
20DA271	PRITY MALAKAR	9101642949	P	P	P	P	P	P	P	P
20DA272	BISWAJIT DAS	8811876859	P	P	P	P	P	P	P	P
20DC031	RAJDEEP LODH	6002377460	P	P	P	P	P	P	P	P
20DC032	SIMRAN DEY	9101382406	P	P	P	P	P	P	P	P
20DC038	DEEP GHOSH	6002194189	P	P	P	P	P	P	P	P
20DC088	UJJAL DAS	6001800418	P	P	P	P	P	P	P	P
20DC100	RAJ KUMAR ROY	9127310280	P	P	P	P	P	P	P	P
20DC101	ROHAN SINGH	8486325136	P	P	P	P	P	P	P	P
20DC113	SUMAN TALUKDA	8876331537	P	P	P	P	P	P	P	P
20DC114	ASHISH SEAL	7002628797	P	P	P	P	P	P	P	P

Yoga Day Celebration' 2021

International Day of Yoga' 2021 was observed on online mode i.e. Google Meet. It was organised by IQAC & Value Education Committee of Lumding College in Association with Vivekananda Kendra, Institute of Culture, Guwahati, Assam. "Importance of Yoga on Human Mind as well as Health" was the main topic to be discussed. Sri. Jitendra Kumar Das, Yoga Pramukh, VKIC, Guwahati, delivered a very fruitful lecture about the said topic and showed some mudras, pranayams and asanas on the screen, which are beneficial for healthy body and mind. The whole programme was conducted from 10 am - 11 am. Participants were 72 (Seventy Two) in number. Teachers, Students and Staffs of our college as well as other colleges of Assam and other States also participated in the programme and made it a successful programme. E-certificates were issued for all the participants.

Sanghamitra Das (Bose)
Convener, Value Education Committee



OBSERVANCE OF INTERNATIONAL DAY OF YOGA 2021

ORGANISED BY IQAC & VALUE EDUCATION
COMMITTEE, LUMDING COLLEGE
IN ASSOCIATION WITH VIVEKANANDA KENDRA
INSTITUTE OF CULTURE, GUWAHATI, ASSAM

**TOPIC : IMPORTANCE
OF YOGA ON HUMAN
MIND AS WELL AS
HEALTH**

June 21, 2021
10AM to 11PM
Google Meet link will be provided



Resource person:

 Sri Jitendra Kumar Das	 Dr. Mrital Kanti Paul	 DR. SANGHAMITRA DAS BOSE	 PROF. NIRMALYA SINGHA SEKHAR CHOWDHURY
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During 2020-2021, thirty students of the college enrolled in the yoga workshop (14.06.2022 to 21.06.2022) which was held in the college yoga room and finally demonstrate their performance on 21st June, 2022 on the event of observance International Yoga Day.

The International Yoga Day, 2022 was observed in Lumding College at Yoga Room in presence of 25 students, Principal, IQAC co-ordinator, faculties as per DHE guidelines following the Yoga Protocol.

In this context it is worth mentioning that from 14th June onwards a weeklong yoga training session was held every day at 8-30am in the college premises under the strict supervision of Yoga Instructor, Mr. Sajal Kanti Dey of Krira Bharati, Lumding.

After successful completion of the week-long training on the 21st June, i.e. International Yoga Day was celebrated among the participants gathered at the venue by 7-30 am and the programme was started with the introductory speech of Dr. Sanghamitra Das Bose, Convener, Value Education Committee followed by the lightening of the lamp with Chanting of Deep Prajwalan Mantra. After that Dr. Mrinal Kanti Paul, Principal Lumding College, Dr. Sanjay Kanti Das, Coordinator, and Mr. Sajal Kanti Dey, the Yoga Instructor were felicitated. After that the Yoga Instructor delivered a brief speech on the utility of Yoga.

The Practical Yoga session was started with chanting Mantras and Prayers followed by Surya Namaskar, different Asanas, viz, Tarasan, Brikshasan, Biparit karani etc. After that the Pranayamas viz, the Kapalbhathi, Anulom bilom was performed following dhyana and sankalpa. After that the Programme was ended with Chanting Shanti Mantra.

2021-22 Yoga Workshop.

Roll Number	Name	Mobile Number	Day 1 14/6/2022	Day 2 15/6/2022	Day 3 16/6/2022	Day 4 17/6/2022	Day 5 18/6/2022	Day 6 19/6/2022	Day 7 20/6/2022	Final 21/6/2022
21DA017	VASKAR DEY	8011406098	P	P	P	P	P	P	P	P
21DA019	BISWAJIT DAS	8638862626	P	P	P	P	P	P	P	P
21DA043	RICHA DHAR	8724950715	P	P	P	P	P	P	P	P
21DA070	TANUSHREE DUTTA	8486238011	P	P	P	P	P	P	P	P
21DA185	GOURAV BANIK	8638975073	P	P	P	P	P	P	P	P
21DA186	POMPI RANI DAS	8822728527	P	P	P	P	P	P	P	P
21DA224	RESHMA DEY	7086629829	P	P	P	P	P	P	P	P
21DA303	DIPANKAR DEY	6003528390	P	P	P	P	P	P	P	P
21DA033	KONKA DAS	8099774402	P	P	P	P	P	P	P	P
21DA034	RAJDEEP DUTTA	8472889358	P	P	P	P	P	P	P	P
21DA076	MAMON DAS	7002500805	P	P	P	P	P	P	P	P
21DA077	PRASENJIT DAS	9365287130	P	P	P	P	P	P	P	P
21DC013	SAURAV SHIL	8811835636	P	P	P	P	P	P	P	P
21DC014	ABHISHEK MAJUMDER	9365617615	P	P	P	P	P	P	P	P
21DS026	SANCHITA PAUL	9954807645	P	P	P	P	P	P	P	P
21DS027	PRIYANSHU ACHARJEE	6000291054	P	P	P	P	P	P	P	P
21DS036	SUJATA DAS	6002953708	P	P	P	P	P	P	P	P
21DS037	SUBHAYAN BISWAS	9101661782	P	P	P	P	P	P	P	P
19DA274	DAMBAR BAHADUR NIROLA	8134913017	P	P	P	P	P	P	P	P
19DS050	SAR NONG EH TISSO	9101027286	P	P	P	P	P	P	P	P
19DA290	SOURAV CHOWDHURY	8761862245	P	P	P	P	P	P	P	P
19DS096	POVETRO HANSE	8812011526	P	P	P	P	P	P	P	P
20DS111	LONGKI TERON	7002844816	P	P	P	P	P	P	P	P
21DA449	SAHIL GHOSH	6002704380	P	P	P	P	P	P	P	P
21DA292	MIRTUNJOY CHOWDHURY	6003187773	P	P	P	P	P	P	P	P



Like every year the International Day of Yoga was Celebrated in Lumding College on 21st of June'2023. Before those six (6) days training programme was arranged in the Lumding College Auditorium with 22 students. The programme was organised by IQAC and Value Education Committee. The Yoga instructor was Mr. Atol Seal of Krira Varati Lumding.

On the 21st June all the trained students along with the student leaders of AVBP and others dignitaries were present. Principal, Dr. MK Paul delivered the welcome speech and Dr. S. Das Bose, convener, VEC monitored the whole programme. Faculties, students, non-teaching stuffs of the College participated in the programme and made it a grand success.

The following in the yoga Name	Students have Training Programme class/semester/Dept	participated for 21st June 2023 contact
1. Smrita Chhetri	H.S 2nd year	6000239480
2. Satabha Majumdar	2nd semester (zoology)	8822323981
3. Ravi K. Prasad	4th sem (Botany)	6003905191
4. Bishwa Doulagupha	4th sem (Botany)	8761869513
5. Deepak Yadav	4th sem (Botany)	6002259951
6. Sangita Dutta	H.S 2nd year	9387833652
7. Sabita Das	H.S 2nd year	9706258581
8. Pranesh Das	H.S. 2nd year	9957548078
9. Samar Ghosh	4th sem	8822172535
10. Reshona Dey	4th sem (Bengali)	7923450258
11. Mousumi Barman	4th sem (Bengali)	9678465459
12. Roj, Ashwini	2nd year	7099642519
13. Jishu Majumdar	2nd year	6913123458
14. Gopi Chelley	2nd sem	8486344941
15. Bahil Ghosh	4th sem	6002704380
16. Tanisha Debata	2nd year	9864699618
17. Momotha GOWD	2nd year	9395116672
18. Mousmi Nath	2nd year	9707270312
19. Rumi Talukdar	2nd year	6001154364
20. Aliza Dutta	2nd year	8472888482
21. Riya Dutta	2nd year	8134019064
22. Neha Chetrey	H.S 2nd year	7578918397



Report of activities of Value Education Committee

1. 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 23rd 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:

Candidates Present in the Workshop for learning yoga, Mudras and Acupressure Technique taught by Mr. Resource Person Mr. Vinay Kumar & Mr. Nishant Kumar from Dev Sanskriti Viswavidyalaya, Haridwar, Uttarakhand on 23rd June 2018			
Name	Class	Roll No.	
1. Puja Das	B.A. 1st sem	91	
2. Bhumi Paul	B.A. 1st Sem	56	
3. Priyanka Barman	B.A. 1st Sem	880	
4. Payal Das	B.A. 1st Sem	246	
5. Nishant Kumar	1st year	104	
6. Rina Das	H.S. 1st year	16	
7. Mimi Paul	H.S. 1st year	118	
8. Sunita Choudhan	B.A. 1st Sem	113	
9. Ananta Mazumder	B.A. 3rd Sem	358	
10. Mithu Chandra	H.S. 1st year	216	
11. Bhuma Karmam	B.A. 1st Sem	91	
12. Priyanka Majumder	B.Sc. 1st Sem	25	
13. Puja Chakrabarty	B.Sc. 2nd Sem	17	
14. Ananta Das	B.Sc. 2nd Sem	56	
15. Alal Das	B.A. 3rd Sem	255	
16. Jaydeep Saha	B.A. 1st Sem	42	
17. Soumya Choudhary	B.A. 1st Sem	290	
18. Ananta Das	1st year	146	
19. Rina Nath	H.S. 1st year	03	
20. Ananta Das	H.S. 1st year	13	
21. Soma Rani Das	B.A. 1st Sem	235	
22. Anika Debbarth	B.A. 1st Sem	240	
23. Mimi Das	B.A. 1st Sem	113	
24. Rina Das	H.S. 1st year	10	
25. Ananta Das	H.S. 1st year	07	
26. Ananta Das	H.S. 1st year	39	
27. Ananta Das	H.S. 1st year	16	
28. Ananta Das	H.S. 1st year	117	

H.S. 1st Year			
29. Ananta Das	H.S. 1st Year	11	
30. Ananta Das	H.S. 1st Year	07	
31. Ananta Das	H.S. 1st Year	04	
32. Ananta Das	B.A. 1st Sem	15	
33. Ananta Das	B.A. 1st Sem	245	
34. Ananta Das	B.A. 1st Sem	244	
35. Ananta Das	B.A. 1st Sem	1818	
36. Ananta Das	B.A. 1st Sem	229	
37. Ananta Das	H.S. 1st Year	104	
38. Ananta Das	H.S. 1st Year	275	
39. Ananta Das	H.S. 1st Year	232	
40. Ananta Das	H.S. 1st Year	292	
41. Ananta Das	T.D.C. 2nd Sem	14	
42. Ananta Das	T.D.C. 1st Sem	273	
43. Ananta Das	B.A. 5th Sem	250	
44. Ananta Das	H.S. 1st Year	50	
45. Ananta Das	H.S. 1st Year	16	
46. Ananta Das	H.S. 1st Year	82	
47. Ananta Das	H.S. 1st Year	127	
48. Ananta Das	H.S. 1st Year	127	
49. Ananta Das	H.S. 1st Year	127	
50. Ananta Das	H.S. 1st Year	127	
51. Ananta Das	B.A. 5th Sem	205	
52. Ananta Das	B.A. 1st Sem	68	
53. Ananta Das	T.D.C. 1st Sem	291	
54. Ananta Das	T.D.C. 1st Sem	387	
55. Ananta Das	T.D.C. 1st Sem	262	
56. Ananta Das	T.D.C. 1st Sem	149	
57. Ananta Das	H.S. 1st Year	14	
58. Ananta Das	H.S. 1st Year	48	
59. Ananta Das	H.S. 1st Year	120	
60. Ananta Das	B.A. 1st Sem	59	
61. Ananta Das	B.A. 1st Sem	90	
62. Ananta Das	B.A. 1st Sem	11	

Continued...

63	Savaliatichaary	T.O.C 5th Sem	216
64	Abhishek Nandy	T.D.C 1st Sem	247
65	Pratyay Roy	T.D.C 1st Sem	260
66	Susmita Das	T.D.C 1st Sem	219
67	Pranabjit Das	T.D.C 1st Sem	36
68	Subhanka Das	H.S 1st	34
69	Antara Dutta	H.S 1st	23
70	Nilima Das	H.S 1st	33
71	Binita Kundu	B.A 1st Sem/Arts	292
72	Neha Karanakar	T.D.C 1st Sem/Arts	295
73	Ratna Das	B.A 1st Sem/Arts	127
74	Pranabjit Das	T.D.C 1st Sem/Arts	55
75	Jyoti Roy	T.D.C 1st Sem/Arts	144
76	Rishi Mahapatra	T.D.C 2nd Sem	273
77	Rajesh Choudhary	T.O.C 5th Sem	285
78	Sarabjit Ghoshacharya	T.D.C 1st Sem	191
79	Seema Das	T.D.C 1st Sem	126
80	Divya Ghosh	T.D.C 1st Sem	215
81	Tinku Choudhary	T.D.C 2nd Sem	119
82	Jitendra Choudhary	T.D.C 1st Sem	70
83	Apardeep Paul	B.Com 1st Sem	33
84	Amrita Wainain	B.A 5th Sem	186
85	Minati Choudhary	B.Com 1st Sem	50
86	Shagun Datta	H.S 2nd year	28
87	Debasmita Choudhary	H.S 2nd year	27
88	Gaurav Roy	H.S 1st year	10
89	Jyoti Choudhary	B.A 5th Sem	47
90	Soma Mishra	B.A 5th Sem	31
91	Kajal Choudhary	B.A 5th Sem	236
92	Abhinav Choudhary	B.Com 2nd Sem	57
93	Abhijit Das	B.Com 2nd Sem	66
94	Santana Paul	B.Com 2nd Sem	69

95	Bishal Das	B.Com 1st Sem	166
96	Deep Das	H.S 2nd year	49
97	Deep Das	H.S 2nd year	209
98	Nayan Das	H.S 2nd year	179
99	Gopangit Mazumdar	H.S 2nd year	165
100	Deep Choudhary	B.Com 1st Sem	2
101	Pooja Das	1st Sem	64
102	Mamoni Das	1st Sem	121
103	Abhishek Das	Assistant Prof. Hindi	11
104	Madhurima Das	Assistant Prof. Statistics	15
105	Sujata Das	Assistant Prof. Geography	18
106	Sujata Das	Assistant Prof. Geography	18
107	Soma Das	Assistant Prof. Maths	12
108	Kashmira Anjan	1st Sem	296
109	Rupa Choudhary	1st Sem Arts	297
110	Hemabandhu Choudhary	1st Sem	303
111	Ashi Seta Kote		
112	Anushka Das	H.S 2nd year	165
113	R. Choudhary	H.S 2nd year	24
114	Rahul Choudhary	B.Com 1st Sem	89
115	Jagan Das	B.Com 1st Sem	24
116	Rahul Das	H.S 2nd year	230
117	Jayabhadra Das	T.D.C 1st Sem	274
118	Soma Choudhary	B.A 1st Sem	153
119	Priya Das	B.Com 2nd Sem	118
120	Raja Sankar	B.A 1st Sem	116
121	Sourav Choudhary	B.Sc 1st Sem	102
122	Surya Loma	B.A 1st Sem	38
123	Bishal Das	B.A 1st Sem	108
124	Devi Choudhary	B.A 5th Sem	225
125	Bhita Choudhary	B.A 5th Sem	217
126	Anjum Lodhi	H.S 1st year (Sc)	22
127	Anjum Thapa	H.S 1st year (Sc)	24

128	Kuldev Das	H.S 1st year	
129	Abhishek Das	B.S.C 2nd year	
130	Abhishek Das	H.S 1st year	
131	Abhishek Das	H.S 1st year (Arts)	57
132	Abhishek Das	H.S 1st year (Arts)	29
133	Abhishek Das	B.Com 1st Sem	69
134	Rohan Das	H.S 1st year (Arts)	191
135	Ravi Kumar Das	H.S 1st year (Arts)	35
136	Chand Das	H.S 1st year (Sc)	25
137	Abhishek Das	H.S 1st year (Sc)	09
138	Soma Das	H.S 1st year (Sc)	37
139	Soma Das	T.D.C 1st year	
140	Soma Das	T.D.C 1st year	262
141	Soma Das	T.D.C 1st year	300
142	Soma Das	T.D.C 1st year	223
143	Soma Das	T.D.C 1st year	45
144	Soma Das	T.D.C 1st year	
145	Soma Das	T.D.C 1st year	202
146	Soma Das	T.D.C 1st year	229
147	Soma Das	T.D.C 1st year	287
148	Soma Das	T.D.C 1st year	208
149	Soma Das	T.D.C 1st year	239
150	Soma Das	T.D.C 1st year	282
151	Soma Das	T.D.C 1st year	286
152	Soma Das	T.D.C 1st year	53
153	Soma Das	T.D.C 1st year	52

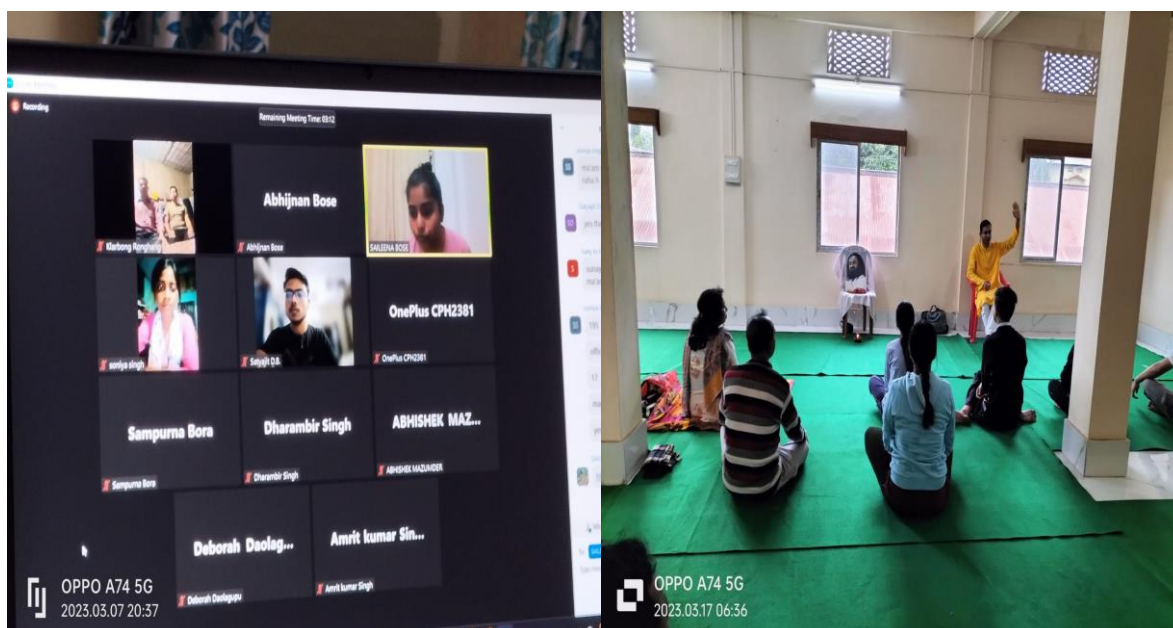
2. Report on the Happiness program of Art of Living

Happiness program is a unique meditation and yoga course, which is designed by Gurudev Sri Sri Ravi Shankar, for maintenance of the mental and emotional balance, which controls our everyday stress and strain of life. On the view of the value

education committee Lumding College in association with the art of Living, Diphu organised the course in Lumding College from 15th March to 17th March 2023.

To make the program successful Ms. Sailena Bose, MBA student of Sri Sri University, Bhubaneswar, volunteer art of living arranged one motivational speech in online mode on 7th march 23. Among the students, faculties and alumni of Lumding college.

The happiness program was conducted by the full-time international teacher Sri Vishnu Prakash, who is now in-charge of Diphu Art of living centre.



Happiness Program' 2023
Organised by Value Education Committee
Lunding, and Art of Living International
Centre, Diphu, Karbi-Anglong.

Name of the Participants	Phone no./Mobile No.	Signature
1. Nabanita Mallik (Alumnus)	8638966385	
2. Ashish Chakraborty - (Office Bearer, L.C.)	9957869372	Ashish Chakraborty
3. Dr. Mausumi Datta (Prof. L.C.)	9435318310	Mausumi Datta
4. Dr. Sujata Sen (Prof. L.C.)	8876452799	Sujata Sen
5. Monika Majumder (Alumnus)		
6. Dr. Abhishek Majumder (Prof. L.C.)	9706960373	Dr. Abhishek Majumder
7. Dr. Satyajit Das (Prof. L.C.)	8822097075	Satyajit Das
8. Dr. Satyajit Dey Barman (Prof. L.C.)	9401341691	
9. Kedar Kathar (Student 6th Sem)	7637048101	Kedar Kathar
10. Klarbong Ronghang (Student 6th Sem)	6003961449	Klarbong Ronghang
11. Dr. Gitanjali Nath (Prof. L.C.)	8876060157	Gitanjali Nath
12. Anurobindo Medhi (Prof. L.C.)	7002558359	
13. Bhushan Chandra Das	7002431314	Bhushan Chandra Das

Name of the Participant	Phone no./Mobile no.	Signature
14. Bilai Shree Brahma (Prof. L.C.)	8 47387 3319	Bilai Shree Brahma.
15. Jahan Chakraborty (Student 6th Sem)	8011090 345	Jahan Chakraborty
16. Soniya Singh (Student 6th Sem)	600 3217619	Soniya Singh.
17. Pranati Dey (Office Bearer)	9864547672	
18. Nakul Paul (Prof. L.C.)		
19. Prof. Reeta Das (Prof. L.C.)	86 389 68 771	Reeta Das
20. Madhumita Deb (Prof. L.C.)	87 23 00 52 87	Madhumita Deb
21. Dr. Mublib Basumaty	9854329081	<u>Dr.</u>

3. Report of the lecture-based program held on 10/04/23

On the 10th April, 2023 value education committee and IQAC Lumding College organised a lecture-based program on the topic “Youth in Eyes of Swami Vivekananda”. The chief speaker was Mr. Pradip Bhattacharjee, Bibhag Sangathak, Vivekananda Kendra nagaon. Dr. Sagar Baruah, Rtd. Principal of Khagarijan College and presently the visiting professor of MSS Viswavidyalaya, Nagaon, also delivered an enthusiastic speech for the young generation. The welcome speech was delivered by Dr. MK Paul, Principal, Lumding College. The entire program was conducted by Dr. S. Das Bose, convener, VAC. 25 nos of students, faculty members of different departments participated in the program.





A. Handhuvi

Principal,
Lumding College,
Lumding, Hojai, Assam.

Principal
Lumding College
Lumding, Hojai, Assam