

## YOGA UNIT IN OUR COLLEGE

Duliajan Girls' College conducts yoga classes for the importance of physical and mental health of the students. The vision of D G C is to build up a disease free body and a stress free mind and to have unity in diversity for a peaceful family as well as society. So, Asanas, Pranayamas and Meditations are conducted and training is being held in the college since 2013.

Regular classes are conducted in the early morning, yoga classes are held in the first period and a permanent teacher is appointed by the college.

To encourage the students, Yoga programmes are performed in college functions. Youth Leadership Training Programmes are held in the college during vacations and a programme will be conducted very shortly.

*Debasit Hazarika*

Signature of Teacher

*Binchya*

Signature of Co-ordinator (IQAC)  
Co-Ordinator, IQAC  
Duliajan Girls' College

*Shanta*

Principal Signature

Principal, DGC  
Duliajan Girls' College  
P. O. Duliajan



**Event:- Youth Leadership Training Programme**

**Objects:-** To develop leadership ability, communication skills, decision making capacity, social responsibility, sharp mind, confidence among the students through the training programme.

**Date/Time:-** December 05.12.2015 to 13.12.2015

**Place:-** Duliajan Girls' College

**Department:-** Yoga

**Teacher involved/conducted by:-** Conducted by Debajit Hazarika and Mr. Subhakaran Konhai (The Art of Living Teacher ) and Mrs Juli Moran Hazarika

**Student involved(participant):-** 30 numbers of student were participated.

**Brief description/summary of event:-** The Duliajan Girls' College has yoga unit . The unit of our college organized Youth Leadership Training Programme (YLTP) for the development of student.

This programme has a unique syllabus. The youth leadership Training programme focus on personal development and communication skills through stress reducing breathing techniques, individual inner peace and communities to come together in social service. Participants are inspired to volunteer rural development and fruits of the seeds sown in the classroom can be experienced by the community as a whole.

It is commonly said that the "Change ~~the~~ begins with me". The YLTP creates a transformation in every individual by teaching stress elimination breathing techniques and the Sudarshan Kriya. These tools help enhance confidence with the feeling aggression and give mental clarity and strength.

On the last day, enhance certificate distribution ceremony of YLTP took place in the college auditorium consisting of Principal of Duliajan Girls' College Dr. Lakhimi Phukon. In the meeting other members present were Vice-Principal of Duliajan Girls' College Mrs. Sujata Borkotoky, IQAC Co-ordinator Mrs Jayashree Baishya and members of the Duliajan Girls' College also.

**Conclusion/outcome:-** Participants were highly benefited. They could learn about time management, teamwork, facing challenges, self defence, yoga and more. All participants were very happy to attend the programme.

**Signature of Teacher:-** Debajit Hazarika

**Remarks of Co-ordinator (IQAC):-** Very fruitful Youth Leadership Training Programme

*Baishya*  
**Co-ordinator's signature:-**  
**Co-Ordinator, IQAC**  
**Duliajan Girls' College**



**Principal Sign**  
*[Signature]*  
**Principal**  
**Duliajan Girls' College**  
**P. O. Duliajan**



# YOUTH LEADERSHIP TRAINING PROGRAMME

Date-05/12/2015 to 13/12/2015



*[Signature]*  
PRINCIPAL  
JAIN GIRLS' COLLEGE  
P.O. DULHAN

# YOUTH LEADERSHIP TRAINING PROGRAMME

Date-05/12/2015 to 13/12/2015





Event: **Yoga Camp for Teaching and Non-Teaching Staff**

Objective: To bring awareness among the Teaching and Non-Teaching Staff about yoga for good health through the camp

Date: June 02.06.2016 to 08.06.2016

Time: 6 A.M to 8 A.M in the morning

Department: Yoga unit

Conducted by: Debajit Hazarika

Participant: 12 participants of Teaching Staff and 8 (eight) participants of Non-Teaching Staff.

Summary of event: A yoga camp was organized by Duliajan Girls' College Yoga Unit under the leadership of Mr Debajit Hazarika. The participants were divided in two groups for Teaching and Non-Teaching Staff. Mainly yoga classes were conducted for their physical and mental improvement and for good health.

Conclusion/outcome:- Participants were very happy to attend the programme as it relaxed their body and mind.

Signature of Teacher: *Debajit Hazarika*

Remarks of Co-ordinator (IQAC): *Introducing Yoga among teaching and non-teaching staff thus improving physical and mental health.*

*Bishya*  
Co-ordinator's signature:

**Co-Ordinator, IQAC  
Duliajan Girls' College**

*[Signature]*  
Principal Sign

**Duliajan Girls' College  
P. O. Duliajan.**



**Special Yoga Class of teaching and Non-teaching Staff, organized by Duliajan Girls' College**

**On dated 02/06/16 to 08/06/16**





## Event :- Self defence camp and youth leadership training programme .

Objective:-We tried to train the students for self protection to himself, and we tried to develop their leadership ability, communication skills, decision making capacity, social responsibility , clarity of mind ,self confidence among the students through the training programme.

Participated:27 students participated.

Date:-3<sup>rd</sup> July 2017 to 17 July 2017

Time :- 6.30 am to 3:30 pm

Place:-Duliajan Girls' College auditorium.

Department :-Yoga

Conducted By:-Conducted by Debajit Hazarika ,Mr. Subhakaran Kohain(The art of living teacher),Mr. Surojit Chutia and Mrs Juli Moran Hazarika (AptYuvacharya).

Summary Event :-A self defence camp and youth Leadership Training programme was organized by Duliajan Girls' College yoga unit under the leadership of Mr.Debajit Hazarika and the karate trainer Mr.Surojit Chutia and the YLTP trainer Mr. Subhakaran Kohain(The Art of Living Teacher).This training programme has a unique syllabus for the development of students.

The youth leadership training programme focus on personal development and communication skills .Through stress reducing technique ,Individuals find inner peace and communities develop a sense of belongingness. Participants are inspired to volunteer for socity development. The YLTP creates a transformation in every participant by teaching breathing technique calls "Sudarshan Kriya ."

Those tools help enhance confidence with a feeling of aggression and give mental clarity and strength.

Last day, closing ceremony of self defence and YLTP took place in the college auditorium consisting of the Principal of Duliajan Girls' College Dr. Lakhimi Phukon .

Conclusions:- Participants were very happy to attend the training programme. They could learn self defence technique ,time management ,teamwork, facing challenge ,leadership and yoga etc.

Signature of teacher:

*Debajit Hazarika*

Remark of Co-ordinator (IQAC):-

*Very brilliantly organised youth leadership programme*  
Co-ordinators signature  
Co-Ordinator, IQAC  
Duliajan Girls' College



Principal sign:

*Principal*  
Principal Teacher  
Duliajan Girls' College  
P. O. Duliajan

DATE:- 03.07.2017 to 17.07.2017 July  
 PROGRAMME:- Self-defence camp and youth leadership



DATE:- 03.07.17 to 17.07.2017 July  
 PROGRAMME:- Youth Leadership training Programme.





Event:- **Yoga awareness camp**

Objective:- To aware the people about Asana, Pranayama and Meditation for good health through the camp.

Date:- 17<sup>th</sup> March 2018 to 21<sup>st</sup> March 2018

Place:- Bamhukuta Gaon Namghar

Department:- Yoga Unit

Conducted by:- Debajit Hazarika and teachers involved are Mr. Amrit Chandra Kalita (NSS P/O), Mr. Haradhan Chandra Mandal and Mr. Purna Kanta Mahanta.

Participant:- 45 children and teens participated.

Summary of Event:- Yoga awareness camp was organized by Duliajan Girls' College Yoga Unit under the leadership of Mr. Debajit Hazarika and collaboration with NSS unit. This camp had conducted various Asanas, Pranayama and Meditation among the participant.

Conclusion/outcome: Children and teens were very happy to join the programme and improved their health condition.

Signature of Teacher:- *Debajit Hazarika*

Remarks of Co-ordinator (IQAC):- *A well organised successful programme*

*T. S. Shya*

Co-ordinator's signature:-

Co-Ordinator, IQAC  
Duliajan Girls' College



*P. O. Duliajan*

Principal Sign

Principal,  
Duliajan Girls' College  
P. O. Duliajan

DATE:- 17.03.2018 to 21.03.2018 March  
PROGRAMME:- yoga awareness camp





**Event: Medha Yoga Level 1**

**Objective:-** We tried to improve their communications skills, positive attitude, creative thinking, stress management, teamwork, time management, peaceful and calm mind, confidence among the student through the programme.

**Date:-** 21.05.2018 to 30.05.2018

**Time:-** 12.30 pm to 3.30 P.M

**Place:-** Duliajan Girls' College

**Department:-** Yoga

**Teacher involved:-** Conducted by Mr. Debajit Hazarika, Mrs. Juli Mahanta (The Art of Living Teacher) and Mr. Arun Borgohain (The Art of Living Teacher).

**Participant:-** 88 participants.

**Brief Description/ Summary of Events:-** A Medha Yoga Camp was organized by Duliajan Girls' College Yoga Unit under the leadership of Mr. Debajit Hazarika. The participants were included in two groups.

This Medha Yoga Camp has a unique syllabus for the development of students. In this camp various asanas, pranayamas, meditation, surya namaskar, sudarsan kriya, spritual knowledge, drama, game, dance, satsong (bhajan) and more etc were conducted among participants. The sudarshan kriya is a breathing technique which eliminate mental stress and person gets inner peace.

Last day closing ceremony of medha yoga camp took place in the college auditorium consisting of the Principal Duliajan Girls' College Dr. Lakhimi Phukan. In this meeting other member present were vice-principal of Duliajan Girls' College Mrs. Sujata Borkotoky, IQAC co-ordinator, Mrs Jayashree Baishya and members of the Duliajan Girls' College.

**Conclusion/Outcome:-** Participants attained a happy mind. We saw that their negative emotions, fear, anger, anxiety can deal with participants were enthusiastic and attained positive a mind.

**Signature of Teacher:-**

*Debajit Hazarika*

**Remarks of Co-ordinator (IQAC):-**

**Co-ordinator's signature:-**

**Co-Ordinator, IQAC  
Duliajan Girls' College**

*Very unique programme for physical as well as mental development*

**Principal Sign**

*Juli Mahanta*

**Principal, IQAC  
Duliajan Girls' College  
P. O. Duliajan**



DATE:- 21.05.2018 to 30.5.2018 May  
PROGRAMME:- Medha yoga Level 1





Event:- **Self-defence and Meditation Camp.**

Objective:- We tried to improve their self confidence, self protect to himself, fearless mind and inner peace among the student through the programme.

Date:- 02.07.18 to 09.07.2018

Place:- Duliajan Girls' College

Department:- Yoga

Teacher involved:- Conducted by Mr. Debajit Hazarika and Mr. Suroj Chutia

Students involved/participants:- 25 participants

Brief description/summary of event:- A self defence and meditation camp was organized by Duliajan Girls' College, Yoga Unit under the leadership of Mr. Debajit Hazarika.

This self defence and meditation camp has a unique syllabus for the development of students. This camp had been conducting various exercise, blocks (uke), kicks (geri), basic punches (tusuki), elbow strikes and blocks (empi), body movement, foot stance (dachi), meditation and more etc among the participants. Meditation reduce stress and relax body and mind. Self defence techniques enhance confidence and fearless develop mind.

On the last day closing ceremony at self defence and meditation camp took place in the college auditorium consisting of the Principal Duliajan of Girls' College Dr. Lakhimi Phukon in the meeting.

Conclusion/outcome:- Participants became brave. They were very happy and enjoyed to joined the camp.

Signature of Teacher:- *Debajit Hazarika*

Remarks of Co-ordinator (IQAC):- *Successful Martial Art training inculcating confidence among students.*

Co-ordinator's signature:-

**Co-Ordinator, IQAC  
Dullajan Girls' College**

Principal Sign

*[Signature]*



Principal  
Duliajan Girls' College  
P. O. Duliajan

DATE:- 02.07.18 to 09.07.2018

PROGRAMME:- Self-defence and Meditation Camp





**Event:- Utkarsha Yoga and Medha Yoga Level 1**

**Objective:-** We tried to improve their communication skills, positive attitude, creative thinking, stress management, teamwork, time management, develop peaceful and calm mind, confidence among the participants through the programme.

**Date:-** 01.07.2019 to 05.07.2019

**Time:-** Utkarsha Yoga 7.30 am to 10 am and Medha Yoga 10.30 am to 1.30 pm

**Place:-** Duliajan girls' College.

**Department:-** Yoga

**Teacher involved:-** Conducted by Mr. Debajit Hazarika, Mr. Robin Boruah (The Art of Living teacher).

**Participant:-** Utkarsha Yoga participant 18 and Medha Yoga participant 12.

**Brief Description/Summary of Events:-** A Utkarsha Yoga and Medha Yoga camp was organized by Duliajan Girls' College Yoga Unit under the leadership of Mr. Debajit Hazarika. The participants were included in two groups.

The Utkarsha Yoga and Medha Yoga camp has a unique syllabus for the development of students. In this camp has been conducting various asanas, pranayamas, meditation surya namaskar, sudarsan kriya, spritul knowledge, drama, game, dance, satsang (bhajan) etc among participants. The Sudarshan Kriya is a breathing technique which elimates mental stress and a person were gains inner peace.

On the closing ceremony a utkarsha yoga and medha yoga camp took place in the college auditorium consisting of the principal Duliajan Girls' College Dr. Lakhimi Phukan. In this meeting other members present were vice-principal of Duliajan Girls' College Mrs. Sujata Borkotoky, IQAC co-ordinator, Mrs Jayashree Baishya and members of the Duliajan Girls' College and participant guardian also were present.

**Conclusion/Outcome:-** Participants were become happy mind. We saw them that their negative emotions, fear, anger, anxiety can deal to attend the programme. Participants were more enthusiastic and developed positive mind.

**Signature of Teacher:-** *Debajit Hazarika*

**Remarks of Co-ordinator (IQAC):-** *Excellent awareness camp*

**Co-ordinator's signature:-** *Baishya*

**Co-Ordinator, IQAC**  
**Duliajan Girls' College**

**Principal Sign**

**Principal, Duliajan Girls' College**  
**P. O. Duliajan**



**DATE:- 01.07.2019**  
**PROGRAMME:-UTKARSHA YOGA AND MEDHA YOGA**





## Event :- Self-Defence Camp

Objective :- To improve the self confidence, self protect to himself and fearless mind among the students through the programme.

Date :- 02/01/2020 to 02/02/2020

Time :- 7.00 am to 8.30 am

Place :- Duliajan Girls' College

Conducted by :- Pabitra Murah and Debajit Hazarika

Participant :- 24

Brief description/summary of event :- A self defence camp was organised by Duliajan Girls' College under the leadership of Mr. Debajit Hazarika and the karate trainer Mr. Pabitra Murah in collaboration with IWC. The training took place during the semester break of the college which took place from 02/01/2020 to 05/02/2020. Within a month, a self defence training was given to a number of 24 students where the award ceremony (certificate distribution) took place on 05.02.20.

Last day certificate distribution ceremony of karate took place in the college auditorium consisting of the president of Inner wheel club Mrs M Gohain, Secretary of IWC Mrs Bulbul Adhyapak, District of V C Mrs Rina H. Mazumder, trainer of the self defence of karate Mr. Pabitra Murah, The organiser Mr. D. Hazarika Vice Principal, Mrs JS Borkotoky was also present. IQAC Co-ordinator Mrs. J Baishya along with other teachers and members of IWC was also present.

Conclusion :- Participants become braver they were also very happy and enjoyed to join the camp.

Signature of Teacher :- *Debajit Hazarika*

Remark of Co-ordinator (IQAC) :- *A very successful self defence training camp*

*Baishya*  
Co-ordinators' signature  
**Co-Ordinator, IQAC**  
**Duliajan Girls' College**

*G. Hazarika*  
Principal sign :-  
Principal, Mrs.  
Duliajan Girls' College  
P. O. Duliajan



**Event : Self Defence Camp**

**Date:- 02/01/2020 to 02/02/2020**

**Place:- Duliajan Girl's College**





## Event: National Webinar

Objective:- To improve the positive attitude, creative thinking, stress free mind, time management, peaceful and calm mind, confidence among the participant through the programme.

Date :- 09/09/2020

Time:- 11.30 to 1.00 P.M

Place :- Own Home

Department:- Yoga

Teacher involved :- Conducted by Mr. Debajit Hazarika and International Yoga Art of Living Teacher Mr. Laishram Dixon.

Participant:- 115

Brief description /Summary of Event :- A National Webinar on Yoga was held on 9/9/2020 from 11.30 am to 1 pm by the department of Yoga and IQAC, Dulaijan Girls' College during the Covid-19 Pandemic period.

The programme was inaugurated by the Principal Dr. Mrs. Lakhmi Phukan Madam, who stressed on the benefit of Yoga during the Pandemic times. The programme was done on the ZOOM platform. The programme was organised and conducted by the Yoga instructor Mr. Debajit Hazarika. International yoga Art of Living Teacher Mr. Laishram Dixon gave a lecture on the Youth & their contribution to the society. He showed a short documentary on how he motivated the youths in Manipur & streamlined them to become good human beings. He even made everyone do some yoga & meditation in the programme. He gave yoga tips on a healthy life for student.

There was question and answer session in the programme. The Art of Living State Council Member Mr. Subhakaran Kohain took up the question and answer session.

Conclusion/outcome :- Mrs. Jayashree Bardiya IQAC Co-ordinator gave the vote of thanks and the programme came to an end. There were about 115 participants in the programme and everyone was benefitted by the webinar.

Signature of Teacher :-

*Debajit Hazarika*

Remark of co-ordinator (IQAC):-

*An excellent webinar where demonstration also took place*

Co-ordinators signature

**Co-Ordinator, IQAC  
Dulaijan Girls' College**



*Dr. Mrs. Lakhmi Phukan*

Principal sign  
Principal  
Dulaijan Girls' College  
- P. O. Dulaijan



তাৰিখ:

৯/৯/২০২০

বিষয়:- "সাম্প্ৰতিক কালত সমাজৰ  
প্ৰতি যুৱক-যুৱতীৰ ভূমিকা"

Organizar: Department of Yoga,  
Duliajan Girls' College @ IQAC



উদ্বোধক : ডঃ লক্ষ্মী ফুকন,  
অধ্যক্ষা, দুলাইজান  
ছোৱালী মহাবিদ্যালয়



Name: Laishram Dixon  
International Teacher AOL



Date:- 9/9/2020

Time:- 11:30 AM-1:00 PM

ৱেবিনাৰখন তলত দিয়া  
এপছৰ যোগেদি অনুষ্ঠিত  
হ'ব-



ZOOM



দেৱজিত হাজৰীকা  
Coordinator of webinar  
Yoga Teacher DGC



জয়ন্তী বৈশ্য  
Coordinator, IQAC  
আভ্যন্তৰীণ গুণগত মান নিৰ্ধাৰণ কোষ

যোগাযোগ:

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গ্ৰুপত জাইন হ'বৰ বাবে তলৰ  
লিংকত ক্লিক কৰক-

<https://chat.whatsapp.com/DOvDI4L1t5N5N>



শুভাকৰণ কোহাঞি

AOL State Council Member  
YLTP Assam



Report on Second International Day of Yoga Celebrated on 21.06.16

The second "International Day of Yoga" was celebrated in Duliajan Girls' College on 21<sup>st</sup> June, 2016 with much enthusiasm by the teachers, students and staff of the college in the college playground at 8am.

The Yoga teacher of the college Mr. Debajit Hazarika, who is also a teacher of the foundation of guru Ravishankar's Art of Living, guided the programme.

The programme started with the lighting of the lamp by the Vice Principal of the college Mrs. Sujata Borkataky followed by a talk on the benefits of yoga. A prayer took place after the talk.

The Yoga Abhyash as directed by the ministry of AYUSH took place for 45 minutes and the Yoga teacher guided everyone to do the Asanas. Asanas, pranayams and meditation followed and the programme ended with a Hindi and English sankalpa (oath taking).

The programme ended at 9.30am.

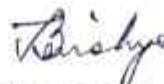


Signature of Teacher



Principal Signature

Principal IC  
Duliajan Girls' College  
P. O. Duliajan



Signature of Co ordinator(IQAC)

**Co-Ordinator, IQAC  
Duliajan Girls' College**

**Celebration of  
International Day of  
Yoga on 21<sup>st</sup> June, 2016.**





DATE:- 21.06.2018

PROGRAMME:- 4<sup>th</sup> International yoga day



DATE:- 21.06.2019 June  
PROGRAMME:- 5<sup>th</sup> International yoga day











## Presentation of Yoga on the Occasion of Teachers Day 2015

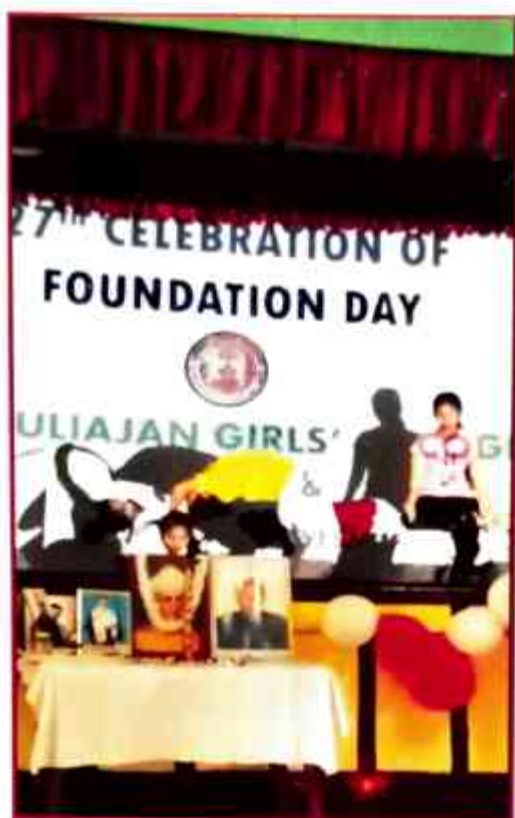
Presented By Yoga Students





DATE:- 05.09.2018

PROGRAMME:-  
YOGA SHOW IN  
TEACHERS DAY



DATE:- 05.09.2019

PROGRAMME:- YOGA SHOW IN  
TEACHERS DAY





# LEADERSHIP TRAINING PROGRAMME

YLTP

3<sup>rd</sup> JULY 13<sup>th</sup> JULY 2017





**Student at Yoga Class**