

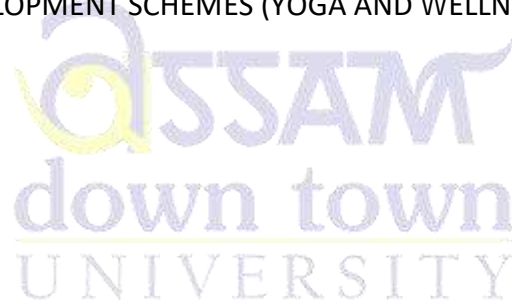
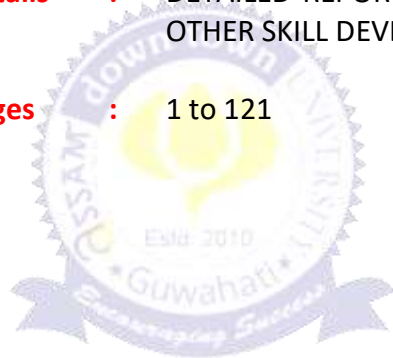
## **CRITERION V: STUDENT SUPPORT AND PROGRESSION**

### **5.1 STUDENT SUPPORT**

#### **5.1.2 INSTITUTION IMPLEMENTS A VARIETY OF CAPABILITY ENHANCEMENT AND OTHER SKILL DEVELOPMENT SCHEMES**

**Details** : DETAILED REPORT OF THE CAPACITY ENHANCEMENT PROGRAMS AND OTHER SKILL DEVELOPMENT SCHEMES (YOGA AND WELLNESS)

**Pages** : 1 to 121



NAAC Accredited & UGC 12 (B) Status Holder

## 5.1.2 Institution implements a variety of capability enhancement and other skill development schemes

### DETAILS OF CAPABILITY ENHANCEMENT AND SKILLS DEVELOPMENT SCHEMES

#### YOGA AND WELLNESS

S. No.	Name of the Capability Enhancement Scheme	Year of Implementation	Number of Students Enrolled	Name of the Agencies Involved with their contact details
1	The Healing Power of Meditation: Foundations for Mental Health	2022-23	37	Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga & Meditation Club), AdtU, Guwahati, Assam
2	Beyond the Basics: Mastering Advanced Yoga Poses	2022-23	34	Heartfulness Meditation Institution, Lakhimi Gogoi, Assistant Professor, AdtU, Guwahati, Assam
3	Yoga for Muscle strengthening	2021-22	40	Ms. Charvi Bucha, Yoga Expert, Heartfulness Institution, Zoo Road, Guwahati,
4	Face yoga	2020-21	20	Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga & Meditation Club), AdtU, Guwahati, Assam
5	Yoga & Nutrition: The Essentials for Holistic Health	2020-21	29	Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga & Meditation Club), AdtU, Guwahati, Assam
6	Meditation for better mental health	2019-20	20	Mr. Pragyan Dowarah, Meditation Expert, Heartfulness, Guwahati, Assam
7	Benefits of yoga for students	2019-20	20	Ms. Siwangi Goyel, Yoga Expert, Heartfulness, Guwahati, Assam
8	Orientation to OM Yoga & Meditation	2019-20	20	Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga & Meditation Club), AdtU, Guwahati, Assam
9	Yoga, Meditation & Our Health	2018-19	15	Ms. Siwangi Goyel, Yoga Expert, Heartfulness, Guwahati, Assam
10	Starting Yoga: A Beginner's Guide to Wellness	2018-19	27	Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga & Meditation Club), AdtU, Guwahati, Assam



Dr. Ashim Barman  
REGISTRAR  
Assam down town University



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

Date: 28/06/2023

## EVENT REPORT

**Name of the Event:** The Healing Power of Meditation

**Date of the Event:** 20<sup>th</sup>, 21<sup>st</sup> & 25th June 2023

**Event Coordinator:** Dr. Daisy Sarmah, Assistant Professor, AdtU

**Resource Person:** Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga and Meditation Club), AdtU.

**Venue:** K block Yoga Hall

**No of Participants:** 37

**Event Description:** On 20/06/2022 we started the program with the inauguration speech by Dr. Daisy Sarmah. Resource person Ms Lakhimi Gogoi Meditation Expert Oriented with the group of students. 3 faculties from Paramedical Sciences, Engineering, Nursing and Physical Education have joined the session. Total 37 Students from Faculty of Nursing ,Paramedical Sciences and Science department students had attended the session for one and half hour. Ms. Lakhimi Gogoi gave instruction to all the participant to follow during the session. On Day 2 Students demonstrated the relaxation techniques, Day 3: Resource person start the program by 3.15pm with the Basic meditation steps and how to maintain it daily basis.

Event Coordinator

Addl. Registrar

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

## PHOTOGRAPH OF EVENT

**Name of the Event:** The Healing Power of Meditation

**Date of the Event:** 20<sup>th</sup>, 21<sup>st</sup> & 25th June 2023

**Event Coordinator:** Dr. Daisy Sarmah, Assistant Professor, AdtU

**Resource Person:** Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga and Meditation Club), AdtU.

**Venue:** K block Yoga Hall

**No of Participants:** 37



Pic 1. Students are practicing Meditation Techniques

Event Coordinator

Addl. Registrar

Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

Date: 11/06/ 2023

To,

The Addl. Registrar

Assam down town University

Panikhaiti, Guwahati-26

**Subject: Permission to organize to three days workshop on “The Healing Power of Meditation: Foundations for Mental Health”**

Sir,

I would like to inform you that we are planning to organize a workshop titled “**The Healing Power of Meditation: Foundations for Mental Health**” to be organized on ‘20<sup>th</sup>, 21<sup>st</sup> & 25<sup>th</sup> June 2023’ for the students of Assam down town University.

This workshop will provide Students with the knowledge regarding benefits of yoga and meditation in lowering anxiety, improving sleep quality, relieving stress. The students are requested to participate in this workshop and enroll their names for Yoga and Meditation Club, AdtU from 18/04/2022 by mailing at [gogoilakhsmi@gmail.com](mailto:gogoilakhsmi@gmail.com).

The name of the Event Coordinator is Dr. Daisy Sarmah, Assistant Professor, AdtU.

The name of the resource persons is Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga and Meditation Club), AdtU.

Kindly allow us to conduct the event.

Thanking you,

Dr. Daisy Sarmah, Assistant Professor, AdtU

**Program Coordinator**

**APPROVED**

  
Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

## OFFICE OF THE REGISTRAR

Gandhinagar, Panikhaiti, Guwahati-26

(Permission Granted Via The ASSAM ACT. NO. VIII OF 2010, Gazette No. LGL9/2010/11)

Memo No: AdtU/R/2023/341B

Date: 17/06/2023

### CIRCULAR

It is informed that the department of Om Yoga & Meditation Club is going to conduct an event titled "The Healing Power Of Meditation: Foundation For Mental Health" at "K block yoga club" on "20<sup>th</sup>, 21<sup>st</sup>, & 25<sup>th</sup> June 2023". The students are requested to participate in this workshop and enroll their names for Yoga And Meditation Club, AdtU from 18/06/2023 by e-mailing at [gogoilakhsmi@gmail.com](mailto:gogoilakhsmi@gmail.com).

This workshop aims to provide knowledge regarding use of yoga and meditation in lowering anxiety, improve sleep quality, relieving stress.

The name of the Event Coordinator is Dr. Daisy Sarmah, Assistant Professor, AdtU

The resource person details are as follows:

**Name: Ms. Lakhimi Gogoi**

**Designation: Assistant Professor, AdtU**

**Place: Assam downtown University**

**Copy to:**

- 1.All Department Notice Board
- 2.IQAC

**Addl. Registrar**

Ashim Barman  
Additional Registrar (Administration)



**ASSAM**  
down town  
UNIVERSITY

## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder



Workshop on

# The Healing Power of Meditation: “Foundations for Mental Health”

Organized by:  
Om Yoga and  
Meditation Club, AdtU

Resource Person  
Ms. Lakhimi Gogoi,  
AdtU

Date : 20th, 21st & 25th June 2023  
Venue : K block, Yoga Hall, AdtU

**Registrar**  
Dr. Ashini Barman  
Registrar  
Assam down town University



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

## Student Participation List

**Name of the Event:** The Healing Power of Meditation

**Date of the Event:** 20<sup>th</sup>, 21<sup>st</sup> & 25th June 2023

**Event Coordinator:** Dr. Daisy Sarmah, Assistant Professor, AdtU

**Resource Person:** Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga and Meditation Club), AdtU.

**Venue:** K block Yoga Hall

**No of Participants:** 37

S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name
1.	ADTU/2022-25/GNM/015	BABIANGHUN RANGLANG	2 <sup>ND</sup> year	General Nursing Midwifery
2.	ADTU/2022-25/GNM/004	BHASWATI KALITA	2ND year	General Nursing Midwifery
3.	ADTU/2022-25/GNM/009	BHITALI BAISHYA	2ND year	General Nursing Midwifery
4.	ADTU/2022-25/GNM/020	BLINGTIS LYNGDOH	2ND year	General Nursing Midwifery
5.	ADTU/2022-25/GNM/002	BOROKHA RANI BORA	2ND year	General Nursing Midwifery
6.	ADTU/2022-25/GNM/034	DHANISTA KOCH	2ND year	General Nursing Midwifery
7.	ADTU/2022-25/GNM/030	DOREEN LYNGKSIAR THABAH	2ND year	General Nursing Midwifery
8.	ADTU/2022-25/GNM/019	ELANGBAM REX SINGH	2ND year	General Nursing Midwifery
9.	ADTU/2022-25/GNM/018	ESHA MALI	2ND year	General Nursing Midwifery
10.	ADTU/2022-25/GNM/017	FLORINA PHUKAN	2ND year	General Nursing Midwifery
11.	ADTU/2022-25/GNM/041	PAROMITA DEY	2ND year	General Nursing Midwifery
12.	ADTU/2022-25/GNM/039	PRIYANGANA DAS	2ND year	General Nursing Midwifery
13.	ADTU/2022-25/GNM/022	PRIYANKA DAS	2 <sup>nd</sup> year	General Nursing Midwifery
14.	ADTU/2022-25/GNM/016	PRONAMI PHUKAN	2nd year	General Nursing Midwifery
15.	ADTU/2022-25/GNM/026	RIBADAHUNSHISHA SYIEMLEIH	2nd year	General Nursing Midwifery
16.	ADTU/2022-25/GNM/011	RISAMAPHI KHARKONGOR	2nd year	General Nursing Midwifery
17.	ADTU/2022-25/GNM/023	RUMA BEGUM MAZUMDER	2nd year	General Nursing Midwifery
18.	ADTU/2022-25/GNM/008	RUPJYOTI BORAH	2nd year	General Nursing Midwifery



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name
19.	ADTU/2022-25/GNM/006	SAYANIKA BORDOLOI	2nd year	General Nursing Midwifery
20.	ADTU/2022-25/GNM/037	SAHANAAZ HUSSAIN	2nd year	General Nursing Midwifery
21.	ADTU/2022-25/GNM/028	SHIMTIHUN WAHLANG	2nd year	General Nursing Midwifery
22.	ADTU/2022-25/GNM/038	SNIGDHA KALITA	2nd year	General Nursing Midwifery
23.	ADTU/2022-25/GNM/021	TENZIN CHODEN	2nd year	General Nursing Midwifery
24.	ADTU/2022-25/GNM/029	TOPHIKA THAWMUTI	2nd year	General Nursing Midwifery
25.	ADTU/2022-25/GNM/024	WISHFUL MARY	2nd year	General Nursing Midwifery
26.	ADTU/2022-25/GNM/001	USHA SONAR	2nd year	General Nursing Midwifery
27.	ADTU/2022-25/BCASP/004	PALASH JYOTI DAS	2nd sem	BSc.Computer Application
28.	ADTU/2022-25/BCASP/005	JOY NATH	2nd sem	BSc.Computer Application
29.	ADTU/2022-25/BCASP/006	KULDEEP GOGOI	2nd sem	BSc.Computer Application
30.	ADTU/2022-25/BCASP/007	LOHIT ROY PRODHANI	2nd sem	BSc.Computer Application
31.	ADTU/2022-25/BCASP/009	HIMANKU GOGOI	2nd sem	BSc.Computer Application
32.	ADTU/2022-25/BCASP/010	SILHEIBA TONGBRAM	2nd sem	BSc.Computer Application
33.	ADTU/2022-25/BCASP/014	CHINMOY DAS	2nd sem	BSc.Computer Application
34.	ADTU/2022-25/BCASP/017	NOHAS BASUMATARY	2nd sem	BSc.Computer Application
35.	ADTU/2022-25/BCASP/019	TECHI TAYUM	2nd sem	BSc.Computer Application
36.	ADTU/2022-25/BCASP/020	NUR MOHAMAD	2nd sem	BSc.Computer Application
37.	ADTU/2020-23/BTD/006	PUSPANJALI SENAPATI	2 <sup>nd</sup> sem	BSc.Trauma &Disaster

  
Event Coordinator

  
Addl. Registrar

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

## Attendance List

**Name of the Event:** The Healing Power of Meditation

**Date of the Event:** 20<sup>th</sup>, 21<sup>st</sup> & 25<sup>th</sup> June 2023

**Event Coordinator:** Dr. Daisy Sarmah, Assistant Professor, AdtU

**Resource Person:** Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga and Meditation Club), AdtU.

**Venue:** K block Yoga Hall

**No of Participants:** 37

S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day1	Attendance day2	Attendance day3
1.	ADTU/2022-25/GNM/015	BABIANGHUN RANGLANG	2ND YEAR	General Nursing Midwifery	P	p	P
2.	ADTU/2022-25/GNM/004	BHASWATI KALITA	2ND YEAR	General Nursing Midwifery	P	P	P
3.	ADTU/2022-25/GNM/009	BHITALI BAISHYA	2ND YEAR	General Nursing Midwifery	P	P	P
4.	ADTU/2022-25/GNM/020	BLINGTIS LYNGDOH	2ND YEAR	General Nursing Midwifery	P	P	P
5.	ADTU/2022-25/GNM/002	BOROKHA RANI BORA	2ND YEAR	General Nursing Midwifery	P	P	P
6.	ADTU/2022-25/GNM/034	DHANISTA KOCH	2ND YEAR	General Nursing Midwifery	P	P	P
7.	ADTU/2022-25/GNM/030	DOREEN LYNGKSIAR THABAH	2ND YEAR	General Nursing Midwifery	P	P	P
8.	ADTU/2022-25/GNM/019	ELANGBAM REX SINGH	2ND YEAR	General Nursing Midwifery	P	P	P
9.	ADTU/2022-25/GNM/018	ESHA MALI	2ND YEAR	General Nursing Midwifery	P	P	P
10.	ADTU/2022-25/GNM/017	FLORINA PHUKAN	2ND YEAR	General Nursing Midwifery	P	P	P
11.	ADTU/2022-25/GNM/041	PAROMITA DEY	2ND YEAR	General Nursing Midwifery	P	P	P
12.	ADTU/2022-25/GNM/039	PRIYANGANA DAS	2ND YEAR	General Nursing Midwifery	P	P	P



## Assam down town University

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S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day1	Attendance day2	Attendance day3
13.	ADTU/2022-25/GNM/022	PRIYANKA DAS	2ND YEAR	General Nursing Midwifery	P	P	P
14.	ADTU/2022-25/GNM/016	PRONAMI PHUKAN	2ND YEAR	General Nursing Midwifery	P	P	P
15.	ADTU/2022-25/GNM/026	RIBADAHUNS HISHA SYIEMLEIH	2ND YEAR	General Nursing Midwifery	P	P	P
16.	ADTU/2022-25/GNM/011	RISAMAPHI KHARKONGOR	2ND YEAR	General Nursing Midwifery	P	P	P
17.	ADTU/2022-25/GNM/023	RUMA BEGUM MAZUMDER	2ND YEAR	General Nursing Midwifery	P	P	P
18.	ADTU/2022-25/GNM/008	RUPJYOTI BORAH	2ND YEAR	General Nursing Midwifery	P	P	P
19.	ADTU/2022-25/GNM/006	SAYANIKA BORDOLOI	2ND YEAR	General Nursing Midwifery	P	P	P
20.	ADTU/2022-25/GNM/037	SAHANAAZ HUSSAIN	2ND YEAR	General Nursing Midwifery	P	P	P
21.	ADTU/2022-25/GNM/028	SHIMTIHUN WAHLANG	2ND YEAR	General Nursing Midwifery	P	P	P
22.	ADTU/2022-25/GNM/038	SNIGDHA KALITA	2ND YEAR	General Nursing Midwifery	P	P	P
23.	ADTU/2022-25/GNM/021	TENZIN CHODEN	2ND YEAR	General Nursing Midwifery	P	P	P
24.	ADTU/2022-25/GNM/029	TOPHIKA THAWMUTI	2ND YEAR	General Nursing Midwifery	P	P	P
25.	ADTU/2022-25/GNM/024	WISHFUL MARY	2 <sup>ND</sup> YEAR	General Nursing Midwifery	P	P	P
26.	ADTU/2022-25/GNM/001	USHA SONAR	2ND YEAR	General Nursing Midwifery	P	P	P
27.	ADTU/2022-25/BCASP/004	PALASH JYOTI DAS	2 <sup>ND</sup> Sem	BSc.Computer Application	P	P	P
28.	ADTU/2022-25/BCASP/005	JOY NATH	2ND Sem	BSc.Computer Application	P	P	P



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

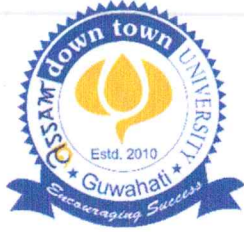
NAAC Accredited & UGC 12 (B) Status Holder

S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day1	Attendance day2	Attendance day3
29.	ADTU/2022-25/BCASP/006	KULDEEP GOGOI	2ND Sem	BSc.Computer Application	P	P	P
30.	ADTU/2022-25/BCASP/007	LOHIT ROY PRODHANI	2ND Sem	BSc.Computer Application	P	P	P
31.	ADTU/2022-25/BCASP/009	HIMANKU GOGOI	2ND Sem	BSc.Computer Application	P	P	P
32.	ADTU/2022-25/BCASP/010	SILHEIBA TONGBRAM	2ND Sem	BSc.Computer Application	P	P	P
33.	ADTU/2022-25/BCASP/014	CHINMOY DAS	2ND Sem	BSc.Computer Application	P	P	P
34.	ADTU/2022-25/BCASP/017	NOHAS BASUMATARY	2ND Sem	BSc.Computer Application	P	P	P
35.	ADTU/2022-25/BCASP/019	TECHI TAYUM	2ND Sem	BSc.Computer Application	P	P	P
36.	ADTU/2022-25/BCASP/020	NUR MOHAMAD	2ND Sem	BSc.Computer Application	P	P	P
37.	ADTU/2020-23/BTD/006	PUSPANJALI SENAPATI	2ND Sem	BSc.Trauma &Disaster	P	P	P

Event Coordinator

Addl. Registrar

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **CINMOY DAS** bearing enrollment number **ADTU/2022-25/GNM/014** has participated in the workshop on “**The Healing Power of Meditation**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India on **20<sup>th</sup>, 21<sup>st</sup> & 25<sup>th</sup> June, 2023.**

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

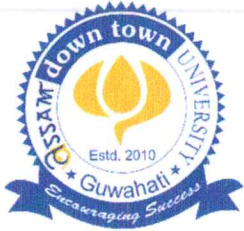
## *Certificate of Participation*

This is to certify that Mr./Ms. **NUR MOHAMAD** bearing enrollment number **ADTU/2022-25/GNM/020** has participated in the workshop on “**The Healing Power of Meditation**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India on **20<sup>th</sup>, 21<sup>st</sup> & 25<sup>th</sup> June, 2023** .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **PRIYANKA DAS** bearing enrollment number **ADTU/2022-25/GNM/022** has participated in the workshop on “**The Healing Power of Meditation**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India on **20<sup>th</sup>, 21<sup>st</sup> & 25<sup>th</sup> June, 2023.**

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

## EVENT REPORT

Date: 22/11/2022

**Name of the Event** : Beyond the Basics :Mastering Advanced Yoga  
**Date of the Event** : 16<sup>th</sup> to 18<sup>th</sup> November, 2022.  
**Program Coordinator** : Dr. Daisy Sarmah, Assistant professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Ms. Siwangi Goyel, Yoga Expert, Heartfulness, Guwahati, Assam.  
**Number of Students Participated:** 34

**Event Description:** Meditation, Basic Yoga for Learners, Yoga for correction of Body posture & Neck and shoulder issue in Collaboration with "HEARTFULLNESS INSTITUTE" for 3 days. At first the session start by Mediation and Ms. Siwangi Goyel motivated the students and explained about the importance of Yoga and Meditation in our life. Ms. Siwangi, the Trainer for the Yoga session started the Yoga session with the Basic Yoga for the Learners. All the students have participated in the 1-hour session. The Yoga session was basically on the improvement of the Eyesight which can correct condition like near-sightedness and farsightedness. Students have put their queries and clarify about their new knowledge on yoga and meditation.

On the Last day Ms. Siwangi started the Yoga session after the meditation which was basically on the correction of Neck issues and Spinal cord. All the students and the faculties attended very enthusiastically.

Event Coordinator

Addl. Registrar

Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

### PHOTOGRAPH OF EVENT

**Name of the Event** : Beyond the Basics :Mastering Advanced Yoga  
**Date of the Event** : 16<sup>th</sup> to 18<sup>th</sup> November, 2022  
**Program Coordinator** : Dr. Daisy Sarmah, Assistant professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Ms. Siwangi Goyel, Yoga Expert, Heartfulness, Guwahati, Assam.  
**Number of Students Participated:** 34



**Pic:** Students are practicing Lotus pose with Ms. Siwangi Goyel

**Event Coordinator**

**Addl. Registrar**  
Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

Date: 09/11/2022

To,  
The Addl. Registrar  
Assam down town University  
Panikhaiti, Guwahati-26

**Sub:** Permission to organize three-days workshop on “Beyond the Basics: Mastering Advanced Yoga Poses ”

Sir,

I would like to inform you that we are planning to organize a workshop titled “Beyond the Basics: Mastering Advanced Yoga Poses” to be organized from 16<sup>th</sup> to 18<sup>th</sup> November, 2022 for the students of Assam down town University.

This workshop will benefit the students to perform complicated and some advanced yoga poses to gain strength.

The name of the resource persons is Ms. Siwangi Goyel, Yoga Expert, Heartfulness, Guwahati, Assam.

Event Coordinator: Dr. Daisy Sarmah, Assistant professor, AdtU.

Kindly allow us to conduct the event.

Thanking you,

Dr. Daisy Sharma

Program Coordinator, AdtU

APPROVED

Ashim Barman

Additional Registrar (Administration)



# Assam down town University

## OFFICE OF THE REGISTRAR

Gandhinagar, Panikhaiti, Guwahati-26

(Permission Granted Via The ASSAM ACT. NO. VIII OF 2010, Gazette No. LGL9/2010/11)

Memo no: AdtU/R/2022/579A

Date: 12/11/2022

### CIRCULAR

It is informed that Om Yoga & Meditation Club, Assam down town University is going to conduct an event titled "Beyond the Basics: Mastering Advanced Yoga Poses" at "K block yoga hall" from 16<sup>th</sup> to 18<sup>th</sup> November, 2022. The students are requested to participate in this workshop and enroll their names for Yoga And Meditation Club, AdtU from 13/11/2022 by mailing us at [gogoilakhsmi@gmail.com](mailto:gogoilakhsmi@gmail.com).

This workshop aims to provide knowledge and ability to perform complicated and some advanced yoga poses to gain strength, focus, balance, learning advanced asana and to push boundaries to discover true capability on a physical and energetic level.

Event Coordinator: Dr. Daisy Sarmah, Assistant professor, AdtU.

The resource person details are as follows:

**Name** : Ms Siwangi Goyel  
**Designation** : Yoga Experts Heartfulness  
**Place** : Guwahati, Assam

Copy to:  
1.All Department Notice Board  
2.IQAC

  
**Registrar**  
Ashim Barman  
Additional Registrar (Administration)



**ASSAM**  
down town  
UNIVERSITY

## Assam down town University

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Workshop on

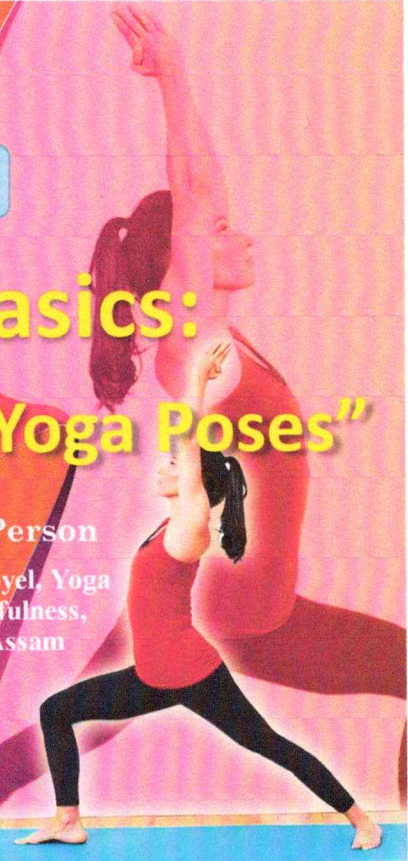
# Beyond the Basics: "Mastering Advanced Yoga Poses"

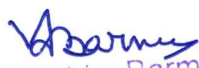
Organized by:  
Om Yoga and  
Meditation Club, AdtU

Resource Person  
Ms. Siwangi Goyal, Yoga  
Expert, Heartfulness,  
Guwahati, Assam

Date : 16/11/2022 to 17/11/2022

Venue : Room no 305, K-Block, AdtU



  
Dr. Ashim Barman  
Registrar  
Assam down town University



## Assam down town University

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### Student Participation List

**Name of the Event** : Beyond the Basics :Mastering Advanced Yoga  
**Date of the Event** : 16<sup>th</sup> to 18<sup>th</sup> November, 2022.  
**Program Coordinator** : Dr. Daisy Sarmah, Assistant professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Ms. Siwangi Goyal, Yoga Expert, Heartfulness, Guwahati, Assam.  
**Number of Students Participated:** 34

S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name
1	ADTU/2021-24/GNM/001	KRISHNA MORANG	1 <sup>st</sup> year	General Nurses Midwives
2	ADTU/2021-24/GNM/002	EVANGEL JUBILIANCY SALAHE	1 <sup>st</sup> year	General Nurses Midwives
3	ADTU/2021-24/GNM/004	HIMAKSHI GOSWAMI	1 <sup>st</sup> year	General Nurses Midwives
4	ADTU/2021-24/GNM/005	TRISHNA BORAH	1 <sup>st</sup> year	General Nurses Midwives
5	ADTU/2021-24/GNM/006	CANDIDA SWER	1 <sup>st</sup> year	General Nurses Midwives
6	ADTU/2021-24/GNM/007	AMISHA CHHETRI	1 <sup>st</sup> year	General Nurses Midwives
7	ADTU/2021-24/GNM/008	DIPIKA BORAH	1 <sup>st</sup> year	General Nurses Midwives
8	ADTU/2021-24/GNM/011	SANIYA ASMA NURI	1 <sup>st</sup> year	General Nurses Midwives
9	ADTU/2021-24/GNM/012	JURI TALUKDAR	1 <sup>st</sup> year	General Nurses Midwives
10	ADTU/2021-24/GNM/013	KMENLANG POHTAM	1 <sup>st</sup> year	General Nurses Midwives
11	ADTU/2021-24/GNM/014	RAJLAXMI GOGOI	1 <sup>st</sup> year	General Nurses Midwives
12	ADTU/2021-24/GNM/015	TRISHNAMONI HAZARIKA	1 <sup>st</sup> year	General Nurses Midwives
13	ADTU/2021-24/GNM/016	SHWAHINA SAIKIA	1 <sup>st</sup> year	General Nurses Midwives
14	ADTU/2021-24/GNM/019	TWINKLE BORGHAIN	1 <sup>st</sup> year	General Nurses Midwives
15	ADTU/2021-24/GNM/020	NIKITA SONAR	1 <sup>st</sup> year	General Nurses Midwives



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S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name
16	ADTU/2021-24/GNM/021	KABYASHREE SONOWAL	1st year	General Nurses Midwives
17	ADTU/2021-24/GNM/022	NABANITA KALITA	1st year	General Nurses Midwives
18	ADTU/2021-24/GNM/023	PRATYASHA KASHYAP	1st year	General Nurses Midwives
19	ADTU/2021-24/GNM/024	DEBOLINA LODH	1st year	General Nurses Midwives
20	ADTU/2021-24/GNM/026	SANTANA DEKA	1st year	General Nurses Midwives
21	ADTU/2021-24/GNM/028	BHAIOLINA DAS	1st year	General Nurses Midwives
22	ADTU/2021-24/GNM/029	IBAKORDOR KHARKONGOR	1st year	General Nurses Midwives
23	ADTU/L/2020-24/BCE/067	ENOCH B SANGMA	2nd sem	B.Tech - Civil
24	ADTU/L/2020-24/BCE/070	MANHAME CHALLAM	2nd sem	B.Tech - Civil
25	ADTU/L/2020-24/BCE/071	MEWANSA LALOO	2nd sem	B.Tech - Civil
26	ADTU/L/2020-24/BCE/072	PRITI SAPKOTA	2nd sem	B.Tech - Civil
27	ADTU/L/2020-24/BCE/073	NADISHA BAISHYA	2nd sem	B.Tech - Civil
28	ADTU/L/2020-24/BCE/074	MELGIBSON SYIEM	2nd sem	B.Tech - Civil
29	ADTU/L/2020-24/BCE/075	LAKHYA JYOTI SAIKIA	2 <sup>nd</sup> sem	B.Tech - Civil
30	ADTU/L/2020-24/BCE/076	LOBSANG TSERING	2nd sem	B.Tech - Civil
31	ADTU/L/2020-24/BCE/077	BENDANGTEM SU R	2nd sem	B.Tech - Civil
32	ADTU/L/2020-24/BCE/078	PRIYA SHARMA	2nd sem	B.Tech - Civil
33	ADTU/L/2020-24/BCE/079	KEVIN M KHYRIEM	2nd sem	B.Tech - Civil
34	ADTU/2020-23/BCE/006	PUSPANJALI SENAPATI	2nd sem	B.Tech - Civil

Event Coordinator

Addl. Registrar  
Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

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## ATTENDANCE LIST

**Name of the Event** : Beyond the Basics :Mastering Advanced Yoga  
**Date of the Event** : 16<sup>th</sup> to 18<sup>th</sup> November, 2022.  
**Program Coordinator** : Dr. Daisy Sarmah, Assistant professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Ms. Siwangi Goyel, Yoga Expert, Heartfulness, Guwahati, Assam.  
**Number of Students Participated:** 34

S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
1	ADTU/2021-24/GNM/001	KRISHNA MORANG	1 <sup>st</sup> year	General Nurses Midwives	P	P	P
2	ADTU/2021-24/GNM/002	EVANGEL JUBILIANCY SALAHE	1st year	General Nurses Midwives	P	P	P
3	ADTU/2021-24/GNM/004	HIMAKSHI GOSWAMI	1st year	General Nurses Midwives	P	P	P
4	ADTU/2021-24/GNM/005	TRISHNA BORAH	1st year	General Nurses Midwives	P	P	P
5	ADTU/2021-24/GNM/006	CANDIDA SWER	1st year	General Nurses Midwives	P	P	P
6	ADTU/2021-24/GNM/007	AMISHA CHHETRI	1st year	General Nurses Midwives	P	P	P
7	ADTU/2021-24/GNM/008	DIPIKA BORAH	1st year	General Nurses Midwives	P	P	P
8	ADTU/2021-24/GNM/011	SANIYA ASMA NURI	1st year	General Nurses Midwives	P	P	P
9	ADTU/2021-24/GNM/012	JURI TALUKDAR	1st year	General Nurses Midwives	P	P	P
10	ADTU/2021-24/GNM/013	KMENLANG POHTAM	1st year	General Nurses Midwives	P	P	P
11	ADTU/2021-24/GNM/014	RAJLAXMI GOGOI	1st year	General Nurses Midwives	P	P	P



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S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
12	ADTU/2021-24/GNM/015	TRISHNAMONI HAZARIKA	1st year	General Nurses Midwives	P	P	P
13	ADTU/2021-24/GNM/016	SHWAHINA SAIKIA	1st year	General Nurses Midwives	P	P	P
14	ADTU/2021-24/GNM/019	TWINKLE BORGOHAIN	1st year	General Nurses Midwives	P	P	P
15	ADTU/2021-24/GNM/020	NIKITA SONAR	1st year	General Nurses Midwives	P	P	P
16	ADTU/2021-24/GNM/021	KABYASHREE SONOWAL	1st year	General Nurses Midwives	P	P	P
17	ADTU/2021-24/GNM/022	NABANITA KALITA	1st year	General Nurses Midwives	P	P	P
18	ADTU/2021-24/GNM/023	PRATYASHA KASHYAP	1st year	General Nurses Midwives	P	P	P
19	ADTU/2021-24/GNM/024	DEBOLINA LODH	1st year	General Nurses Midwives	P	P	P
20	ADTU/2021-24/GNM/026	SANTANA DEKA	1st year	General Nurses Midwives	P	P	P
21	ADTU/2021-24/GNM/028	BHAIOLINA DAS	1st year	General Nurses Midwives	P	P	P
22	ADTU/2021-24/GNM/029	IBAKORDOR KHARKONGOR	1st year	General Nurses Midwives	P	P	P
23	ADTU/L/2020-24/BCE/067	ENOCH B SANGMA	2nd sem	B.Tech - Civil	P	P	P
24	ADTU/L/2020-24/BCE/070	MANHAME CHALLAM	2nd sem	B.Tech - Civil	P	P	P
25	ADTU/L/2020-24/BCE/071	MEWANSA LALOO	2nd sem	B.Tech - Civil	P	P	P
26	ADTU/L/2020-24/BCE/072	PRITI SAPKOTA	2nd sem	B.Tech - Civil	P	P	P
27	ADTU/L/2020-24/BCE/073	NADISHA BAISHYA	2nd sem	B.Tech - Civil	P	P	P
28	ADTU/L/2020-24/BCE/074	MELGIBSON SYIEM	2nd sem	B.Tech - Civil	P	P	P
29	ADTU/L/2020-24/BCE/075	LAKHYA JYOTI SAIKIA	2nd sem	B.Tech - Civil	P	P	P
30	ADTU/L/2020-24/BCE/076	LOBSANG TSERING	2nd sem	B.Tech - Civil	P	P	P



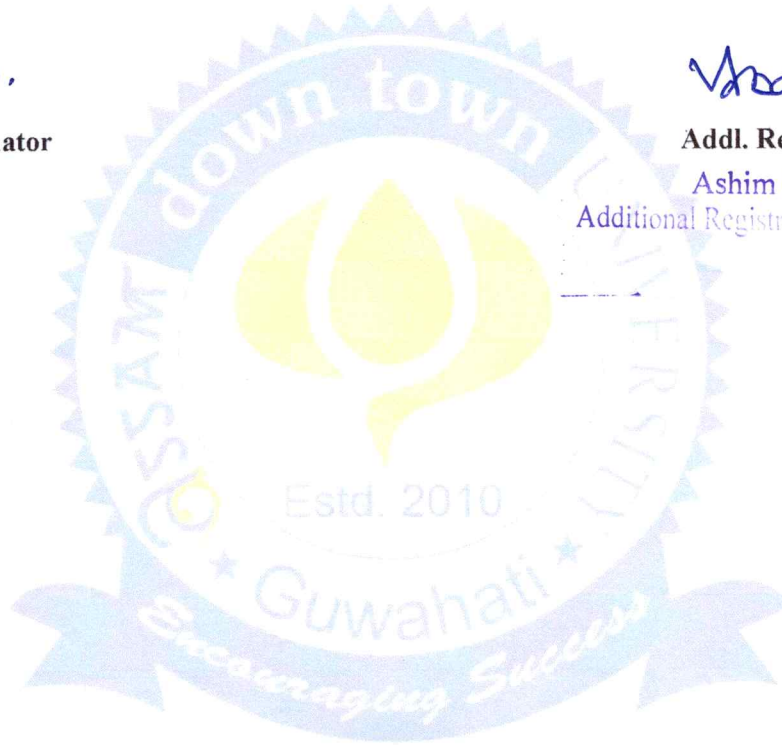
## Assam down town University

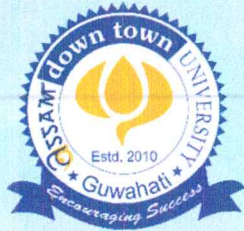
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S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
31	ADTU/L/2020-24/BCE/077	BENDANGTEM SU R	2nd sem	B.Tech - Civil	P	P	P
32	ADTU/L/2020-24/BCE/078	PRIYA SHARMA	2nd sem	B.Tech - Civil	P	P	P
33	ADTU/L/2020-24/BCE/079	KEVIN M KHYRIEM	2nd sem	B.Tech - Civil	P	P	P
34	ADTU/2020-23/BCE/006	PUSPANJALI SENAPATI	2nd sem	B.Tech - Civil	P	P	P

Event Coordinator

Addl. Registrar  
Ashim Barman  
Additional Registrar (Administration)





# Assam down town University

## *Certificate of Participation*

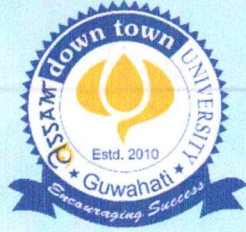
This is to certify that Mr./Ms. **SANIYA ASMA NURI** enrollment number ADTU/2021-24/GNM/011 has participated in the workshop on “**Beyond the Basics: Mastering Advance Yoga Pose**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 16-11-2022 to 18-11-2022 .

**Event Coordinator**

Ashim Barman

Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

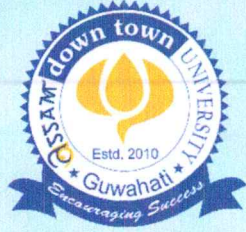
## *Certificate of Participation*

This is to certify that Mr./Ms. **KRISHNA MORANG** enrollment number ADTU/2021-24/GNM/001 has participated in the workshop on “**Beyond the Basics: Mastering Advance Yoga Pose**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 16-11-2022 to 18-11-2022 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **AMISHA CHHETRI** enrollment number ADTU/2021-24/GNM/007 has participated in the workshop on “**Beyond the Basics: Mastering Advance Yoga Pose**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 16-11-2022 to 18-11-2022 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

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## EVENT REPORT

**Date: 25/06/2022**

**Name of the Event :** Yoga for Muscle Strengthening

**Date of the Event:** 20<sup>th</sup> to 22<sup>nd</sup> June, 2022

**Program Coordinator:** Ms. Lakhimi Gogoi, Assistant Professor, AdtU

**Resource Person :** Ms. Charvi Bucha, Experts, Heartfulness Institution, Guwahati

**Venue:** K block, Yoga Hall, AdtU

**No of Participants:** 40

**Event Description:** On 20/06/2022, the 3 days yoga workshop started with celebration of international yoga. On the second day of the Workshop, the inauguration speech by Ms. Jasmin Yesmin, Convenor of the club. Resource person from Heartfulness Institute Oriented with the group of students and faculties from Paramedical Sciences & Nursing. Total 40 Students from Faculty of Nursing, Paramedical Sciences department students attended the session for one and half hour. At 3.15pm Ms. Lakhimi Gogoi gave instruction to all the participant to follow during the Workshop. On Day2, Students redemonstrated the muscle strengthening techniques. Day 3: Resource person Ms. Lakhimi Gogoi started the program by 3.15pm with the Basic muscle strengthening yoga and how to maintain it daily basis.



Resource person is demonstrating Chair pose to the students

Faculty Coordinator

Addl. Registrar

Ashim Barua  
Additional Registrar (Administration)



## Assam down town University

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### PHOTOGRAPH OF EVENT

**Name of the Event :** Yoga for Muscle Strengthening

**Date of the Event:** 20<sup>th</sup> to 22<sup>nd</sup> June, 2022

**Program Coordinator:** Ms. Lakhimi Gogoi, Assistant Professor, AdtU

**Resource Person :** Ms. Charvi Bucha, Experts, Heartfulness Institution, Guwahati

**Venue:** K block, Yoga Hall, AdtU

**No of Participants:** 40



Practicing Muscle strengthening Yoga by the students



Students are practicing Relaxing Yoga (Corpse pose) after the session

Faculty Coordinator

Additional Registrar (Administration)



## Assam down town University

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Date: 08/06/ 2022

To,  
The Addl. Registrar  
Assam down town University  
Panikhaiti, Guwahati-26

**Sub:** Permission to organize a workshop on “Yoga for Muscle Strengthening”


Sir,

I would like to inform you that we are planning to organize a workshop titled “Yoga for Muscle Strengthening” in continuation with International Yoga Day to be organized on 20<sup>th</sup> to 22<sup>nd</sup> June, 2022 for our students of Nursing & Paramedical sciences.

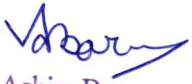
This workshop will benefit the students to provide knowledge regarding the use of yoga in improving strength, balance and flexibility.

The name of the resource persons is Ms. Charvi Bucha, Experts, Heartfulness Institution, Guwahati.

Kindly allow us to conduct the event.

  
Thanking you,  
Ms. Lakhimi Gogoi  
Program Coordinator,

APPROVED

  
Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

## OFFICE OF THE REGISTRAR

Gandhinagar, Panikhaiti, Guwahati-26

(Permission Granted Via The ASSAM ACT. NO. VIII OF 2010, Gazette No. LGL9/2010/11)

Memorandum No: AdtUR/2022/360B

**CIRCULAR**

**Date: 16/06/2022**

It is informed that the department of Om Yoga & Meditation Club is going to conduct an event titled "Yoga for Muscle Strengthening" at "k block yoga club" on "20<sup>th</sup> to 22<sup>nd</sup> June, 2022". The students are requested to participate in this workshop and enroll their names for Yoga & Meditation Club, AdtU from 17/06/2022 by mailing at [gogoilakhsmi@gmail.com](mailto:gogoilakhsmi@gmail.com).

This workshop aims to provide knowledge regarding use of yoga and meditation in improving strength, balance and flexibility.


**Program Coordinator:** Ms. Lakhimi Gogoi, Assistant Professor, AdtU

The resource person details are as follows:

**Name** : Ms. Charvi Bucha  
**Designation** : Yoga Expert,  
**Place** : Heartfulness Institution, Guwahati.

**Copy to:**

1. All Department Notice Board
2. IQAC

  
**Addl. Registrar**  
Ashim Barman  
Additional Registrar (Administration)



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Workshop on

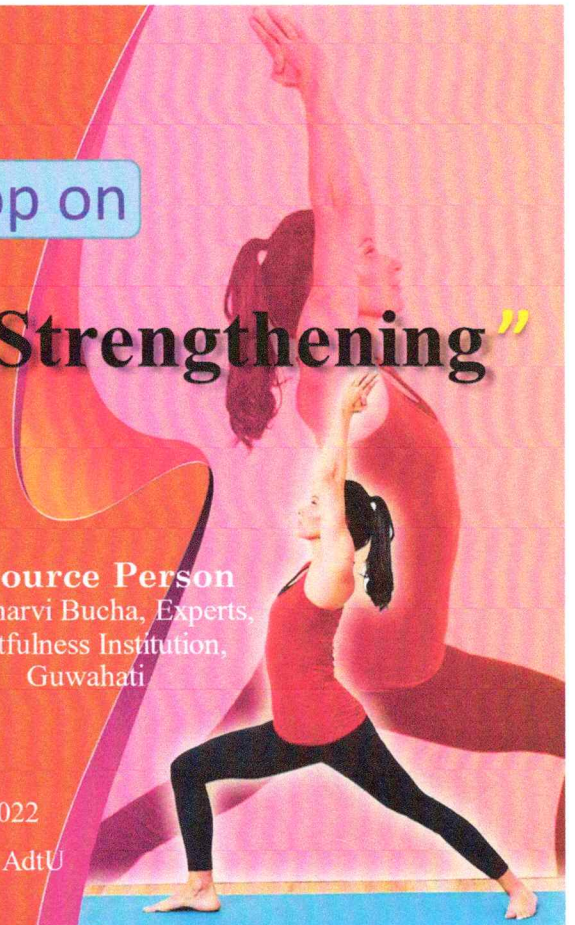
## “Yoga for Muscle Strengthening”

Organized by:  
**Om Yoga and  
Meditation Club, AdtU**

**Resource Person**  
Ms. Charvi Bucha, Experts,  
Heartfulness Institution,  
Guwahati

**Date :** 20<sup>th</sup> to 22<sup>nd</sup> June, 2022

**Venue :** K block, Yoga Hall, AdtU



*Dr. Arpan Barman*

**Registrar**

Registrar  
Assam down town University



# Assam down town University

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## Student Participation List

**Name of the Event :** Yoga for Muscle Strengthening

**Date of the Event:** 20<sup>th</sup> to 22<sup>nd</sup> June, 2022

**Program Coordinator:** Ms. Lakhimi Gogoi, Assistant Professor, AdtU

**Resource Person :** Ms. Charvi Bucha, Experts, Heartfulness Institution, Guwahati

**Venue:** K block, Yoga Hall, AdtU

**No of Participants:** 40

S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name
1	ADTU/2022-26/BNU/002	Martina Saikia	1 <sup>st</sup> year	B.SC Nursing
2	ADTU/2022-26/BNU/003	Rasi Saharia	1 <sup>st</sup> year	B.SC Nursing
3	ADTU/2022-26/BNU/004	Suman Boro	1 <sup>st</sup> year	B.SC Nursing
4	ADTU/2022-26/BNU/005	Cintia Boro	1 <sup>st</sup> year	B.SC Nursing
5	ADTU/2022-26/BNU/006	Kajal Saikia	1 <sup>st</sup> year	B.SC Nursing
6	ADTU/2022-26/BNU/007	Aarna Tabassum Bashir	1 <sup>st</sup> year	B.SC Nursing
7	ADTU/2022-26/BNU/008	Smaranika Boruah	1 <sup>st</sup> year	B.SC Nursing
8	ADTU/2022-26/BNU/009	Reeya Sharma	1 <sup>st</sup> year	B.SC Nursing
9	ADTU/2022-26/BNU/010	Amisha Mech	1 <sup>st</sup> year	B.SC Nursing
10	ADTU/2022-26/BNU/011	Momi Kalita	1 <sup>st</sup> year	B.SC Nursing
11	ADTU/2022-26/BNU/012	Pompi Rahman	1 <sup>st</sup> year	B.SC Nursing
12	ADTU/2022-26/BNU/013	Proksima Basumatary	1 <sup>st</sup> year	B.SC Nursing
13	ADTU/2022-26/BNU/014	Asmina Sultana	1 <sup>st</sup> year	B.SC Nursing
14	ADTU/2022-26/BNU/015	Pallabi Roy	1 <sup>st</sup> year	B.SC Nursing
15	ADTU/2022-26/BNU/016	Safiun Nehar	1 <sup>st</sup> year	B.SC Nursing
16	ADTU/2022-26/BNU/017	Ranju Begum	1 <sup>st</sup> year	B.SC Nursing
17	ADTU/2022-26/BNU/018	Afruja Khatun	1 <sup>st</sup> year	B.SC Nursing
18	ADTU/2022-26/BNU/019	Sunita Rani Sahu	1 <sup>st</sup> year	B.SC Nursing
19	ADTU/2022-26/BNU/020	Susmita Talukdar	1 <sup>st</sup> year	B.SC Nursing
20	ADTU/2022-26/BNU/021	Meghali Patgiri	1 <sup>st</sup> year	B.SC Nursing
21	ADTU/2022-26/BNU/022	Sahin Bahar Barbhuiya	1 <sup>st</sup> year	B.SC Nursing
22	ADTU/2022-26/BNU/023	Fauzia Antara Choudhury	1 <sup>st</sup> year	B.SC Nursing
23	ADTU/2022-26/BNU/024	Jusmin Sultana Barbhuiya	1 <sup>st</sup> year	B.SC Nursing
24	ADTU/2022-26/BNU/025	Nyayo Riba	1 <sup>st</sup> year	B.SC Nursing
25	ADTU/2022-26/BNU/026	Martina Saikia	1 <sup>st</sup> year	B.SC Nursing
26	ADTU/2022-26/BNU/027	Rasi Saharia	1 <sup>st</sup> year	B.SC Nursing
27	ADTU/2022-26/BNU/002	Suman Boro	1 <sup>st</sup> year	B.SC Nursing
28	ADTU/2022-25/BML/018	Rani Gohain	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology



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29	ADTU/2022-25/BML/019	Salniachi R. Marak	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology
30	ADTU/2022-25/BML/020	Dayananda Leimapokpam	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology
31	ADTU/2022-25/BML/021	Rohit Moirangthem	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology
32	ADTU/2022-25/BML/022	Michael Oinam	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology
33	ADTU/2022-25/BML/023	Laishram Shaklemba Singh	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology
34	ADTU/2022-25/BML/024	Dipali Devi	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology
35	ADTU/2022-25/BML/025	Thokchom Avinash Singh	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology
36	ADTU/2022-25/BML/027	Geyir Basar	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology
37	ADTU/2022-25/BML/028	Latu Borah	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology
38	ADTU/2022-25/BML/029	Ricky Heikham	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology
39	ADTU/2022-25/BML/030	Rubul Ekram Ahmed	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology
40	ADTU/2022-25/BML/032	Sandeepan Chakraborty	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology

Faculty Coordinator

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

## Attendance List

**Name of the Event :** Yoga for Muscle Strengthening

**Date of the Event:** 20<sup>th</sup> to 22<sup>nd</sup> June, 2022

**Program Coordinator:** Ms. Lakhimi Gogoi, Assistant Professor, AdtU

**Resource Person :** Ms. Charvi Bucha, Experts, Heartfulness Institution, Guwahati

**Venue:** K block, Yoga Hall, AdtU

**No of Participants:** 40

Sl. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
1	ADTU/2022-26/BNU/002	Martina Saikia	1 <sup>st</sup> year	B.SC Nursing	P	P	P
2	ADTU/2022-26/BNU/003	Rasi Saharia	1 <sup>st</sup> year	B.SC Nursing	P	P	P
3	ADTU/2022-26/BNU/004	Suman Boro	1 <sup>st</sup> year	B.SC Nursing	P	P	P
4	ADTU/2022-26/BNU/005	Cintia Boro	1 <sup>st</sup> year	B.SC Nursing	P	P	P
5	ADTU/2022-26/BNU/006	Kajal Saikia	1 <sup>st</sup> year	B.SC Nursing	P	P	P
6	ADTU/2022-26/BNU/007	Aarna Tabassum Bashir	1 <sup>st</sup> year	B.SC Nursing	P	P	P
7	ADTU/2022-26/BNU/008	Smaranika Boruah	1 <sup>st</sup> year	B.SC Nursing	P	P	P
8	ADTU/2022-26/BNU/009	Reeya Sharma	1 <sup>st</sup> year	B.SC Nursing	P	P	P
9	ADTU/2022-26/BNU/010	Amisha Mech	1 <sup>st</sup> year	B.SC Nursing	P	P	P
10	ADTU/2022-26/BNU/011	Momi Kalita	1 <sup>st</sup> year	B.SC Nursing	P	P	P
11	ADTU/2022-26/BNU/012	Pompi Rahman	1 <sup>st</sup> year	B.SC Nursing	P	P	P
12	ADTU/2022-26/BNU/013	Proksima Basumatary	1 <sup>st</sup> year	B.SC Nursing	P	P	P
13	ADTU/2022-26/BNU/014	Asmina Sultana	1 <sup>st</sup> year	B.SC Nursing	P	P	P
14	ADTU/2022-26/BNU/015	Pallabi Roy	1 <sup>st</sup> year	B.SC Nursing	P	P	P
15	ADTU/2022-26/BNU/016	Safiun Nehar	1 <sup>st</sup> year	B.SC Nursing	P	P	P
16	ADTU/2022-26/BNU/017	Ranju Begum	1 <sup>st</sup> year	B.SC Nursing	P	P	P
17	ADTU/2022-26/BNU/018	Afruja Khatun	1 <sup>st</sup> year	B.SC Nursing	P	P	P

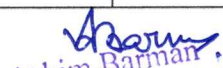


## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

18	ADTU/2022-26/BNU/019	Sunita Rani Sahu	1 <sup>st</sup> year	B.SC Nursing	P	P	P
19	ADTU/2022-26/BNU/020	Susmita Talukdar	1 <sup>st</sup> year	B.SC Nursing	P	P	P
20	ADTU/2022-26/BNU/021	Meghali Patgiri	1 <sup>st</sup> year	B.SC Nursing	P	P	P
21	ADTU/2022-26/BNU/022	Sahin Bahar Barbhuiya	1 <sup>st</sup> year	B.SC Nursing	P	P	P
22	ADTU/2022-26/BNU/023	Fauzia Antara Choudhury	1 <sup>st</sup> year	B.SC Nursing	P	P	P
23	ADTU/2022-26/BNU/024	Jusmin Sultana Barbhuiya	1 <sup>st</sup> year	B.SC Nursing	P	P	P
24	ADTU/2022-26/BNU/025	Nyayo Riba	1 <sup>st</sup> year	B.SC Nursing	P	P	P
25	ADTU/2022-26/BNU/026	Martina Saikia	1 <sup>st</sup> year	B.SC Nursing	P	P	P
26	ADTU/2022-26/BNU/027	Rasi Saharia	1 <sup>st</sup> year	B.SC Nursing	P	P	P
27	ADTU/2022-26/BNU/002	Suman Boro	1 <sup>st</sup> year	B.SC Nursing	P	P	P
28	ADTU/2022-25/BML/018	Rani Gohain	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
29	ADTU/2022-25/BML/019	Salniachi R. Marak	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
30	ADTU/2022-25/BML/020	Dayananda Leimapokpa m	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
31	ADTU/2022-25/BML/021	Rohit Moirangthem	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
32	ADTU/2022-25/BML/022	Michael Oinam	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
33	ADTU/2022-25/BML/023	Laishram Shaklemba Singh	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
34	ADTU/2022-25/BML/024	Dipali Devi	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
35	ADTU/2022-25/BML/025	Thokchom Avinash Singh	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
36	ADTU/2022-25/BML/027	Geyir Basar	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
37	ADTU/2022-25/BML/028	Latu Borah	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
38	ADTU/2022-25/BML/029	Ricky Heikham	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
39	ADTU/2022-25/BML/030	Rubul Ekram Ahmed	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P
40	ADTU/2022-25/BML/032	Sandeepan Chakraborty	1 <sup>st</sup> year	Bachelor of Medical Laboratory Technology	P	P	P

  
Faculty Coordinator

  
Additional Registrar (Administration)



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **MARTINA SAIKIA** bearing enrollment number **ADTU/2022-26/BNU/002** has participated in the workshop on “**Yoga for Muscle Strengthening**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **20-06-2022** to **22-06-2022**.

  
**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)  
**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **AFRUJA KHATUN** bearing enrollment number **ADTU/2022-26/BNU/018** has participated in the workshop on “**Yoga for Muscle Strengthening**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **20-06-2022** to **22-06-2022**.

  
**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)  
**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **SUMAN BORO** bearing enrollment number **ADTU/2022-26/BNU/004** has participated in the workshop on “**Yoga for Muscle Strengthening**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **20-06-2022** to **22-06-2022**.

*Gogoi*  
**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

## EVENT REPORT

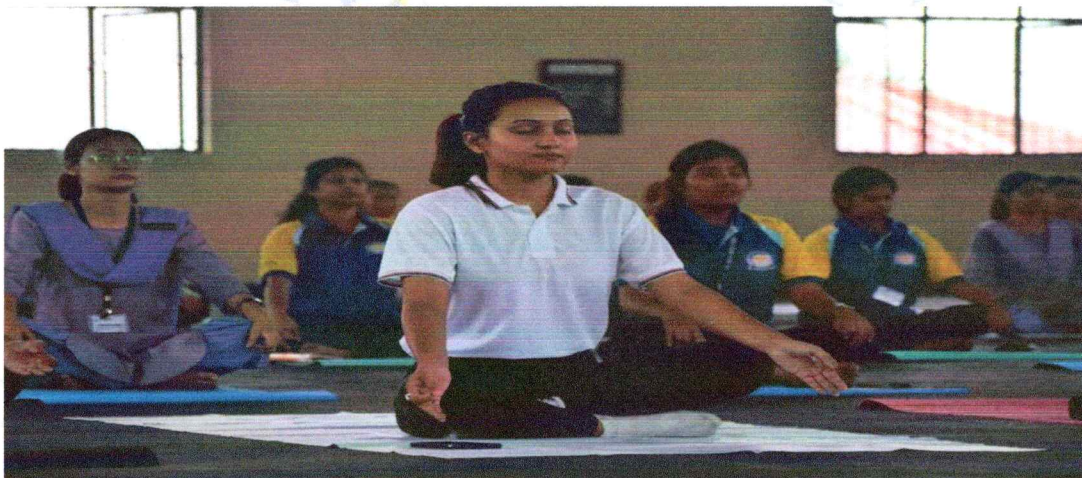
Date: 18/06/2022

Name of the Event : Face yoga  
Date of the Event : 14<sup>th</sup> to 16<sup>th</sup> June, 2021  
Program Coordinator: Ms. Daisy Sarmah, Assistant Professor, AdtU  
Venue : Room no 305, K-Block, AdtU  
Resource Person : Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga and Meditation Club, AdtU).  
Number of Students Participated: 20

**Event Description:** Face Yoga for students' learner to help in improving facial blood circulation, puffiness, reduce wrinkle.

At first the session started by Mediation and Ms. Lakhimi Gogoi motivated the students and explained about the importance of Face Yoga and Meditation in our life. Ms. All the students have participated in the 1hour session. On the second day of the session the trainer started with the Basic Face Yoga for the Learners. The Yoga session was basically on the improvement of blood circulation, strengthening face muscle, reducing puffiness, improving mental health, improving posture. Students put their queries and clarify about their new knowledge on yoga and meditation.

On the Last day Ms. Lakhimi start the Yoga session after the meditation. Which was basically on the correction posture and improvement of facial blood circulation. All the students and the Faculties attended very enthusiastically.



**Students performing meditation on the last day of the session i.e. 16<sup>th</sup> June**

**Faculty Coordinator**

**Addl. Registrar**

**Ashim Barman**  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

### PHOTOGRAPH OF EVENT

Name of the Event : Face yoga  
Date of the Event : 14<sup>th</sup> to 16<sup>th</sup> June, 2021  
Program Coordinator: Ms. Daisy Sarmah, Assistant Professor, AdtU  
Venue : Room no 305, K-Block, AdtU  
Resource Person : Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga and Meditation Club, AdtU).  
Number of Students Participated: 20



Students are practicing standing cow face yoga during the session on 14<sup>th</sup> June, 2021

Faculty Coordinator

Addl. Registrar

Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

Date: 02/06/2021

To,  
The Addl. Registrar  
Assam down town University  
Panikhaiti, Guwahati-26

**Sub: Permission to organize three-days workshop on Face Yoga.**

Sir,

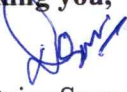
I would like to inform you that we are planning to organize a 3 Days Workshop on Face yoga from 14<sup>th</sup> to 16<sup>th</sup> June 2021 for the students of Medical Laboratory Technician. This workshop will benefit the students to perform some advanced face yoga poses.

The name of the resource persons is Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga and Meditation Club, AdtU).

**Program Coordinator:** Ms. Jasmine Yesmin, AdtU

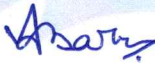
Kindly allow us to conduct the event.

Thanking you,

  
Ms. Daisy Sarmah, Assistant Professor, AdtU

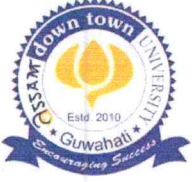
**Program Coordinator, AdtU**

**APPROVED**



Ashim Barman

Additional Registrar (Administration)



# Assam down town University

## OFFICE OF THE REGISTRAR

Gandhinagar, Panikhaiti, Guwahati-26

(Permission Granted Via The ASSAM ACT. NO. VIII OF 2010, Gazette No. LGL9/2010/11)

Memo No.: AdtU/R/2021/152e

### CIRCULAR

Date: 09/06/2021

It is informed that Om Yoga & Meditation Club, AdtU is going to conduct a three Days Workshop on “**Face Yoga**” at K block yoga hall from 14<sup>th</sup> to 16<sup>th</sup> June, 2021. The students are requested to participate in this workshop and enroll their names for Yoga & Meditation Club, AdtU by e-mailing at [gogoilakhsmi@gmail.com](mailto:gogoilakhsmi@gmail.com).


This workshop aims to provide knowledge and ability to perform some advanced face yoga poses aimed to provide knowledge regarding tone and lift features, soften fine lines, and to reduce face asymmetry.

**Program Coordinator** : Ms. Daisy Sarmah, Assistant Professor, AdtU

The resource person details are as follows:

**Name** : Ms. Lakhimi Gogoi  
**Designation** : Assistant Professor and Chairperson (Om Yoga and Meditation Club, AdtU)  
**Place** : Assam downtown University

**Copy to:**  
1.All Department Notice Board  
2.IQAC

  
Addl. Registrar

Ashim Barman  
Additional Registrar (Administration)



**ASSAM**  
down town  
UNIVERSITY

# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

**Workshop On**  
**“Face Yoga”**

**Organized by:**  
**Om Yoga and**  
**Meditation Club, AdtU**

**Resource Person**  
**Ms. Lakhimi Gogoi**  
**, Chairperson (Om Yoga**  
**and Meditation Club,**  
**AdtU)**

**Date : 14<sup>th</sup> to 16<sup>th</sup> June, 2021**  
**Venue : Room no 305, K-Block, AdtU**

**Registrar**  
Dr. Ashim Barman  
Registrar  
Assam down town University



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

## Student Participation List

Name of the Event : Face yoga

Date of the Event : 14<sup>th</sup> to 16<sup>th</sup> June, 2021

Program Coordinator: Ms. Daisy Sarmah, Assistant Professor, AdtU

Venue : Room no 305, K-Block, AdtU

Resource Person : Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga and Meditation Club, AdtU).

Number of Students Participated: 20

Sl. No.	Enrollment Number	Name Of The Students	Year/ Sem	Program Name
1.	ADTU/2021-24/BAT/001	Ngargo Lego	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
2.	ADTU/2021-24/BAT/002	Rituraj Gogoi	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
3.	ADTU/2021-24/BAT/003	Mohammad Sahil	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
4.	ADTU/2021-24/BAT/004	Anamika Das	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
5.	ADTU/2021-24/BAT/005	Murshade Alam Siddique	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
6.	ADTU/2021-24/BAT/006	Salah Reza Choudhury	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
7.	ADTU/2021-24/BAT/007	Atrisha Sewa	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
8.	ADTU/2021-24/BAT/008	Mirjula Begum	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
9.	ADTU/2021-24/BAT/009	Bhabana Majumdar	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
10.	ADTU/2021-24/BAT/010	Hiyasree Das	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
11.	ADTU/2021-24/BAT/011	Sahanaz Sultana Rejiya	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
12.	ADTU/2021-24/BAT/012	Aryan Poudyal	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
13.	ADTU/2021-24/BAT/013	Remillion Kumar Boro	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
14.	ADTU/2021-24/BAT/014	Sahnur Ahmed	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
15.	ADTU/2021-24/BAT/015	Bidyashree Athokpam	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
16.	ADTU/2021-24/BAT/016	Habibul Masud Ansary	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
17.	ADTU/2021-24/BAT/017	Nilotpal Dey Sarkar	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
18.	ADTU/2021-24/BAT/019	Antara Dutta	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
19.	ADTU/2021-24/BAT/020	Pranab Jyoti Nath	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology
20.	ADTU/2021-24/BAT/021	Shahnaz Begum	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology

Faculty Coordinator

Addl. Registrar

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

## Attendance List

Name of the Event : Face yoga

Date of the Event : 14<sup>th</sup> to 16<sup>th</sup> June, 2021

Program Coordinator: Ms. Daisy Sarmah, Assistant Professor, AdtU

Venue : Room no 305, K-Block, AdtU

Resource Person : Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga and Meditation Club, AdtU).

Number of Students Participated: 20

Sl. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
1)	ADTU/2021-24/BAT/001	Ngargo Lego	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
2)	ADTU/2021-24/BAT/002	Rituraj Gogoi	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
3)	ADTU/2021-24/BAT/003	Mohammad Sahil	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
4)	ADTU/2021-24/BAT/004	Anamika Das	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
5)	ADTU/2021-24/BAT/005	Murshade Alam Siddique	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
6)	ADTU/2021-24/BAT/006	Salah Reza Choudhury	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
7)	ADTU/2021-24/BAT/007	Atrisha Sewa	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
8)	ADTU/2021-24/BAT/008	Mirjula Begum	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
9)	ADTU/2021-24/BAT/009	Bhabana Majumdar	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
10)	ADTU/2021-24/BAT/010	Hiyasree Das	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
11)	ADTU/2021-24/BAT/011	Sahanaz Sultana Rejiya	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
12)	ADTU/2021-24/BAT/012	Aryan Poudyal	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
13)	ADTU/2021-24/BAT/013	Remillion Kumar Boro	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
14)	ADTU/2021-24/BAT/014	Sahnur Ahmed	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
15)	ADTU/2021-24/BAT/015	Bidyashree Athokpam	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
16)	ADTU/2021-24/BAT/016	Habibul Masud Ansary	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
17)	ADTU/2021-24/BAT/017	Nilotpal Dey Sarkar	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
18)	ADTU/2021-24/BAT/019	Antara Dutta	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
19)	ADTU/2021-24/BAT/020	Pranab Jyoti Nath	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

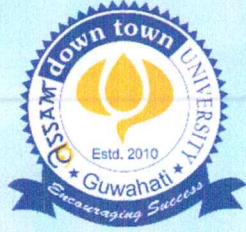
20)	ADTU/2021-24/BAT/021	Sahnaz Begum	1 <sup>st</sup> year	Bachelor of Radiography & Advanced Imaging Technology	P	P	P
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**Faculty Coordinator**

**Addl. Registrar**

Ashim Barman  
Additional Registrar (Administration)





# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **ANAMIKA DAS** enrollment number ADTU/2021-24/BAT/004 has participated in the workshop on “**Face Yoga**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 14-06-2021 to 16-06-2021 .

**Event Coordinator**

*Additional Registrar*  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **HABIBUL MASUD ANSARY** enrollment number ADTU/2021-24/BAT/016 has participated in the workshop on “**Face Yoga**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 14-06-2021 to 16-06-2021 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **PRANAB JYOTY NATH** enrollment number ADTU/2021-24/BAT/020 has participated in the workshop on “**Face Yoga**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 14-06-2021 to 16-06-2021 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGI, 9/2010/11

### EVENT REPORT

**Date: 11//01/2021**

Name of the Event: Yoga & Nutrition: The Essentials for Holistic Health

Date of the Event: 7th & 8th January, 2021

Event Coordinator: Dr. Daisy Sarmah, Assistant Professor, AdtU

Resource Person: Ms. Lakhmi Gogoi, Assistant Professor & Chairperson (Yoga and Meditation Club), AdtU

Venue: K block yoga hall, Assam downtown University

No of Participants:29

On 7/01/2021 we started the program with the inauguration speech by Ms Jasmin Yesmin Convenor of the club , Resource person Ms. Lakhimi Gogoi Oriented with the group of students. Total 29 Students from Faculty of Engineering & Technology department students had attended the session for 1 and half hour. At 3.15pm Ms .Lakhimi Gogoi have given instruction to all the participant to be follow during the session. She have explained about the importance of food and Yoga in our lives.On Day2 Students are redemonstrating the relaxation techniques, Yoga after and before food AdtU. Day 3:On 08/01/2021 Lakhimi Gogoi have start the program by 3.15pm with the Basic yoga steps and how to maintain it daily basis.

Event Coordinator

Additional Registrar

Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

### PHOTOGRAPH OF EVENT

Name of the Event: Yoga & Nutrition: The Essentials for Holistic Health

Date of the Event: 7th & 8th January, 2021

Event Coordinator: Dr. Daisy Sarmah

Resource Person: Ms. Lakhmi Gogoi, Assistant Professor & Chairperson (Yoga and Meditation Club), AdtU

Venue: K block yoga hall, Assam downtown University

No of Participants:29



Pic1. Students are practicing “Asana for digestion” with Lakhmi Gogoi on 7<sup>th</sup> Jan 2021

Event Coordinator

Additional Registrar

Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

Date: 22/12/2020

To,

The Addl. Registrar

Assam down town University Panikhaiti,

Guwahati-26

**Subject: Permission to organize a Programme on “Yoga & Nutrition: The Essentials for Holistic Health”**

Sir,


I would like to inform you that we are planning to organize a workshop titled “**Yoga & Nutrition: The Essentials for Holistic Health**” to be organized on ‘**7th & 8th January, 2021**’ for the students of Assam down town University. This workshop will benefit the students to provide knowledge about how yoga and nutrition impact on our health & how it can support stress management, mental health and mindfulness. The students are required to register in this workshop and enroll their names for Yoga & Meditation Club, AdtU at [gogoilakhsmi@gmail.com](mailto:gogoilakhsmi@gmail.com).

The name of the Event Coordinator is Dr. Daisy Sarmah, Assistant Professor, AdtU.

The name of the resource persons is Ms. Lakhmi Gogoi, Assistant Professor & Chairperson (Yoga and Meditation Club), AdtU.

Kindly allow us to conduct the event.

Thanking you,

  
Dr. Daisy Sarmah

**Program Coordinator**

**APPROVED**



Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

## OFFICE OF THE REGISTRAR

Gandhinagar, Panikhaiti, Guwahati-26

(Permission Granted Via The ASSAM ACT. NO. VIII OF 2010, Gazette No. LGL9/2010/11)

Memo no: AdtU/R/2021/01B

Date: 06/01/2021

### CIRCULAR

It is informed that Om Yoga & Meditation Club, AdtU is going to conduct an event titled “Yoga & Nutrition: The Essentials for Holistic Health” at “K block yoga hall” on “7<sup>th</sup> & 8<sup>th</sup> January, 2021”. The students are requested to participate in this workshop and enroll their names for the program by registering at [gogoilakhsmi@gmail.com](mailto:gogoilakhsmi@gmail.com).

This workshop aims to provide knowledge about how yoga can support stress management, mental health, mindfulness, healthy eating, weight loss quality sleep and all together other physical and mental wellbeing.

Event Coordinator: **Dr. Daisy Sarmah, Assistant Professor, AdtU**

The resource person details are as follows:

**Name:** Ms. Lakhimi Gogoi

**Designation:** Assistant Professor and chairperson (Om Yoga And Meditation Club), AdtU

**Place:** Assam downtown University

**APPROVED**  
*Ashim Barman*

(Ashim Barman)

Additional Registrar (Administration),

Assam down town University

*Ashim Barman*

Additional Registrar (Administration)

Copy for favour of their information to:


1. OSD to Vice Chancellor, AdtU
2. P.S. to Dean of Studies, AdtU
3. P.S to Managing Trustee, dtCT
4. P.S to Resident Trustee, dtCT
5. IQAC Office
6. Chairperson/Dean/Director/Associate Dean/ HoD (For circulation)
7. Committee Members (for necessary action)
8. Office of the Controller of Examinations, AdtU
9. All Officers  
(Admin/Academic/IT/Accounts/Admission/Marketing/Legal/  
Placement/Library/T&D)
10. HR Office
11. Notice Boards/Message Desk (For display)
12. Office file (for record)



**ASSAM**  
down town  
UNIVERSITY

# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

  
**Workshop On**  
**“Yoga & Nutrition: The Essentials for Holistic Health”**

**Organized by:**  
**Om Yoga and  
Meditation Club, AdtU**

**Resource Person**  
**Ms. Lakhimi Gogoi**  
**Chairperson (Om Yoga  
and Meditation Club,  
AdtU)**

**Date : 7th & 8th January, 2021**  
**Venue: Room no 305, K-Block, AdtU**

**Registrar**

Dr. Ashim Barman

Registrar

Assam down town University



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

### Student Participation List

Name of the Event: Yoga & Nutrition: The Essentials for Holistic Health

Date of the Event: 7th & 8th January, 2021

Event Coordinator: Dr. Daisy Sarmah, Assistant Professor, AdtU

Resource Person: Ms. Lakhmi Gogoi, Assistant Professor & Chairperson (Yoga and Meditation Club), AdtU

Venue: K block yoga hall, Assam downtown University

No of Participants:29

S. No.	Enrolment Number	Name of the Student	Year / Sem	Program Name
1.	BHARGISH SAIKIA	ADTU/2020-24/BCE/003	1 <sup>st</sup> sem	Bachelor-civil Engineering
2.	JALAL UDDIN SK	ADTU/2020-24/BCE/005	1st sem	Bachelor-civil Engineering
3.	RIYAM DEKA	ADTU/2020-24/BCE/006	1st sem	Bachelor-civil Engineering
4.	AKIB JAVED	ADTU/2020-24/BCE/007	1st sem	Bachelor-civil Engineering
5.	TSERING DORJEE SAGRO	ADTU/2020-24/BCE/009	1st sem	Bachelor-civil Engineering
6.	IMNANUNGLA	ADTU/2020-24/BCE/010	1st sem	Bachelor-civil Engineering
7.	NIHAR DEKA	ADTU/2020-24/BCE/012	1st sem	Bachelor-civil Engineering
8.	NARRYSHA M. MARAK	ADTU/2020-24/BCE/013	1st sem	Bachelor-civil Engineering
9.	IMNUKSUNGBA L KICHU	ADTU/2020-24/BCE/014	1st sem	Bachelor-civil Engineering
10.	TANA GAPTOG	ADTU/2020-24/BCE/016	1st sem	Bachelor-civil Engineering
11.	JINTU GOGOI	ADTU/2020-24/BCE/017	1st sem	Bachelor-civil Engineering
12.	HIBU KAHFA	ADTU/2020-24/BCE/018	1st sem	Bachelor-civil Engineering
13.	TADAR LUKAP	ADTU/2020-24/BCE/020	1st sem	Bachelor-civil Engineering
14.	ASIF MD INJAMAM ILYASI	ADTU/2020-24/BCE/021	1st sem	Bachelor-civil Engineering
15.	ISWARAJ ATHOKPAM	ADTU/2020-24/BCE/023	1st sem	Bachelor-civil Engineering
16.	WALNANG G MARAK	ADTU/2020-24/BCE/024	1st sem	Bachelor-civil Engineering



## Assam down town University

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S. No.	Enrolment Number	Name of the Student	Year / Sem	Program Name
17.	BENKELO TEP	ADTU/2020-24/BCE/025	1st sem	Bachelor-civil Engineering
18.	BAMGUM LUNGALANG	ADTU/2020-24/BCE/027	1st sem	Bachelor-civil Engineering
19.	SURAJ WAHENGBAM	ADTU/2020-24/BCE/028	1st sem	Bachelor-civil Engineering
20.	SENTIAKUM IMSONG	ADTU/2020-24/BCE/029	1st sem	Bachelor-civil Engineering
21	Manash Jyoti Barman	ADTU/2020-24/BCE/030	1st sem	Bachelor-civil Engineering
22	BABIDUL ISLAM	ADTU/2020-24/BCE/031	3 <sup>rd</sup> year	Bachelor-civil Engineering
23	MERENJUNGLA	ADTU/2020-24/BCE/033	3 <sup>rd</sup> year	Bachelor-civil Engineering
24	DEGE HALFLEE GAPAK	ADTU/2020-24/BCE/034	3 <sup>rd</sup> year	Bachelor-civil Engineering
25	NONGYAIMAYUM NOOR RAHMAN	ADTU/2020-24/BCE/036	1st sem	Bachelor-civil Engineering
26	MIRAZ AHMED	ADTU/2020-24/BCE/037	1 <sup>st</sup> sem	Bachelor-civil Engineering
27	PRIYANS DEBBARMA	ADTU/2020-24/BCE/038	1 <sup>st</sup> sem	Bachelor-civil Engineering
28	SAPAM CHAND SINGH	ADTU/2020-24/BCE/039	1 <sup>st</sup> sem	Bachelor-civil Engineering
29	PYNNEHHOK UMYIAP	ADTU/2020-24/BCE/042	1 <sup>st</sup> sem	Bachelor-civil Engineering

Event Coordinator

Additional Registrar

Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

### Attendance List

Name of the Event: Yoga & Nutrition: The Essentials for Holistic Health

Date of the Event: 7th & 8th January, 2021

Event Coordinator: Dr. Daisy Sarmah

Resource Person: Ms. Lakhmi Gogoi, Assistant Professor & Chairperson (Yoga and Meditation Club), AdtU

Venue: K block yoga hall, Assam downtown University

No of Participants:29

S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2
1	BHARGISH SAIKIA	ADTU/2020-24/BCE/003	1st sem	Bachelor-civil Engineering	P	P
2	JALAL UDDIN SK	ADTU/2020-24/BCE/005	1st sem	Bachelor-civil Engineering	P	P
3	RIYAM DEKA	ADTU/2020-24/BCE/006	1st sem	Bachelor-civil Engineering	P	P
4	AKIB JAVED	ADTU/2020-24/BCE/007	1st sem	Bachelor-civil Engineering	P	P
5	TSERING DORJEE SAGRO	ADTU/2020-24/BCE/009	1st sem	Bachelor-civil Engineering	P	P
6	IMNANUNGLA	ADTU/2020-24/BCE/010	1st sem	Bachelor-civil Engineering	P	P
7	NIHAR DEKA	ADTU/2020-24/BCE/012	1st sem	Bachelor-civil Engineering	P	P
8	NARRYSHA M. MARAK	ADTU/2020-24/BCE/013	1st sem	Bachelor-civil Engineering	P	P
9	IMNUKSUNGBA L KICHU	ADTU/2020-24/BCE/014	1st sem	Bachelor-civil Engineering	P	P
10	TANA GAPTOG	ADTU/2020-24/BCE/016	1st sem	Bachelor-civil Engineering	P	P
11	JINTU GOGOI	ADTU/2020-24/BCE/017	1st sem	Bachelor-civil	P	P



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2
12	HIBU KAHFA	ADTU/2020-24/BCE/018	1st sem	Bachelor-civil	P	P
13	TADAR LUKAP	ADTU/2020-24/BCE/020	1st sem	Bachelor-civil	P	P
14	ASIF MD INJAMAM ILYASI	ADTU/2020-24/BCE/021	1st sem	Bachelor-civil	P	P
15	ISWARAJ ATHOKPAM	ADTU/2020-24/BCE/023	1st sem	Bachelor-civil	P	P
16	WALNANG G MARAK	ADTU/2020-24/BCE/024	1st sem	Bachelor-civil	P	P
17	BENKELO TEP	ADTU/2020-24/BCE/025	1st sem	Bachelor-civil	P	P
18	BAMGUM LUNGALANG	ADTU/2020-24/BCE/027	1st sem	Bachelor-civil	P	P
19	SURAJ WAHENGAM	ADTU/2020-24/BCE/028	1st sem	Bachelor-civil	P	P
20	SENTIAKUM IMSONG	ADTU/2020-24/BCE/029	1st sem	Bachelor-civil	P	P
21	Manash jyoti barman	ADTU/2020-24/BCE/030	1st sem	Bachelor-civil	P	P
22	BABIDUL ISLAM	ADTU/2020-24/BCE/031	3 <sup>rd</sup> year	Bachelor-civil	P	P
23	MERENJUNGLA	ADTU/2020-24/BCE/033	3 <sup>rd</sup> year	Bachelor-civil	P	P
24	DEGE HALFLEE GAPAK	ADTU/2020-24/BCE/034	3 <sup>rd</sup> year	Bachelor-civil	P	P
25	NONGYAIMAYUM NOOR RAHMAN	ADTU/2020-24/BCE/036	1st sem	Bachelor-civil	P	P
26	MIRAZ AHMED	ADTU/2020-24/BCE/037	1 <sup>st</sup> sem	Bachelor-civil	P	P
27	PRIYANS DEBBARMA	ADTU/2020-24/BCE/038	1 <sup>st</sup> sem	Bachelor-civil	P	P
28	SAPAM CHAND SINGH	ADTU/2020-24/BCE/039	1 <sup>st</sup> sem	Bachelor-civil	P	P
29	PYNNEHHOK UMYIAP	ADTU/2020-24/BCE/042	1 <sup>st</sup> sem	Bachelor-civil	P	P

Event Coordinator

Additional Registrar  
Additional Registrar (Administration)



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **NONGY AIMAYUM NOOR RAHMAN** bearing enrollment number **ADTU/2020-24/BCE/036** has participated in the workshop on “**Yoga and Nutrition: The Essential for Holistic Health**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **07-01-2021** to **08-01-2021**.

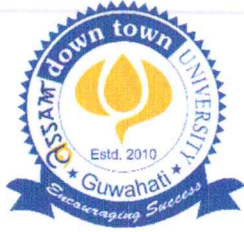
**Event Coordinator**

Ashim Barman

Additional Registrar (Administration)

**Additional Registrar**

**Assam down town University**



# Assam down town University

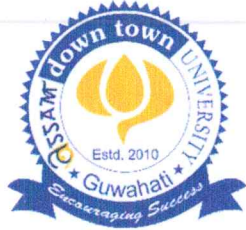
## *Certificate of Participation*

This is to certify that Mr./Ms. **BABIDUL ISLAM** bearing enrollment number **ADTU/2020-24/BCE/031** has participated in the workshop on “**Yoga and Nutrition: The Essential for Holistic Health**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **07-01-2021** to **08-01-2021**.

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **MIRAZ AHMED** bearing enrollment number **ADTU/2020-24/BCE/037** has participated in the workshop on “**Yoga and Nutrition: The Essential for Holistic Health**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **07-01-2021** to **08-01-2021**.

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL, 9/2010/11

## EVENT REPORT

Date: 23/03/2020

**Name of the Event** : Meditation for better Mental Health  
**Date of the Event** : 19<sup>th</sup> to 21<sup>st</sup> March, 2020  
**Program Coordinator** : Ms. Lakhimi Gogoi, Assistant Professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Mr. Pragyán Dowarah, Meditation Experts, Heartfulness Guwahati.  
**Number of Students Participated:** 20

**Event Description:** The resource Person explained and showed how Yoga helps students to keep the brain and body active and also how it helps to strengthen the memory power and helps to concentrate.

At first the session started by Lecture series of Mr. Pragyán Dowarah on impact of Yoga on our neurological health also motivate the students and explained about the importance of Yoga and Meditation in our life. The Trainer then Started with some Basic relaxation for the Learners. All the students participated in the 1 hour session. The Yoga session was basically on the improvement of concentration power and memory power. Students have put their queries and clarified about their knowledge on yoga and meditation.

On the Last day Mr. Pragyán Dowarah started the session with different Mudras like Bhairava Mudra, Hand mudra which was basically with the balance in the energies, it helps bring a feeling of calmness, peacefulness, and inner silence. All students participated with enthusiastically in all 3 days session.

**Faculty Coordinator**

**Addl. Registrar**

Ashim Barman  
**Additional Registrar (Administration)**



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11


### PHOTOGRAPH OF EVENT

**Name of the Event** : Meditation for better Mental Health  
**Date of the Event** : 19<sup>th</sup> to 21<sup>st</sup> March, 2020  
**Program Coordinator** : Ms. Lakhimi Gogoi, Assistant Professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Mr. Pragyant Dowarah, Meditation Experts, Heartfulness Guwahati.  
**Number of Students Participated:** 20



Students are attending the Relaxation techniques of Meditation on first day of session

  
**Faculty Coordinator**

  
**Addl. Registrar**  
Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

Date: 05/03/2020

To,  
The Addl. Registrar  
Assam down town University  
Panikhaiti, Guwahati-26

**Sub:** Permission to organize Three-days workshop on “Meditation for better Mental Health”

Sir,

I would like to inform you that we are planning to organize a workshop titled “Meditation for better Mental Health”. This workshop will benefit the students to perform and practice Meditation to improved focus and concentration, reduced stress and anxiety, enhanced Memory retention, increased self-awareness and mindfulness and for better academic performance.

The name of the resource persons is Mr. Pragyan Dowarah, Meditation Experts, Heartfulness Guwahati.

**Program Coordinator** : Ms. Lakhimi Gogoi, Assistant Professor, AdtU

Kindly allow us to conduct the event.

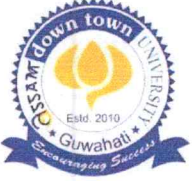
Thanking you,

Ms. Lakhimi Gogoi, Assistant Professor, AdtU

**Program Coordinator**

**APPROVED**

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

## OFFICE OF THE REGISTRAR

Gandhinagar, Panikhaiti, Guwahati-26

(Permission Granted Via The ASSAM ACT. NO. VIII OF 2010, Gazette No. LGL9/2010/11)

Memo No: AdtU/R/2020/61B

### CIRCULAR

Date: 12/03/2020

It is informed that the department of Om Yoga & Meditation Club is going two-days workshop on Meditation for better Mental Health for students of Optometry and Nursing at K block yoga hall from 19<sup>th</sup> to 21<sup>st</sup> March. The students are requested to participate in this workshop and enroll their name for Yoga and Meditation Club, AdtU from 13/03/2020 by emailing at [gogoilakshmi@gmail.com](mailto:gogoilakshmi@gmail.com).

This workshop aims to provide benefit for the students like able to perform and practice Meditation to improved focus and concentration, reduced stress and anxiety, enhanced memory retention, increased self-awareness and mindfulness and for better academic performance.

**Program Coordinator** : Ms. Lakhimi Gogoi, Assistant Professor, AdtU

The resource person details are as follows:

**Name** : Mr. Pragyan Dowarah

**Designation:** Meditation Experts Heartfulness Guwahati

**Place** : Heartfulness, zoo road , Guwahati

**Copy to:**

- 1.All Department Notice Board
- 2.IQAC

**Registrar**

Ashim Barman  
Additional Registrar (Administration)



ASSAM  
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## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
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Workshop on

# Meditation for better Mental Health

Organized by:  
**Om Yoga and  
Meditation Club, AdtU**

**Resource Person**

Mr. Pragyan Dowarah,  
Meditation Experts,  
Heartfulness Guwahati.

**Date :** 19th to 21st March, 2020

**Venue :** Room no 305, K-Block, AdtU

**Registrar**  
Dr. Ashim Barman  
Registrar  
Assam down town University



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. IGL. 9/2010/11

### Student Participation List

**Name of the Event** : Meditation for better Mental Health  
**Date of the Event** : 19<sup>th</sup> to 21<sup>st</sup> March, 2020  
**Program Coordinator** : Ms. Lakhimi Gogoi, Assistant Professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Mr. Pragyan Dowarah, Meditation Experts, Heartfulness Guwahati.  
**Number of Students Participated:** 20

S. No.	Enrolment Number	Name of the Student	Year/ Sem	Programme Name
1	Anamika Basumatary	ADTU/2020-24/BNU/002	1 <sup>st</sup> year	Nursing
2	Puja Chutia	ADTU/2020-24/BNU/003	1st year	Nursing
3	Upashona Devi	ADTU/2020-24/BNU/005	1st year	Nursing
4	Kaushambi Sarma	ADTU/2020-24/BNU/006	1st year	Nursing
5	Mriganka Deka	ADTU/2020-24/BNU/008	1st year	Nursing
6	Gitishmita Haloi	ADTU/2020-24/BNU/009	1st year	Nursing
7	Alex Swargiary	ADTU/2020-24/BNU/010	1st year	Nursing
8	Radali Choudhury	ADTU/2020-24/BNU/011	1st year	Nursing
9	Reenima Pegu	ADTU/2020-24/BNU/012	1st year	Nursing
10	Seemasri Kalita	ADTU/2020-24/BNU/014	1st year	Nursing
11	Helmina Aktar	ADTU/2020-24/BNU/017	1st year	Nursing
12	Subasit Roy	ADTU/2020-24/BNU/021	1st year	Nursing
13	Abdul Latif	ADTU/2020-24/BNU/024	1st year	Nursing
14	Hassan Sharif Mollah	ADTU/2020-24/BNU/027	1st year	Nursing
15	Rimpi Talukdar	ADTU/2020-24/BNU/028	1st year	Nursing
16	Priti Rekha Hazarika	ADTU/2020-24/BNU/029	1st year	Nursing



## Assam down town University

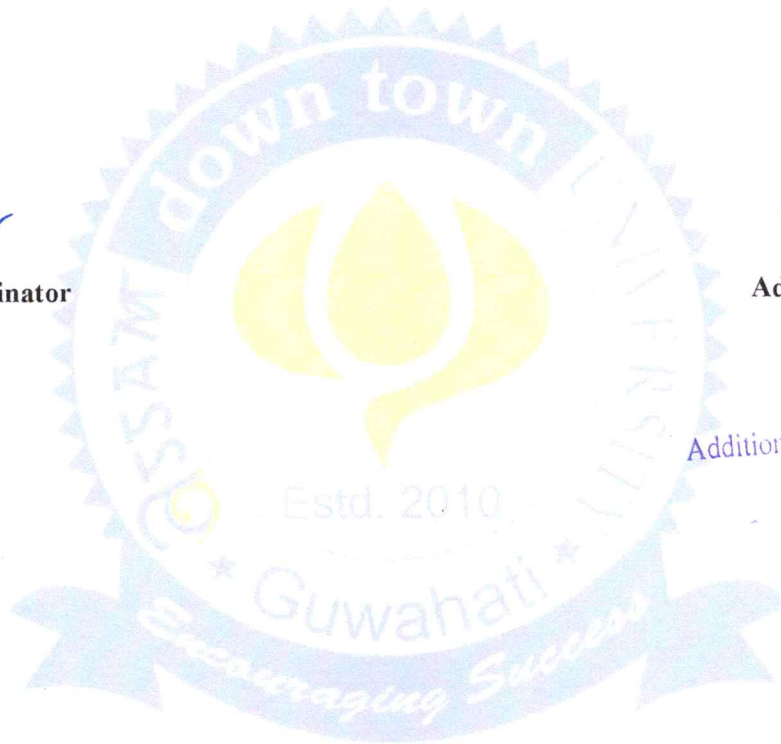
Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

S. No.	Enrolment Number	Name of the Student	Year/ Sem	Programme Name
17	Jerifa Jereen	ADTU/2020-24/BNU/035	1st year	Nursing
18	Likha Yaniyam	ADTU/2020-24/BOP/055	1st year	Optometry
19	Nandini Sonowal	ADTU/2020-24/BOP/057	1st year	Optometry
20	Chandrika Reang	ADTU/2020-24/BOP/059	1st year	Optometry

Faculty Coordinator

Addl. Registrar

Ashim Barman  
Additional Registrar (Administration)





## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

### ATTENDANCE LIST

**Name of the Event** : Meditation for better Mental Health  
**Date of the Event** : 19<sup>th</sup> to 21<sup>st</sup> March, 2020  
**Program Coordinator** : Ms. Lakhimi Gogoi, Assistant Professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Mr. Pragyan Dowarah, Meditation Experts, Heartfulness Guwahati.  
**Number of Students Participated:** 20

S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
1	Anamika Basumatary	ADTU/2020-24/BNU/002	1st year	Nursing	P	P	P
2	Puja Chutia	ADTU/2020-24/BNU/003	1st year	Nursing	P	P	P
3	Upashona Devi	ADTU/2020-24/BNU/005	1st year	Nursing	P	P	P
4	Kaushambi Sarma	ADTU/2020-24/BNU/006	1st year	Nursing	P	P	P
5	Mriganka Deka	ADTU/2020-24/BNU/008	1st year	Nursing	P	P	P
6	Gitishmita Haloi	ADTU/2020-24/BNU/009	1st year	Nursing	P	P	P
7	Alex Swargiary	ADTU/2020-24/BNU/010	1st year	Nursing	P	P	P
8	Radali Choudhury	ADTU/2020-24/BNU/011	1st year	Nursing	P	P	P
9	Reenima Pegu	ADTU/2020-24/BNU/012	1st year	Nursing	P	P	P
10	Seemasri Kalita	ADTU/2020-24/BNU/014	1st year	Nursing	P	P	P
11	Helmina Aktar	ADTU/2020-24/BNU/017	1st year	Nursing	P	P	P
12	Subasit Roy	ADTU/2020-24/BNU/021	1st year	Nursing	P	P	P
13	Abdul Latif	ADTU/2020-24/BNU/024	1st year	Nursing	P	P	P
14	Hassan Sharif Mollah	ADTU/2020-24/BNU/027	1st year	Nursing	P	P	P
15	Rimpi Talukdar	ADTU/2020-24/BNU/028	1st year	Nursing	P	P	P
16	Priti Rekha Hazarika	ADTU/2020-24/BNU/029	1st year	Nursing	P	P	P



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL, 9/2010/11

S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
17	Jerifa Jereen	ADTU/2020-24/BNU/035	1st year	Nursing	P	P	P
18	Likha Yaniyam	ADTU/2020-24/BOP/055	1st year	Optometry	P	P	P
19	Nandini Sonowal	ADTU/2020-24/BOP/057	1st year	Optometry	P	P	P
20	Chandrika Reang	ADTU/2020-24/BOP/059	1st year	Optometry	P	P	P

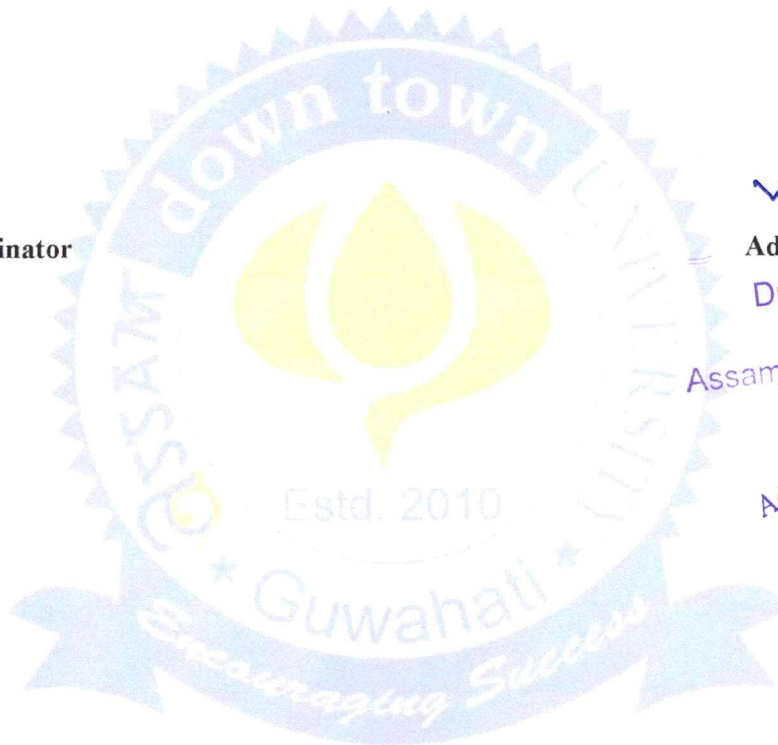
Faculty Coordinator

Addl. Registrar

Dr. Ashim Barman

Registrar

Assam down town University  
Ashim Barman  
Additional Registrar (Administration)





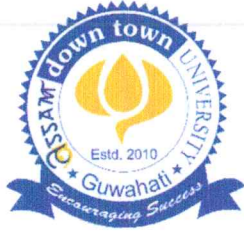
# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **ANAMIKA BASUMATARY** bearing enrollment number **ADTU/2020-24/BNU/002** has participated in the workshop on “**Meditation for Better Mental Health**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **19-03-2020** to **21-03-2020**.

  
**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)  
**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **RIMPI TALUKDAR** bearing enrollment number **ADTU/2020-24/BNU/028** has participated in the workshop on “**Meditation for Better Mental Health**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **19-03-2020** to **21-03-2020**.

Ashim Barman  
Additional Registrar (Administration)

**Event Coordinator**

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **HELMINA AKTAR** bearing enrollment number **ADTU/2020-24/BNU/017** has participated in the workshop on “**Meditation for Better Mental Health**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **19-03-2020** to **21-03-2020**.

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

## EVENT REPORT

Date: 15/03/2020

**Name of the Event** : Benefits of Yoga for students  
**Date of the Event** : 11<sup>th</sup> to 13<sup>th</sup> March, 2020  
**Program Coordinator** : Ms. Lakhimi Gogoi, Assistant Professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Ms Siwangi Goyel, Yoga experts, Heartfulness, Guwahati.  
**Number of Students Participated:** 20

### **Event Description:**

At first the session started by Lecture series of Ms. Siwangi Goyel on impact of Yoga on our neurological health also motivated the students and explained about the importance of Yoga and Meditation in our life. Ms. Siwangi, the trainer for the Yoga session started the Yoga session with the Basic Yoga for the Learners. All the students participated in the 1-hour session. The Yoga session was basically on the improvement of concentration power and memory power. Students have put their queries and clarify about their new knowledge on yoga and meditation.

On the Last day Ms. Siwangi started the Yoga session after the meditation which was basically on the correction of Neck issues and Spinal cord. All the students and the faculties attended very enthusiastically.



**Students are practicing different standing Yoga during the session**

  
**Faculty Coordinator**

  
**Addl. Registrar**  
Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

### PHOTOGRAPH OF EVENT

**Name of the Event** : Benefits of Yoga for students  
**Date of the Event** : 11<sup>th</sup> to 13<sup>th</sup> March, 2020  
**Program Coordinator** : Ms. Lakhimi Gogoi, Assistant Professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Ms Siwangi Goyel, Yoga experts, Heartfulness, Guwahati.

**Number of Students Participated:** 20



Students are attending the session on first day and following the instructions

Faculty Coordinator

Addl. Registrar  
Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

Date: 01/03/2020

To,  
The Addl. Registrar  
Assam down town University  
Panikhaiti, Guwahati-26

Sub: Permission to organize three-days workshop on Benefits of Yoga for students.

Sir,

I would like to inform you that we are planning to organize a workshop titled 'Benefits of Yoga for students' from 11<sup>th</sup> to 13<sup>th</sup> march, 2020 for the students of Assam down town University. This workshop will benefit the students to perform Basic Yoga to increase memory power and to gain strength, reduce basic muscle problems and other health problems.

The resource person is Ms. Siwangi Goyel, Yoga experts, Heartfulness, Guwahati.

**Program Coordinator** : Ms. Lakhimi Gogoi, Assistant Professor, AdtU

Kindly allow us to conduct the event.

Thanking you,

Program Coordinator,

APPROVED

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

## OFFICE OF THE REGISTRAR

Gandhinagar, Panikhaiti, Guwahati-26

(Permission Granted Via The ASSAM ACT. NO. VIII OF 2010, Gazette No. LGL9/2010/11)

Memo No: AdtU/R/2020/57A

**CIRCULAR**

Date: 06 /03/2020

It is informed that the department of Om Yoga & Meditation Club is going to conduct an event titled "Benefits of Yoga for students" at "K block yoga hall" on "11<sup>th</sup> to 13<sup>th</sup> March". The students are requested to participate in this workshop session and enroll their names for Yoga and Meditation Club, AdtU from 09/03/2020 by mailing us at [gogoilakhsmi@gmail.com](mailto:gogoilakhsmi@gmail.com).

This workshop aims to provide knowledge and ability to perform complicated and some advanced yoga poses to gain strength, focus, balance, learning advanced asana and to push boundaries to discover true capability on a physical and energetic level.

The resource person details are as follows:

**Name** : Ms. Siwangi Goyel  
**Designation** : Yoga Experts  
**Place** : Heartfulness, Guwahati

Copy to:  
1.All Department Notice Board  
2.IQAC

  
**Addl. Registrar**  
Ashim Barman  
Additional Registrar (Administration)



**ASSAM**  
down town  
UNIVERSITY

## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder



Workshop on

# Benefits of Yoga for students

Organized by:

**Om Yoga and  
Meditation Club, AdtU**


Resource Person

**Ms Siwangi Goyel,**

**Yoga experts, Heartfulness,  
Guwahati**

Date : **11<sup>th</sup> to 13<sup>th</sup> March, 2020**

Venue : **Room no 305, K-Block, AdtU**

  
Registrar  
Assam down town University



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

### Student Participation List

**Name of the Event** : Benefits of Yoga for students  
**Date of the Event** : 11<sup>th</sup> to 13<sup>th</sup> March, 2020  
**Program Coordinator** : Ms. Lakhimi Gogoi, Assistant Professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Ms Siwangi Goyel, Yoga experts, Heartfulness, Guwahati.  
**Number of Students Participated:** 20

S. No.	Enrolment Number	Name of the Student	Year/ Sem	Programme Name
1	ADTU/2019-23/BCE/001	Kharibam Oliver Singh	1 <sup>st</sup> year	B. Tech. in Civil Engineering
2	ADTU/2019-23/BCE/002	Yaisana Thokchom	1st year	B. Tech. in Civil Engineering
3	ADTU/2019-23/BCE/003	Nishita Mutum	1st year	B. Tech. in Civil Engineering
4	ADTU/2019-23/BCE/005	Janthungo Z Tsanglao	1st year	B. Tech. in Civil Engineering
5	ADTU/2019-23/BCE/007	Rimo Dasi	1st year	B. Tech. in Civil Engineering
6	ADTU/2019-23/BCE/008	Niharika Baruah	1st year	B. Tech. in Civil Engineering
7	ADTU/2019-23/BCE/009	Imlisangla Kichu	1st year	B. Tech. in Civil Engineering
8	ADTU/2019-23/BCE/010	Nyamar Ete	1st year	B. Tech. in Civil Engineering
9	ADTU/2019-23/BCE/011	Johnkerry Jana	1st year	B. Tech. in Civil Engineering
10	ADTU/2019-23/BCE/012	Nangkyntiew Mannar	1st year	B. Tech. in Civil Engineering
11	ADTU/2019-23/BCE/013	Wakilasokini Lamare	1st year	B. Tech. in Civil Engineering
12	ADTU/2019-23/BCE/015	Sentizulu Lemtur	1st year	B. Tech. in Civil Engineering
13	ADTU/2019-23/BCE/016	Putam Chiri	1st year	B. Tech. in Civil Engineering
14	ADTU/2019-23/BCE/017	Nongmaithem Bidyasagar Angom	1st year	B. Tech. in Civil Engineering
15	ADTU/2019-23/BCE/018	Imnuksungba Jamir	1st year	B. Tech. in Civil Engineering



## Assam down town University

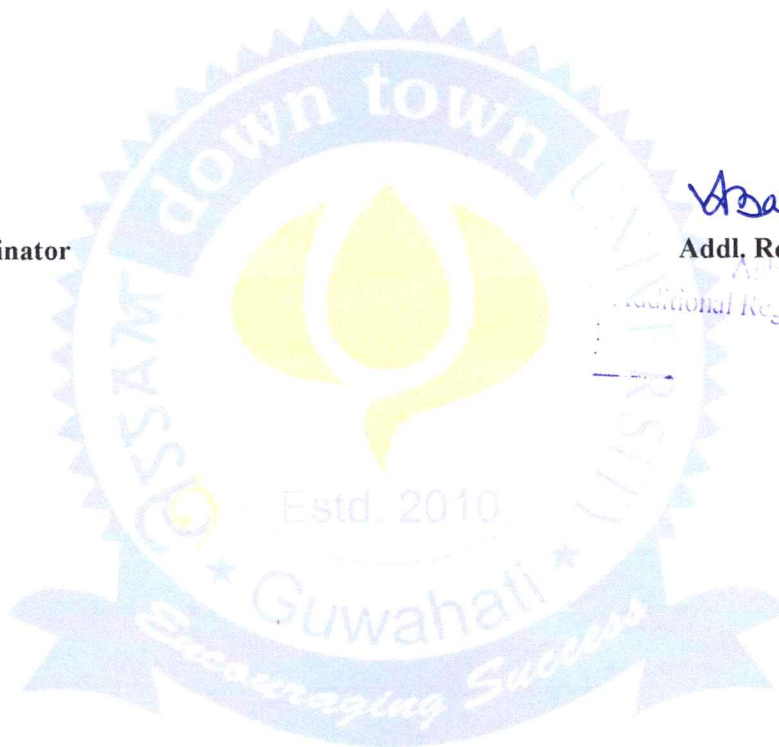
Established under The Assam Act No. VIII/ 2010, Gazette No. IGL. 9/2010/11

S. No.	Enrolment Number	Name of the Student	Year/ Sem	Programme Name
16	ADTU/2019-23/BCE/018	Damehi Pakyntein	1st year	B. Tech. in Civil Engineering
17	ADTU/2019-23/BCE/019	Hemchandra Paonam	1st year	B. Tech. in Civil Engineering
18	ADTU/2019-23/BCE/020	Daniel H. Awomi	1st year	B. Tech. in Civil Engineering
19	ADTU/2019-23/BCE/021	Getom Ete	1st year	B. Tech. in Civil Engineering
20	ADTU/2019-23/BCE/022	Chongtham Anganba Meitei	1st year	B. Tech. in Civil Engineering

Faculty Coordinator

Addl. Registrar

Additional Registrar (Administration)





## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. IGL. 9/2010/11

### ATTENDANCE LIST

**Name of the Event** : Benefits of Yoga for students  
**Date of the Event** : 11<sup>th</sup> to 13<sup>th</sup> March, 2020  
**Program Coordinator** : Ms. Lakhimi Gogoi, Assistant Professor, AdtU  
**Venue** : Room no 305, K-Block, AdtU  
**Resource Person** : Ms Siwangi Goyel, Yoga experts, Heartfulness, Guwahati.  
**Number of Students Participated:** 20

S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
1	ADTU/2019-23/BCE/001	Kharibam Oliver Singh	1st year	B. Tech. in Civil Engineering	P	P	P
2	ADTU/2019-23/BCE/002	Yaisana Thokchom	1st year	B. Tech. in Civil Engineering	P	P	P
3	ADTU/2019-23/BCE/003	Nishita Mutum	1st year	B. Tech. in Civil Engineering	P	P	P
4	ADTU/2019-23/BCE/005	Janthungo Z Tsanglao	1st year	B. Tech. in Civil Engineering	P	P	P
5	ADTU/2019-23/BCE/007	Rimo Dasi	1st year	B. Tech. in Civil Engineering	P	P	P
6	ADTU/2019-23/BCE/008	Niharika Baruah	1st year	B. Tech. in Civil Engineering	P	P	P
7	ADTU/2019-23/BCE/009	Imlisangla Kichu	1st year	B. Tech. in Civil Engineering	P	P	P
8	ADTU/2019-23/BCE/010	Nyamar Ete	1st year	B. Tech. in Civil Engineering	P	P	P
9	ADTU/2019-23/BCE/011	Johnkerry Jana	1st year	B. Tech. in Civil Engineering	P	P	P
10	ADTU/2019-23/BCE/012	Nangkyntiew Mannar	1st year	B. Tech. in Civil Engineering	P	P	P
11	ADTU/2019-23/BCE/013	Wakilasokini Lamare	1st year	B. Tech. in Civil Engineering	P	P	P



## Assam down town University

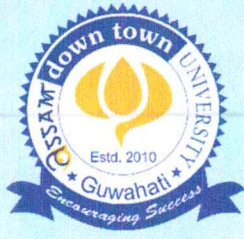
Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
12	ADTU/2019-23/BCE/015	Sentizulu Lemtur	1st year	B. Tech. in Civil Engineering	P	P	P
13	ADTU/2019-23/BCE/016	Putam Chiri	1st year	B. Tech. in Civil Engineering	P	P	P
14	ADTU/2019-23/BCE/017	Nongmaithem Bidyasagar Angom	1st year	B. Tech. in Civil Engineering	P	P	P
15	ADTU/2019-23/BCE/018	Imnuksungba Jamir	1st year	B. Tech. in Civil Engineering	P	P	P
16	ADTU/2019-23/BCE/018	Damehi Pakyntein	1st year	B. Tech. in Civil Engineering	P	P	P
17	ADTU/2019-23/BCE/019	Hemchandra Paonam	1st year	B. Tech. in Civil Engineering	P	P	P
18	ADTU/2019-23/BCE/020	Daniel H. Awomi	1st year	B. Tech. in Civil Engineering	P	P	P
19	ADTU/2019-23/BCE/021	Getom Ete	1st year	B. Tech. in Civil Engineering	P	P	P
20	ADTU/2019-23/BCE/022	Chongtham Anganba Meitei	1st year	B. Tech. in Civil Engineering	P	P	P

Faculty Coordinator

Addl. Registrar

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **NIHARIKA BARUAH** enrollment number ADTU/2019-23/BCE/008 has participated in the workshop on “**Benefits of Yoga for Students**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 11-03-2020 to 13-03-2020 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **SENTIZULU LEMTUR** enrollment number ADTU/2019-23/BCE/016 has participated in the workshop on “**Benefits of Yoga for Students**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 11-03-2020 to 13-03-2020 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **NISHITA MUTUM** enrollment number ADTU/2019-23/BCE/003 has participated in the workshop on “**Benefits of Yoga for Students**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 11-03-2020 to 13-03-2020 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

Date: 22/08/2019

### EVENT REPORT

**Name of the Event:** Orientation to OM Yoga & Meditation

**Date of the Event:** 19<sup>th</sup> & 20<sup>th</sup> August, 2019

**Event Coordinator:** Dr. Daisy Sarma, Assistant Professor, AdtU

**Resource Person:** Assistant Professor & Chairperson (Om yoga and meditation club), AdtU

**Venue:** Yoga hall, Assam downtown University

**No of Participants:** 20

**Event Description:** Amidst Covid 19 the club have organized the Orientation Programme for the students of AdtU from all disciplines on 19<sup>th</sup> & 20<sup>th</sup> August 2019.

Day 1: Programme started by the host of the session and trainer for the day Ms. Daisy Sarma, who have explained about the yoga and health benefits. Ms, Lakhimi Gogoi, Convenor of the club have explained about various yoga and about the importance of yoga in daily life.

Day 2: Ms. Lakhimi Gogoi, have demonstrate different Asana from basics to complex like- Bhujangasana Or Cobra Stretch, Dhanurasana or Bow Pose, Twisting poses, Core strengthening poses Bhujangasana , and Standing asanas like Mountain, Tree pose, and the five Warrior poses with the benefits.

Event Coordinator

Additional Registrar

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

## PHOTOGRAPH OF EVENT

**Name of the Event:** Orientation to OM Yoga & Meditation

**Date of the Event:** 19<sup>th</sup> & 20<sup>th</sup> August, 2019

**Event Coordinator:** Dr. Daisy Sarma, Assistant Professor, AdtU

**Resource Person:** Assistant Professor & Chairperson (Om yoga and meditation club), AdtU

**Venue:** Yoga hall, Assam downtown University

**No of Participants:** 20



**Orientation to OM Yoga & Meditation on 19<sup>th</sup> August, 2019**

**Event Coordinator**

**Additional Registrar  
Ashim Barman  
Additional Registrar (Administration)**



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. IGL. 9/2010/11

Date: 10/08/2019

To,  
The Addl. Registrar  
Assam down town University  
Panikhaiti, Guwahati-26

Sub: Permission to organize a workshop titled "Orientation to OM Yoga & Meditation."

Sir,

I would like to inform you that we are planning to organize a workshop titled "**Orientation to OM Yoga & Meditation**" to be organized on '19<sup>th</sup> & 20<sup>th</sup> August, 2019' for the students of Assam down town University. This workshop will benefit the students to provide orientation toward the benefits of yoga and meditation in daily life. The interested students are required to participate in this workshop and enroll their names for Yoga and Meditation Club, AdtU from 16/08/2019 by mailing at the given email id: [gogoilakhsmi@gmail.com](mailto:gogoilakhsmi@gmail.com).

The name of the resource person is Ms. Lakhimi Gogoi, Assistant Professor & Chairperson (Om yoga and meditation club), AdtU.

Kindly allow us to conduct the event.

Thanking you,

Ms. Daisy Sarma, Assistant Professor, AdtU  
Program Coordinator

APPROVED

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

## OFFICE OF THE REGISTRAR

Gandhinagar, Panikhaiti, Guwahati-26

(Permission Granted Via The ASSAM ACT. NO. VIII OF 2010, Gazette No. LGL9/2010/11)

Memo No: AdtU/R/2019/380B

Date: 16/08/2019

### CIRCULAR

It is informed that the Om Yoga & Meditation Club is going to conduct an event titled “**Orientation to OM Yoga & Meditation**” at Yoga Hall, Assam down town University on 19<sup>th</sup> & 20<sup>th</sup> August, 2019. The students are requested to participate in this workshop and enroll their names for Yoga and Meditation Club, AdtU from 16/08/2019 by mailing at [gogolakhsmi@gmail.com](mailto:gogolakhsmi@gmail.com).

This workshop aims to provide orientation toward the benefits of yoga and meditation in daily life, also in lowering stress by promoting physical and mental relaxation.

The resource person details are as follows:

**Name:** Ms. Lakhimi Gogoi

**Designation:** Assistant Professor & Chairperson (Om yoga and meditation club), AdtU

**Place :** Assam downtown University

Event Coordinator: Ms. Daisy Sarma, Assistant Professor, AdtU

(Ashim Barman)

Additional Registrar (Administration),  
Assam down town University

#### Copy for favour of their information to:

1. OSD to Vice Chancellor, AdtU
2. P.S. to Dean of Studies, AdtU
3. P.S to Managing Trustee, dtCT
4. P.S to Resident Trustee, dtCT
5. IQAC Office
6. Chairperson/Dean/Director/Associate Dean/ HoD (For circulation)
7. Committee Members (for necessary action)
8. Office of the Controller of Examinations, AdtU
9. All Officers  
(Admin/Academic/IT/Accounts/Admission/Marketing/Legal/  
Placement/Library/T&D)
10. HR Office
11. Notice Boards/Message Desk (For display)
12. Office file (for record)

Ashim Barman  
Additional Registrar (Administration)



**ASSAM**  
down town  
UNIVERSITY

## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder

**Workshop On**  
**Orientation to**  
**OM Yoga**  
**And Meditation**

Organized by:  
On Yoga and Meditation  
club, AdtU  
Resource Person  
Lakhimi Gogoi,  
Assistant Professor, AdtU

Date of competition: 19<sup>th</sup> & 20<sup>th</sup> August, 2019  
Venue: Yoga Hall, AdtU

**Registrar**

Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

### Student Participation List

**Name of the Event:** Orientation to OM Yoga & Meditation

**Date of the Event:** 19<sup>th</sup> & 20<sup>th</sup> August, 2019

**Event Coordinator:** Dr. Daisy Sarma, Assistant Professor, AdtU

**Resource Person:** Ms. Lakhimi Gogoi, Assistant Professor, AdtU

**Venue:** Yoga hall, Assam downtown University

**No of Participants:** 20

S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name
1	ADTU/2019-22/BAT/118	JUSMITA DEORI	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
2	ADTU/2019-22/BAT/119	TULSHI DEORI	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
3	ADTU/2019-22/BAT/115	GAYETRI DEORI	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
4	ADTU/2019-22/BAT/116	MITHU DEURI	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
5	ADTU/2019-22/BAT/117	ALPA JYOTI DEORI	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
6	ADTU/2019-22/BAT/112	MURTAZA RAHMAN	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
7	ADTU/2019-22/BAT/111	GOLDNALDSTONE DIENGDH	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
8	ADTU/2019-22/BAT/109	RUBEL HOSSEN	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
9	ADTU/2019-22/BAT/107	PRABAL CHOUDHURY	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
10	ADTU/2019-22/BAT/101	PARISHMITA KACHARI	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
11	ADTU/2019-22/BAT/103	UPAKUL SONOWAL	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
12	ADTU/2019-22/BAT/104	PLABAN CHELENG	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
13	ADTU/2019-22/BAT/100	DHANANJOY GOGOI	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
14	ADTU/2019-22/BAT/098	KABITA ROY	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
15	ADTU/2019-22/BAT/099	RIDHIKA SUBBA	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
16	ADTU/2019-22/BAT/097	BIMAN JYOTI BORA	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
17	ADTU/2019-22/BAT/094	MOUMITA NATH	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
18	ADTU/2019-22/BAT/095	BENGIA RICHO	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name
19	ADTU/2019-22/BAT/093	NAOREM THAJA DEVI	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech
20	ADTU/2019-22/BAT/092	KAUSHIK KALITA	1 <sup>ST</sup> Sem	Radiology-Bachelor Adv Tech

Event Coordinator

Additional Registrar

Ashim Barman  
Additional Registrar (Administration)





## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

### Attendance List

**Name of the Event:** Orientation to OM Yoga & Meditation

**Date of the Event:** 19<sup>th</sup> & 20<sup>th</sup> August, 2019

**Event Coordinator:** Dr. Daisy Sarma, Assistant Professor, AdtU

**Resource Person:** Assistant Professor & Chairperson (Om yoga and meditation club), AdtU

**Venue:** Yoga hall, Assam downtown University

**No of Participants:** 20

S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance Day-1	Attendance Day-2
1	ADTU/2019-22/BAT/118	JUSMITA DEORI	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
2	ADTU/2019-22/BAT/119	TULSHI DEORI	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
3	ADTU/2019-22/BAT/115	GAYETRI DEORI	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
4	ADTU/2019-22/BAT/116	MITHU DEURI	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
5	ADTU/2019-22/BAT/117	ALPA JYOTI DEORI	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
6	ADTU/2019-22/BAT/112	MURTAZA RAHMAN	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
7	ADTU/2019-22/BAT/111	GOLDNALDSTONE DIENGDOH	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
8	ADTU/2019-22/BAT/109	RUBEL HOSSEN	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
9	ADTU/2019-22/BAT/107	PRABAL CHOUDHURY	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
10	ADTU/2019-22/BAT/101	PARISHMITA KACHARI	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
11	ADTU/2019-22/BAT/103	UPAKUL SONOWAL	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
12	ADTU/2019-22/BAT/104	PLABAN CHELLENG	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

S. No.	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance Day-1	Attendance Day-2
13	ADTU/2019-22/BAT/100	DHANANJOY GOGOI	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
14	ADTU/2019-22/BAT/098	KABITA ROY	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
15	ADTU/2019-22/BAT/099	RIDHIKA SUBBA	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
16	ADTU/2019-22/BAT/097	BIMAN JYOTI BORA	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
17	ADTU/2019-22/BAT/094	MOUMITA NATH	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
18	ADTU/2019-22/BAT/095	BENGIA RICHO	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
19	ADTU/2019-22/BAT/093	NAOREM THAJA DEVI	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P
20	ADTU/2019-22/BAT/092	KAUSHIK KALITA	1 <sup>ST</sup> Sem	Radiology- Bachelor Adv Tech	P	P

Event Coordinator

Additional Registrar

Ashim Barua  
Additional Registrar (Administration)



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **GAYETRI DEORI** bearing enrollment number **ADTU/2019-22/BAT/115** has participated in the workshop on “**Orientation to OM Yoga & Meditation**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **19-08-2019** to **20-08-2019**.

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **RUBEL HUSSEN** bearing enrollment number **ADTU/2019-22/BAT/109** has participated in the workshop on “**Orientation to OM Yoga & Meditation**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **19-08-2019** to **20-08-2019**.

*Damini*  
**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **RIDHIKA SUBBA** bearing enrollment number **ADTU/2019-22/BAT/099** has participated in the workshop on “**Orientation to OM Yoga & Meditation**” conducted by **Om Yoga and Meditation Club**, Assam down town University, Guwahati, Assam, India from **19-08-2019** to **20-08-2019**.

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

## EVENT REPORT

Date: 19/10/2018

**Name of the Event** : Yoga, Meditation & Our Health  
**Date of the Event** : 16<sup>th</sup> & 17<sup>th</sup> October, 2018  
**Program Coordinator** : Ms. Daisy Sarmah, Assistant Professor, AdtU  
**Venue** : Yoga hall, AdtU  
**Resource Person** : Ms Siwangi Goyal, Yoga experts Heartfulness, Guwahati, Assam  
**Number of Students Participated:** 15

**Event Description:** Basic Yoga for Learners and how minor to major health problems can be cured by Yoga in Collaboration with Heartfulness, Guwahati for 2 days.

Day-1 started by Mediation and Ms. Siwangi Goyal motivated the students and explained about the importance of Yoga and Meditation in our life. Ms. Siwangi, the trainer for the Yoga session started the Yoga session with the Basic Yoga for the Learners. All the students participated in the 1 hour session. The Yoga session was basically on the improvement of the Eye-sight which can correct condition like near-sightedness and farsightedness. Students have put their queries and clarify about their new knowledge on yoga and meditation.

On the Second day Ms. Siwangi started the Yoga which was basically focused on the correction of Neck issues and Spinal cord. All the students and the faculties attended the workshop in an enthusiastic manner.



Students practicing Yoga Asana on 16<sup>th</sup> & 17<sup>th</sup> October, 2018

Faculty Coordinator

Addl. Registrar

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

## PHOTOGRAPH OF EVENT

**Name of the Event** : Yoga, Meditation & Our Health  
**Date of the Event** : 16<sup>th</sup> & 17<sup>th</sup> October, 2018  
**Program Coordinator** : Ms. Daisy Sarmah, Assistant Professor, AdtU  
**Venue** : Yoga hall, AdtU  
**Resource Person** : Ms Siwangi Goyel, Yoga experts Heartfulness ,Guwahati, Assam  
**Number of Students Participated:** 15



**Students practicing Meditation on 1<sup>st</sup> day of the session**

**Faculty Coordinator**

**Addl. Registrar**

**Ashim Barman**  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

Date: 04 /10/ 2018

To,  
The Addl. Registrar  
Assam down town University  
Panikhaiti, Guwahati-26

**Sub: Permission to organize two-day workshop on “Yoga, Meditation & Our Health”.**

Sir,

I would like to inform you that we are planning to organize a workshop titled “**Yoga, Meditation & Our Health**” 16<sup>th</sup> & 17<sup>th</sup> October, 2018 for the students of Assam down town University. This workshop will benefit the students to perform complicated and some advanced yoga poses to gain strength, reduce basic muscle problems and other health problems.

The name of the resource persons is Ms. Siwangi Goyel, Yoga Expert, Heartfulness, Guwahati, Assam.

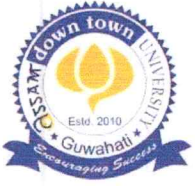
Kindly allow us to conduct the event.

Thanking you,

Ms. Daisy Sarmah, Assistant Professor, AdtU

**Program Coordinator**

Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

## OFFICE OF THE REGISTRAR

Gandhinagar, Panikhaiti, Guwahati-26

(Permission Granted Via The ASSAM ACT. NO. VIII OF 2010, Gazette No. LGL9/2010/11)

### CIRCULAR

Memo No: AdTU/R/2018/264A

Date: 09/10/2018

It is informed that the department of Om Yoga & Meditation Club is going to conduct an event titled “**Yoga, Meditation & Our Health**” at Yoga Hall, Assam down town University on **16<sup>th</sup> & 17<sup>th</sup> October, 2018**. The students are requested to participate in this workshop and enroll their names for Yoga and Meditation Club, AdtU by mailing us at [gogolakhsmi@gmail.com](mailto:gogolakhsmi@gmail.com).

This workshop aims to provide knowledge and ability to perform complicated and some advanced yoga poses to gain strength, focus, balance, learning advanced asana and to push boundaries to discover true capability on a physical and energetic level.

**Program Coordinator** : Ms. Daisy Sarmah, Assistant Professor, AdtU

The resource person details are as follows:

**Name :** Ms. Siwangi Goyel

**Designation:** Yoga Expert

**Place :** Heartfulness, Guwahati, Assam

**Copy to:**

- 1.All Department Notice Board
- 2.IQAC

**Addl. Registrar**

Ashim Barman  
Additional Registrar (Administration)



**ASSAM**  
down town  
UNIVERSITY

## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder



### Workshop On

# “Yoga, Meditation and Our Health”

Organized by:  
**Om Yoga and Meditation  
Club**

Resource Person  
**Ms. Siwangi Goyel, Yoga Expert,  
Heartfulness- Guwahati**

**Date : 16<sup>th</sup> & 17<sup>th</sup> October, 2018**

**Venue: Yoga hall, Assam down town University**

**Dr. Ashim Barman**  
Registrar  
Assam down town University  
**Registrar**



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

### Student Participation List

**Name of the Event** : Yoga, Meditation & Our Health  
**Date of the Event** : 16<sup>th</sup> & 17<sup>th</sup> October, 2018  
**Program Coordinator** : Ms. Daisy Sarmah, Assistant Professor, AdtU  
**Venue** : Yoga hall, AdtU  
**Resource Person** : Ms Siwangi Goyel, Yoga experts Heartfulness ,Guwahati, Assam  
**Number of Students Participated:** 15

S. No.	Enrolment Number	Name of the Student	Year/ Sem	Programme Name
1	ADTU/2018-20/MNU/001	BIDINTHA BASUMATARY	1 <sup>st</sup> year	MSc. Nursing
2	ADTU/2018-20/MNU/002	SUZIE MANDY KHARBYNGAR	1st year	MSc. Nursing
3	ADTU/2018-20/MNU/003	THOKCHOM LILABATI DEVI	1st year	MSc. Nursing
4	ADTU/2018-20/MNU/004	ARUNIKA BORAH	1st year	MSc. Nursing
5	ADTU/2018-20/MNU/005	MADHUSMITA CHELLENG	1st year	MSc. Nursing
6	ADTU/2018-20/MNU/006	JEBA BAKHTIAR	1st year	MSc. Nursing
7	ADTU/2018-20/MNU/007	SATEMINLA LONGKUMER	1st year	MSc. Nursing
8	ADTU/2018-20/MNU/008	YASHIRENLA JAMIR	1st year	MSc. Nursing
9	ADTU/2018-20/MNU/009	ELADAMEHI HINGE	1st year	MSc. Nursing
10	ADTU/2018-20/MNU/010	GITIKA KALITA	1st year	MSc. Nursing
11	ADTU/2018-20/MNU/011	NISHAMONI BAISHYA	1st year	MSc. Nursing
12	ADTU/2018-20/MNU/013	SHARMILA LAISHRAM	1st year	MSc. Nursing
13	ADTU/2018-20/MNU/014	JAIDALIN BASAIAWMOIT	1st year	MSc. Nursing
14	ADTU/2018-21/BML/059	SANCHITA NATH	1st year	Bachler of Laboratory Technician
15	ADTU/2018-21/BML/060	ABDUL BATEN	1st year	Bachler of Laboratory Technician



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

### ATTENDANCE LIST

**Name of the Event** : Yoga, Meditation & Our Health  
**Date of the Event** : 16<sup>th</sup> & 17<sup>th</sup> October, 2018  
**Program Coordinator** : Ms. Daisy Sarmah, Assistant Professor, AdtU  
**Venue** : Yoga hall, AdtU  
**Resource Person** : Ms Siwangi Goyel, Yoga experts Heartfulness ,Guwahati, Assam  
**Number of Students Participated:** 15

S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
1	ADTU/2018-20/MNU/001	BIDINTHA BASUMATARY	1 <sup>st</sup> year	MSc. Nursing	P	P	P
2	ADTU/2018-20/MNU/002	SUZIE MANDY KHARBYNGAR	1st year	MSc. Nursing	P	P	P
3	ADTU/2018-20/MNU/003	THOKCHOM LILABATI DEVI	1st year	MSc. Nursing	P	P	P
4	ADTU/2018-20/MNU/004	ARUNIKA BORAH	1st year	MSc. Nursing	P	P	P
5	ADTU/2018-20/MNU/005	MADHUSMITA CHELLENG	1st year	MSc. Nursing	P	P	P
6	ADTU/2018-20/MNU/006	JEBA BAKHTIAR	1st year	MSc. Nursing	P	P	P
7	ADTU/2018-20/MNU/007	SATEMINLA LONGKUMER	1st year	MSc. Nursing	P	P	P
8	ADTU/2018-20/MNU/008	YASHIRENLA JAMIR	1st year	MSc. Nursing	P	P	P
9	ADTU/2018-20/MNU/009	ELADAMEHI HINGE	1st year	MSc. Nursing	P	P	P
10	ADTU/2018-20/MNU/010	GITIKA KALITA	1st year	MSc. Nursing	P	P	P
11	ADTU/2018-20/MNU/011	NISHAMONI BAISHYA	1st year	MSc. Nursing	P	P	P
12	ADTU/2018-20/MNU/013	SHARMILA LAISHRAM	1st year	MSc. Nursing	P	P	P
13	ADTU/2018-20/MNU/014	JAIDALIN BASAIAWMOIT	1st year	MSc. Nursing	P	P	P
14	ADTU/2018-20/MNU/015	NIAWKI MARY BIAM	1st year	MSc. Nursing	P	P	P
15	ADTU/2018-20/MNU/016	TEMJENMONGLA IMCHEN	1st year	MSc. Nursing	P	P	P



# Assam down town University

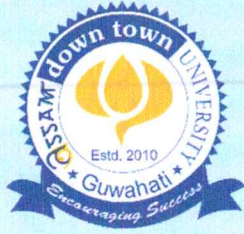
## *Certificate of Participation*

This is to certify that Mr./Ms. **ABDUL BATEN** enrollment number ADTU/2018-20/MNU/060 has participated in the workshop on **“Yoga Meditation and Our Health”** conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 16-10-2018 to 17-10-2018 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

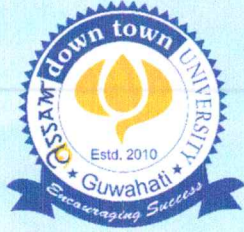
## *Certificate of Participation*

This is to certify that Mr./Ms. **ARUNIKA BORAH** enrollment number ADTU/2018-20/MNU/004 has participated in the workshop on “**Yoga Meditation and Our Health**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 16-10-2018 to 17-10-2018 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **GITIKA KALITA** enrollment number ADTU/2018-20/MNU/010 has participated in the workshop on “**Yoga Meditation and Our Health**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 16-10-2018 to 17-10-2018 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

## EVENT REPORT

Date: 25/06/2018

**Name of the Event:** Starting Yoga: A Beginner's Guide to Wellness

**Date of the Event:** 21<sup>st</sup> to 23<sup>rd</sup> August, 2018

**Event Coordinator:** Ms. Daisy Sarmah, Assistant Professor, AdtU

**Venue:** Yoga hall, Assam down town University

**Resource Person:** Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga & Meditation Club), AdtU

**Number of Students Participated:** 27

**Event Description:** The club had organized three-days workshop for the new session students of AdtU for all disciplines of Paramedical Sciences & Nursing students. Programme started by the host of the session Ms. Daisy Sarmah, who had explained about the yoga and health benefits. Ms. Lakhimi Gogoi, resource person of the club have explained about various yoga asana and how to practice it as a beginner and also explained the importance of yoga in daily life. She focused on the below mentioned topics:

- Improved Flexibility:** Regular practice helps increase the range of motion in your muscles and joints, which can alleviate stiffness and improve overall mobility.
- Enhanced Strength:** Yoga builds strength, particularly in the core, legs, arms, and back, which supports better posture and physical stability.
- Better Posture:** Many poses focus on aligning the spine and balancing the body, which can help correct and prevent poor posture.
- Stress Reduction:** Through deep breathing and relaxation techniques, yoga helps calm the nervous system, reduce stress, and promote mental clarity.

**Event Coordinator**

**Additional Registrar**  
Ashim Barman  
Additional Registrar (Administration)



# Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

## PHOTOGRAPH OF EVENT

**Name of the Event:** Starting Yoga: A Beginner's Guide to Wellness

**Date of the Event:** 21<sup>st</sup> to 23<sup>rd</sup> August, 2018

**Event Coordinator:** Ms. Daisy Sarmah, Assistant Professor, AdtU

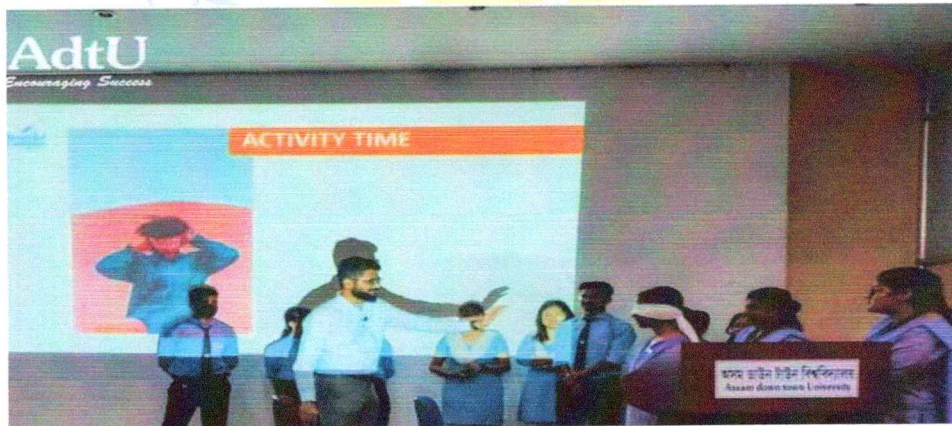
**Venue:** Yoga hall, Assam down town University

**Resource Person:** Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga & Meditation Club), AdtU

**Number of Students Participated:** 27



**Pic 1: Students are practicing Basic Yoga from 21<sup>st</sup> to 23<sup>rd</sup> August, 2018**



**Pic 2: Students participating in different activities from 21<sup>st</sup> to 23<sup>rd</sup> August, 2018**

**Event Coordinator**

**Additional Registrar**

Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

Date: 12/08/2018

To,

The Addl. Registrar

Assam down town University

Panikhaiti, Guwahati-26

**Sub:** Permission to organize three-day workshop on “Starting Yoga: A Beginner’s Guide to Wellness.”

Sir,

I, undersigned, would like to inform you that we are planning to organize a workshop titled “Starting Yoga: A Guide to beginner’s wellness” from 21<sup>st</sup> to 23<sup>rd</sup> August, 2018 for all disciplines of Paramedical Sciences & Nursing students. The students will be required to participate in this workshop by registering through mailing at [gogoilakhsmi@gmail.com](mailto:gogoilakhsmi@gmail.com).

This workshop aims to provide orientation toward the benefits of yoga and meditation in daily life, standards of yoga practices and importance of practicing base to advance yoga.

The name of the resource persons is Ms. Lakhmi Gogoi, Assistant Professor and Chairperson (Om Yoga & Meditation Club), AdtU.

Kindly allow us to conduct the event.

Thanking you,

Ms. Daisy Sarmah, Assistant Professor, AdtU

Program Coordinator, AdtU

APPROVED

Ashim Barman

Additional Registrar (Administration)



# Assam down town University

## OFFICE OF THE REGISTRAR

Gandhinagar, Panikhaiti, Guwahati-26

(Permission Granted Via The ASSAM ACT. NO. VIII OF 2010, Gazette No. LGL9/2010/11)

Memo No: AdtU/R/2018/381B

Date: 18/08/2018

### CIRCULAR

It is informed that Om Yoga & Meditation Club, Assam down town University is going to conduct workshop titled “**Starting Yoga: A Beginner’s Guide to Wellness**” at “**Yoga Hall, Assam down town University**” from 21<sup>st</sup> to 23<sup>rd</sup> June, 2018 for all disciplines of Paramedical Sciences & Nursing students.

The students are requested to participate in this workshop by registering their names by mailing at [gogoilakhsmi@gmail.com](mailto:gogoilakhsmi@gmail.com).

This workshop aims to provide orientation toward the benefits of yoga and meditation in daily life, standards of yoga practices, importance of practicing base to advance yoga.

**Event Coordinator:** Ms. Daisy Sarmah, Assistant Professor, AdtU

The resource person details are as follows:

**Name:** Ms. Lakhmi Gogoi,

**Designation:** Assistant Professor and Chairperson (Om Yoga & Meditation Club), AdtU

**Place:** Assam downtown University

(Ashim Barman)

**Additional Registrar (Administration),  
Assam down town University**

*Ashim Barman*  
Additional Registrar (Administration)

#### **Copy for favour of their information to:**

1. OSD to Vice Chancellor, AdtU
2. P.S. to Dean of Studies, AdtU
3. P.S to Managing Trustee, dtCT
4. P.S to Resident Trustee, dtCT
5. IQAC Office
6. Chairperson/Dean/Director/Associate Dean/ HoD (For circulation)
7. Committee Members (for necessary action)
8. Office of the Controller of Examinations, AdtU
9. All Officers  
(Admin/Academic/IT/Accounts/Admission/Marketing/Legal/  
Placement/Library/T&D)
10. HR Office
11. Notice Boards/Message Desk (For display)
12. Office file (for record)



**ASSAM**  
down town  
UNIVERSITY

## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11  
NAAC Accredited & UGC 12 (B) Status Holder



Workshop On

# Starting Yoga: A Beginner's Guide to Wellness

Resource Person

Ms. Lakhimi Gogoi,  
Chairperson, Om yoga  
and Meditation Club

Organized by:

Om Yoga and  
Meditation Club

Date of competition: 21<sup>th</sup> & 23<sup>rd</sup> August, 2018

Venue: Yoga Hall, Assam down town University

Dr. Ashim Barman  
Registrar

Assam down town University

**Registrar**



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

### Student Participation List

**Name of the Event:** Starting Yoga: A Beginner's Guide to Wellness

**Date of the Event:** 21<sup>st</sup> to 23<sup>rd</sup> August, 2018

**Event Coordinator:** Ms. Daisy Sarmah, Assistant Professor, AdtU

**Venue:** Yoga hall, Assam down town University

**Resource Person:** Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga & Meditation Club), AdtU

**Number of Students Participated:** 27

S. No.	Enrolment Number	Name of the Student	Year/ Sem	Programme Name
1	ADTU/2018-21/BAT/062	Hitesh Kalita	1 <sup>st</sup> sem	BSc. -Accident & Trauma
2	ADTU/2018-21/BAT/060	Akash Chetry	1st sem	BSc. -Accident & Trauma
3	ADTU/2018-21/BAT/058	Shankhui Luikham	1st sem	BSc. -Accident & Trauma
4	ADTU/2018-21/BAT/056	N Mharoni Ezung	1st sem	BSc.-Accident & Trauma
5	ADTU/2018-21/BAT/054	Mangaleima Takhellambam	1st sem	BSc. -Accident & Trauma
6	ADTU/2018-21/BAT/053	Mathew Nokar	1st sem	BSc.-Accident & Trauma
7	ADTU/2018-21/BAT/050	Durik Nangkar	1st sem	BSc.-Accident & Trauma
8	ADTU/2018-21/BAT/049	Mayuri Gogoi	1st sem	BSc.-Accident & Trauma
9	ADTU/2018-21/BAT/048	Rasmina Khanam	1st sem	BSc.-Accident & Trauma
10	ADTU/2018-21/BAT/046	Mustafizur Akand	1st sem	BSc.-Accident & Trauma
11	ADTU/2018-21/BAT/045	Shoharat Jaha Mondal	1st sem	BSc.-Accident & Trauma
12	ADTU/2018-21/BAT/044	Ashif Iftexhar Ahmed	1st sem	BSc.-Accident & Trauma
13	ADTU/2018-21/BAT/043	Jayashree Deka	1st sem	BSc.-Accident & Trauma
14	ADTU/2018-21/BAT/040	Risuk Wann	1st sem	BSc.-Accident & Trauma
15	ADTU/2018-21/BAT/041	Rose Difusa	1st sem	BSc.-Accident & Trauma
16	ADTU/2018-21/BAT/038	Yisum Bagra	1st sem	BSc.-Accident & Trauma
17	ADTU/2018-21/BAT/036	Subani Niroula	1st sem	BSc.-Accident & Trauma



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

S. No.	Enrolment Number	Name of the Student	Year/ Sem	Programme Name
18	ADTU/2018-21/BAT/035	Nisha Paudel	1st sem	BSc.-Accident & Trauma
19	ADTU/2018-21/BAT/034	Jomya Bagra	1st sem	BSc.-Accident & Trauma
20	ADTU/2018-21/BAT/033	Shikha Rani Myrchiang	1st sem	BSc.-Accident & Trauma
21	ADTU/2018-21/GNM/002	ADALEEN.H.L. NONGBRI	1 <sup>st</sup> year	General Nursing Midwifery
22	ADTU/2018-21/GNM/033	AIHUNSABET KHARKONGOR	1st year	General Nursing Midwifery
23	ADTU/2018-21/GNM/007	ALANDONALD KHARBUDON	1st year	General Nursing Midwifery
24	ADTU/2018-21/GNM/020	ANWESHA SARMA	1st year	General Nursing Midwifery
25	ADTU/2018-21/GNM/099	ARKISDALIN NONGBRI	1st year	General Nursing Midwifery
26	ADTU/2018-21/GNM/004	BATKULAR NONGBRI	1st year	General Nursing Midwifery
27	ADTU/2018-21/GNM/028	BATISTA SYMPLI	1st year	General Nursing Midwifery

**Faculty Coordinator**

**Additional Registrar**

Ashim Barman  
Additional Registrar (Administration)



## Assam down town University

Established under The Assam Act No. VIII/ 2010, Gazette No. LGL. 9/2010/11

### ATTENDANCE LIST

**Name of the Event:** Starting Yoga: A Beginner's Guide to Wellness

**Date of the Event:** 21<sup>st</sup> to 23<sup>rd</sup> August, 2018

**Event Coordinator:** Ms. Daisy Sarmah, Assistant Professor, AdtU

**Venue:** Yoga hall, Assam down town University

**Resource Person:** Ms. Lakhimi Gogoi, Assistant Professor and Chairperson (Om Yoga & Meditation Club), AdtU

**Number of Students Participated:** 27

S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
1	ADTU/2018-21/BAT/062	Hitesh Kalita	1 <sup>st</sup> sem	BSc. - Accident & Trauma	P	P	P
2	ADTU/2018-21/BAT/060	Akash Chetry	1 <sup>st</sup> sem	BSc. - Accident & Trauma	P	P	P
3	ADTU/2018-21/BAT/058	Shankhui Luikham	1 <sup>st</sup> sem	BSc. - Accident & Trauma	P	P	P
4	ADTU/2018-21/BAT/056	N Mharoni Ezung	1 <sup>st</sup> sem	BSc.- Accident & Trauma	P	P	P
5	ADTU/2018-21/BAT/054	Mangaleima Takhellambam	1 <sup>st</sup> sem	BSc. - Accident & Trauma	P	P	P
6	ADTU/2018-21/BAT/053	Mathew Nokar	1 <sup>st</sup> sem	BSc.- Accident & Trauma	P	P	P
7	ADTU/2018-21/BAT/050	Durik Nangkar	1 <sup>st</sup> sem	BSc.- Accident & Trauma	P	P	P
8	ADTU/2018-21/BAT/049	Mayuri Gogoi	1 <sup>st</sup> sem	BSc.- Accident & Trauma	P	P	P
9	ADTU/2018-21/BAT/048	Rasmina Khanam	1 <sup>st</sup> sem	BSc.- Accident & Trauma	P	P	P
10	ADTU/2018-21/BAT/046	Mustafizur Akand	1 <sup>st</sup> sem	BSc.- Accident & Trauma	P	P	P
11	ADTU/2018-21/BAT/045	Shoharat Jaha Mondal	1 <sup>st</sup> sem	BSc.- Accident & Trauma	P	P	P
12	ADTU/2018-21/BAT/044	Ashif Iftexhar Ahmed	1 <sup>st</sup> sem	BSc.- Accident & Trauma	P	P	P



## Assam down town University

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S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
13	ADTU/2018-21/BAT/043	Jayashree Deka	1st sem	BSc.- Accident & Trauma	P	P	P
14	ADTU/2018-21/BAT/040	Risuk Wann	1st sem	BSc.- Accident & Trauma	P	P	P
15	ADTU/2018-21/BAT/041	Rose Difusa	1st sem	BSc.- Accident & Trauma	P	P	P
16	ADTU/2018-21/BAT/038	Yisum Bagra	1st sem	BSc.- Accident & Trauma	P	P	P
17	ADTU/2018-21/BAT/036	Subani Niroula	1st sem	BSc.- Accident & Trauma	P	P	P
18	ADTU/2018-21/BAT/035	Nisha Paudel	1st sem	BSc.- Accident & Trauma	P	P	P
19	ADTU/2018-21/BAT/034	Jomya Bagra	1st sem	BSc.- Accident & Trauma	P	P	P
20	ADTU/2018-21/BAT/033	Shikha Rani Myrchiang	1st sem	BSc.- Accident & Trauma	P	P	P
21	ADTU/2018-21/GNM/002	ADALEEN.H. L. NONGBRI	1 <sup>st</sup> year	General Nursing Midwifery	P	P	P
22	ADTU/2018-21/GNM/033	AIHUNSABET KHARKONGOR	1st year	General Nursing Midwifery	P	P	P
23	ADTU/2018-21/GNM/007	ALANDONAL D KHARBUDON	1st year	General Nursing Midwifery	P	P	P
24	ADTU/2018-21/GNM/020	ANWESHA SARMA	1st year	General Nursing Midwifery	P	P	P
25	ADTU/2018-21/GNM/099	ARKISDALIN NONGBRI	1st year	General Nursing Midwifery	P	P	P
26	ADTU/2018-21/GNM/004	BATKULAR NONGBRI	1st year	General Nursing Midwifery	P	P	P



## Assam down town University

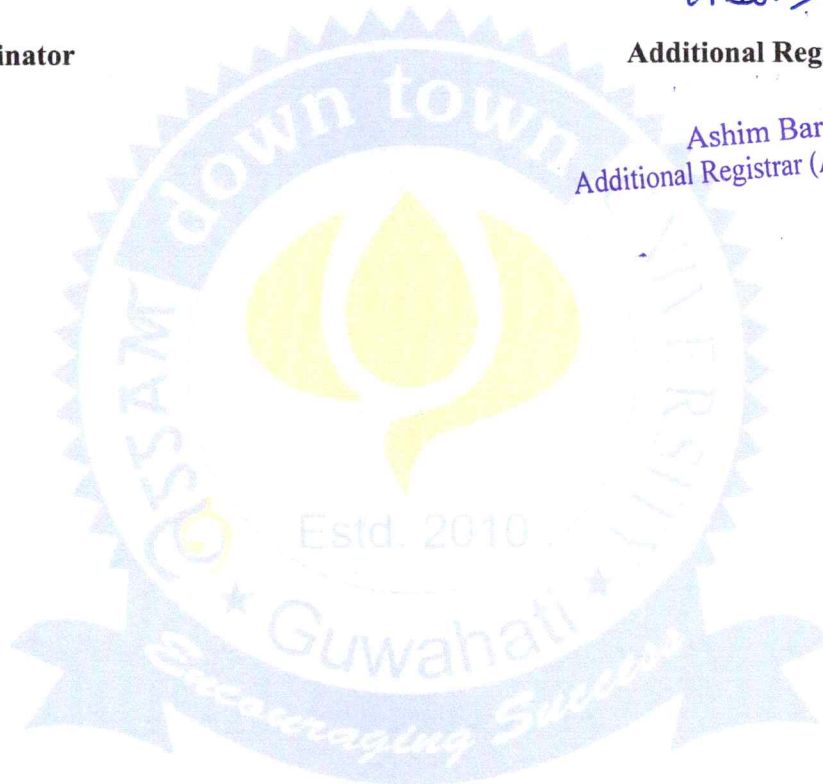
Established under The Assam Act No. VIII/ 2010, Gazette No. LGL 9/2010/11

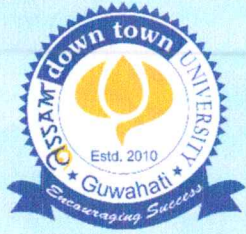
S. No	Enrollment Number	Name of the Student	Year / Sem	Program Name	Attendance day 1	Attendance day 2	Attendance day 3
27	ADTU/2018-21/GNM/028	BATISTA SYMPLI	1st year	General Nursing Midwifery	P	P	P

Faculty Coordinator

Additional Registrar

Ashim Barman  
Additional Registrar (Administration)





# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **MAYURI GOGOI** enrollment number ADTU/2018-21/BAT/049 has participated in the workshop on “**Starting Yoga: A Beginner’s Guide to Wellness**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 21-08-2018 to 23-08-2018 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

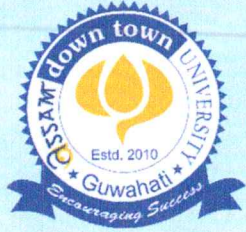
## *Certificate of Participation*

This is to certify that Mr./Ms. **HITESH KALITA** enrollment number ADTU/2018-21/BAT/062 has participated in the workshop on “**Starting Yoga: A Beginner’s Guide to Wellness**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 21-06-2018 to 23-06-2018 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**



# Assam down town University

## *Certificate of Participation*

This is to certify that Mr./Ms. **JAYASHREE DEKA** enrollment number ADTU/2018-21/BAT/043 has participated in the workshop on “**Starting Yoga: A Beginner’s Guide to Wellness**” conducted by **OM Yoga Meditation Club**, Assam down town University, Guwahati, Assam, India from 21-06-2018 to 23-06-2018 .

**Event Coordinator**

Ashim Barman  
Additional Registrar (Administration)

**Additional Registrar**  
**Assam down town University**