

Report on Yoga Programme in connection with International Day Against Drug Abuse and Illicit Trafficking, 2025

Occasion: Conduction on Yoga Programme in connection with International Day against Drug Abuse & Illicit Trafficking, 2025 as per Office of the District Magistrate, Kokrajhar memo no. KMJ.16/2022/255

Date: 6th June, 2025

Time: 7:00 A.M. to 8:00A.M.

Venue: MMB Auditorium Hall, KGC.

Objective: To organize a Yoga Programme in connection with International Day against Drug Abuse & Illicit Trafficking, 2025 as per memo no. KMJ.16/2022/255 of the Office of District Magistrate, Kokrajhar on 6th June, 2025 at the premises of Kokrajhar Govt. College

Event Report:

Kokrajhar Govt. College, as per Govt. of Assam, Office of the District Magistrate, Kokrajhar memo no. KMJ.16/2022/255, has conducted a Yoga Programme in connection with International Day against Drug Abuse & Illicit Trafficking, 2025. The Programme was conducted on 6th June, 2025 with reference to **NMBA Activity Calendar and list of suggestive Activities** enclosed in Annexure II.

The programme was carried out by Mrs. Bidisha Konwar as the invited Yoga Instructor and coordinated by Dr. Laimwn Brahma, Assistant. Professor, Department of Education and Jayashree Sarma, Assistant Professor, Department of Political Science. The purpose of the programme was explained by Mrs. Jayashree Sarma, Assistant Professor, Department of Political Science. The programme was participated by 61 students of Kokrajhar Govt. College. The programme ended with a insightful interaction between the invited instructor and participants.

Outcome:

The participants of Kokrajhar Govt. College have been able to enlighten with many asanas that help to improve flexibility, strength and balance. Students also got familiar with eight limbs of Yoga that help to regulate emotional imbalance by reducing stress and anxiety. The participants are enriched by the speech of instructor at the end of the programme and had a wonderful interaction during the session.

Total Faculty participated: 04

Total number of students participated: 61

Geo-Tagged Photographs of the Programme:



YOGA PROGRAMME

In connection with
**INTERNATIONAL DAY AGAINST DRUG ABUSE
AND ILLICIT TRAFFICKING, 2025**

Yoga Instructor : Mrs. Bidisha Konwar
Lecturer, DIET, Kokrajhar

Organised by
KOKRAJHAR GOVT. COLLEGE

Venue: MMB Auditorium Hall, KGC Date: 06/06/2025 :: Time: 7:00 to 8:00 am

The banner features a black silhouette of a person in a yoga pose on the left, the college's circular emblem on the right, and a row of colorful yoga figures at the bottom left.



