



INTERNAL QUALITY ASSURANCE CELL (IQAC)
BAOSI BANIKANTA KAKATI COLLEGE
Nagaon, Barpeta, Assam
www.bbkcollege.co.in

Report on Workshop on “Yoga and Wellness”
Date of Programme: 25-04-2026
Venue, Indoor Stadium, BBK College, Nagaon

A workshop on “Yoga and Wellness” was organised on 25 April 2026 at the Indoor Stadium of B.B.K. College by the Assam Battalion NCC Unit, B.B.K. College in collaboration with the IQAC and the B.B.K. College Library. The programme was organised with the objective of promoting awareness regarding physical fitness, mental well-being, and holistic health among students and teachers through the practice of Yoga.

The programme commenced with a welcome address by Capt. Jakir Hussain, ANO, NCC Unit, B.B.K. College, who welcomed the participants and the resource person. As a token of respect and Assamese tradition, the Yoga Guru was felicitated with a Fulam Gamosa.

The inaugural lecture was delivered by Dr. Gopal Kumar Sarma, Coordinator, IQAC, B.B.K. College. In his address, he spoke on the growing global importance of Yoga and explained how Yoga has become an integral component of healthy living across the world. He also discussed the relevance of Yoga as an interdisciplinary discourse in the context of the National Education Policy 2020, which emphasizes holistic and value-based education. He encouraged students to adopt Yoga as a part of their daily routine for achieving physical fitness, mental well-being, and self-discipline.

The workshop witnessed the participation of nearly 200 students, teachers, NCC cadets, and staff members of the college. The resource person of the programme was renowned Yoga Guru Sri Bhudeb Deka, who delivered an insightful lecture on the importance and benefits of Yoga in ensuring the holistic wellness of human beings. In his deliberation, he highlighted the role of Yoga in maintaining physical health, mental peace, emotional balance, and spiritual harmony in daily life.

During the practical session, Sri Deka demonstrated various Yogic practices, including different Pranayama techniques and Asanas. He also guided the participants through the practice of Surya Namaskar and explained its health benefits. The participants actively engaged in the demonstration session and showed keen interest in learning the techniques of Yoga for maintaining a healthy lifestyle.

The programme concluded with a formal vote of thanks delivered by Mr. Ridip Lahkar, Librarian of B.B.K. College. He expressed gratitude to the resource person, organisers, participants, NCC cadets, faculty members, and all those who contributed to the successful conduct of the workshop.


The workshop concluded successfully with active participation and enthusiastic response from the attendees. The programme reflected the institution’s commitment towards promoting holistic education, wellness awareness, and value-based learning in alignment with the National Education Policy, 2020.



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Outcomes of the Programme

1. The workshop enhanced awareness among students and teachers regarding the importance of Yoga and holistic wellness in maintaining physical health, mental well-being, and emotional balance in everyday life.
2. The practical demonstration of Pranayama, Asanas, and Surya Namaskar helped participants acquire basic hands-on knowledge of Yogic practices and breathing techniques essential for stress management and healthy living.
3. The programme significantly benefited students enrolled in the Value-Added Course (VAC) on Yoga and Wellness offered by B.B.K. College, as the practical sessions supplemented their classroom learning and strengthened their practical understanding of Yogic exercises and wellness practices.
4. The workshop encouraged students to adopt Yoga as a regular component of their daily routine, thereby promoting discipline, concentration, emotional stability, and a healthy lifestyle.
5. The programme created awareness regarding the interdisciplinary relevance of Yoga in the context of holistic and value-based education as envisioned in the NEP 202.
6. The interactive session with the Yoga Guru motivated students and NCC cadets to engage more actively in wellness-oriented and fitness-based activities within and beyond the campus.
7. The workshop strengthened institutional initiatives related to health consciousness, mental wellness, and student support activities, thereby contributing to the quality enhancement initiatives of NAAC.
8. The programme fostered a positive learning environment by integrating traditional Indian knowledge systems with contemporary perspectives on health, wellness, and holistic human development.




13/05/26
Chairman/Co-ordinator
Internal Quality Assurance Cell
Baosi Banikanta Kakati College
Nagaon, Barpeta (Assam)


13/05/26
Principal
B.B.K. College
Nagaon, Barpeta.



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Programme Banner



WORKSHOP

ON

YOGA & WELLNESS

Organised by

1 ASSAM BN. NCC UNIT

In collaboration with

IQAC & B.B.K. College Library

BAOSI BANIKANTA KAKATI COLLEGE

NAGAON, BARPETA, ASSAM

DATE: 25-04-2026



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Signature of Participants



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NAGAON, BARPETA, ASSAM
WORKSHOP ON YOGA & WELLNESS
Date: 25-04-2026, Venue: Indoor Stadium

Signature of Participants *science*

Sl. No	Signature
1	Suhail Khandakar
2	A Zizur Rahman
3	A Zizur Rahman
4	Abdul R
4	Abdul Rahman (141)
5	Shahid Akhtar
6	Shafikul Islam (87)
7	Babul Ali
8	Mamrej Ali
9	Abdul Mannan
10	Abdul Hannan
11	Rajibul Rahman (39)
12	Ramizul Islam
13	Parkash Alam Sikdar (25)
14	Mridul Hussain Khan (0082)
15	Saidul Islam (0031)
15	Sujamul Hoque (0197)
16	Ashraful Islam (0037)
17	Sikima Sultan (0006) Science
18	Wahidur Haque (0128) Science
19	Rakesh Mandal (0061) Science

[Signature]
25/04/2026
Instructor

[Signature]
25/06/2026
Lecturer

[Signature]
25/04/2026
Coordinator

Blindels Debi.
'Yoga Guru'?



বিদ্যা জ্ঞান অমৃত

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Signature of Participants

Sl. No	Signature
23	Momimur Choudhury.
24	Niva Das
25	Karina Das
26	Rajesh Mondal
27	Sanjay Sankar
28	Mridusmita Patowary
29	Rimpee Das
30	Jabida Begum.
31	Ek Sahnaz Akhtar
32	Meremi Ahmed
33	Shahina sheikh
34	Helmira Jasmim
35	Kidshab Roy
36	Saurabh Roy
37	Salim Miya
38	Manirul Islam Khan
39	Mefiq Ali
40	Safikul Ahmed.
41	Shabika Sikdar
42	Sahanaj Sikdar
43	Mahmuda Ejasmin
44	Najma Begum.



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Sl. No	Signature
1	Baradha Talukdar
2	Sumi Deka
3	Nisha Das
4	Usha Patowary
5	Rozy Das
6	Nichita Talukdar
7	Manisha Pathak
8	Schiraz Akhter
9	Jasmin Sultana
10	Amina Begum
11	Salma Beg Sultana
12	Tina Parbin Sultana
13	Punam Sarkar
14	Nijara Das
15	Mahima Khatun
16	Nita Fatema Khatun
17	Halimam Begum
18	Khadisa Khatuna
19	Ankita Biswas
20	Sangita Das
21	Bidyut Medhi
22	Santoy Adhikary



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Sl. No	Signature
	Jahedul Miyan
	Faridul Khon
	Salma Yasmin
	Lipika Talukdar
	Shahana Begum
	Sabjil Haque
	Azizur Rahman
	Arishmita Baishya
	Rakesh Mandal
	Skatida Khatun
	Safikul Islam
5	Bishnu Mandal
	Moinom Begum
	Tridip Das
	Ankur Sharma
	Adipta Das
	Ankita Mandal
60	Subhajit Sutradhar
	Minmay Patrok
167	NIPK Sarma
	Sanykum Hossain
	Piraj Sutradhar



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Signature of Participants

Sl. No	Signature
1	Salima khomam (US-231-117-0138)
2	Shahin Sabnam Hussain (US-231-117-0073)
3	Sakiful Khan (US-231-117-0038)
4	Rahima Begum (US-231-117-0066)
5	farida parbin (US-231-117-0136)
6	Dhommonei Mondal (US-231-117-0169)
7	Jelika Khatun (US-231-117-0109)
8	Himanshu Baruah (US-231-117-0184) Science
9	Sunita thakuria (US-231-117-0164) Science
10	Satagwati Das (US-231-117-024) Jr
11	Nupe Alam, Hissai (US-231-117-0076)
12	shahanur Mondal (US-231-117-0046)
13	Binay Sutradhar (US-231-117-0067)
14	Mehboob Khan (US-231-117-0069)
15	Khalil uddin khondakar (US-231-117-0072)
16	Shahin Ahmed (US-231-117-0065)
17	Masami Parbin (US-231-117-0011)
18	Bilkis Parbin (US-231-117-0015)
19	Susmita Parbin (US-231-117-0014)
20	Jummoni Begum (US-231-117-0185)
21	Joddatu Arin (US-231-117-0186)



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Sl. No	Signature
1	Sangita Malo Das
2	Rimpa Basak
3	Soma Sarikar
4	Aklina Begum
5	Nilima Biswas
6	Rukmini Sarikar
7	Dipti Rani Das
8	Anushmita Das
9	Eshida Champa → (194)
10	Jakira Parbin - (0001)
11	Saregata Begum → (0008)
12	Taslima Parbin - 144
13	Eyanima Aghona - 0154
14	Babirani Begum - 0115
15	Martima Aktar - 0148
16	Jasmina Parbin - 0012
17	Aklina Kuntun (Science) - 0007
18	Shahana Khatun - 010
19	Md Azizul Khan - UA-231-117-0096
20	Roghini Akter - UA-231-117-0100
21	Katabi Steka - UA-231-117-0028
22	Santana Das - UA-231-117-0076
23	Sakina Begum - UA-231-117-0050



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Sl. No	Signature
1	Dipika Sankar
2	Priyanka Banta Bora
3	Juliya kazi
4	Roushana khandakar
5	Jiyana Appana
6	Nargis Bhuyan
7	Nargis Parbin
8	Helmina Ahmed
9	Mehera Begum.
10	Rozoma Khanam
11	Monisha Sultana
12	Nazima Ahmed
13	Manisha Kalshyap
14	Nargisna Ahmed
15	Maihi
15	Mahimur Begum
16	Mamata Khanam
17	Amin Anlik
18	Shabir Ahmed
17	Jalrudul Islam
18	Makbul Ali



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Sl. No	Signature
1	Sanyibon Thakuria (0018) (Science)
2	Manir Hussain (0020) (SC)
3	Shabika Ahmed (114) (Arts)
4	Reshma Khanam (0199) (SC)
5	Harish Das (0198) (SC)
6	Raktim Das (0189) (SC)
7	Dibya Jyoti Das (0188) (SC)
8	Azmina Sultana (0103) Arts
9	Ashifa Rahman (0202) Science
10	Taslima Nasrin (0195) Science
11	Sabida Champa (0194) Science
12	Rahima Akhter. (0125) Arts
13	Parida Begum. (0022) Arts
14	Ajmeina Begum. (0124) Arts
15	Resmina Begum. (0077) Arts.
16	Jaruna Panbin (0157) Arts
17	Siliana Begum (0179) Arts
18	Shehjul Khan (0140) Science
19	Arif Khan (0122) Science
20	Hussain Ali (0142) Science
21	Amin Aziz (0096) Science)
22	Gumajit Sarkar (0101) Arts



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