



5.1.3 DETAILS OF THE CAPABILITY ENHANCEMENT SCHEME

**REPORT ON YOGA
ON
5th NOVEMBER, 2019
ORGANISED BY DEPT. OF EDUCATION
EASTERN KARBI ANGLONG COLLEGE, SARIHAJAN**

A one day practical lesson on yoga and art of living skill was organized by Education Department of Eastern karbi Anglong College on 5th November, 2019 with welcome address by Ms Pranita Patowary, Assistant Professor Department of Education. Dr Anil Ch Das, principal of the college was the chair person of this program. The Resource Person Sri Sarat Gogoi , Yoga Instructor of Bokajan inaugurated the program and took yoga session with great dedication.



It emphasized the importance of yoga and physical exercise in daily life. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily, in both body and the mind. Yoga postures, pranayama and meditation are effective a technique to release stress.



Dr. Anil Ch. Das, Principal
Eastern Karbi Anglong College
Sarihajan, Karbi Anglong



A total of 40 number of students participated in the program. They enjoyed the program fully and were greatly benefitted. All the students participated eagerly.



The program was able to acquaint the students with yoga and its importance in health and life.


Dr. Anil Ch. Das, Principal
Eastern Karbi Anglong College
Sarihajan, Karbi Anglong



Pranita Patowary (Patowary)
HoD, Dept. of Education
Eastern Karbi Anglong College
Sarihajan, Karbi Anglong. Assam


Dr. Anil Ch. Das, Principal
Eastern Karbi Anglong College
Sarihajan Karbi Anglong

Report

ONE DAY WORKSHOP ON BASICS OF INFORMATION COMMUNICATION TECHNOLOGY (ICT) AND ITS INTERDISCIPLINARY RELEVANCE

ICT Cell in association with IQAC, Eastern Karbi Anglong College, Sarihajan conducted one day workshop on “Basics of Information Communication Technology (ICT) and its interdisciplinary relevance” at its premises on 22nd December, 2021 for bringing the awareness among college students about the application and scope of ICT in the present time. A total of 54 students participated in the workshop from both arts and science stream of the college.

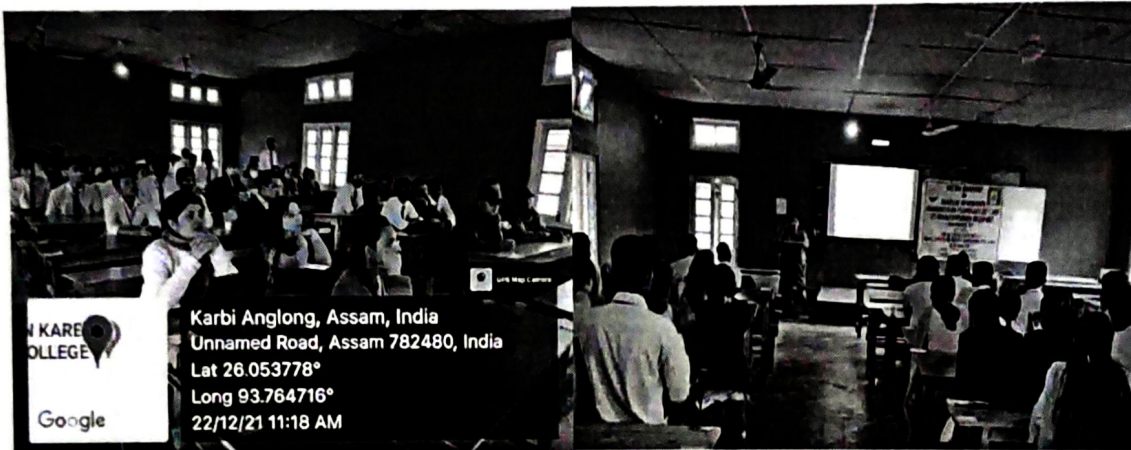
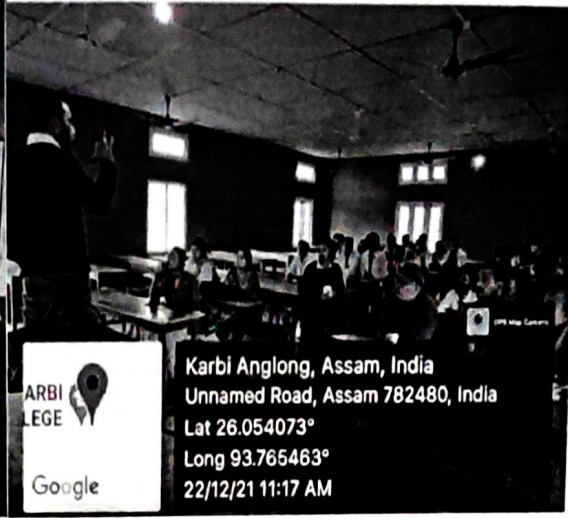
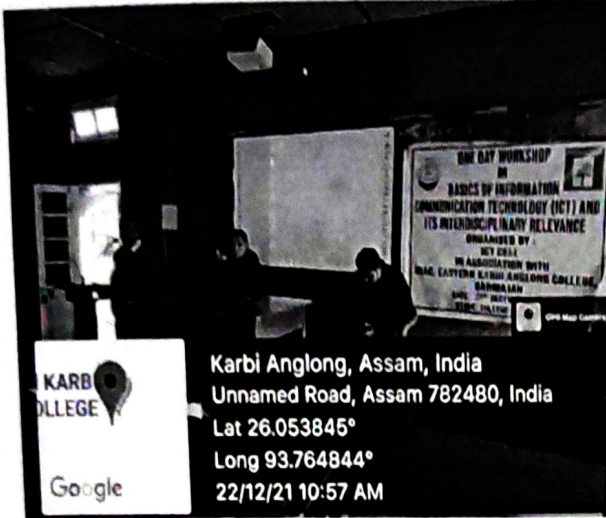
Dr. Anil Ch. Das, Principal of Eastern Karbi Anglong College inaugurated the workshop. In the inaugural session, Mr. Suklal Subba, Vice-Principal and Tralokya Kalita, Coordinator of ICT cell of college were also present in the workshop. The four keynote lectures on various topics related to scope and significance of ICT were presented by the experienced faculty of the college which was followed by hands-on session. At the valedictory ceremony, distribution of certificate and vote of thanks was given by Mr. Rajesh Prasad, Organising Secretary of the workshop.

Rajesh Prasad
23/12/2021

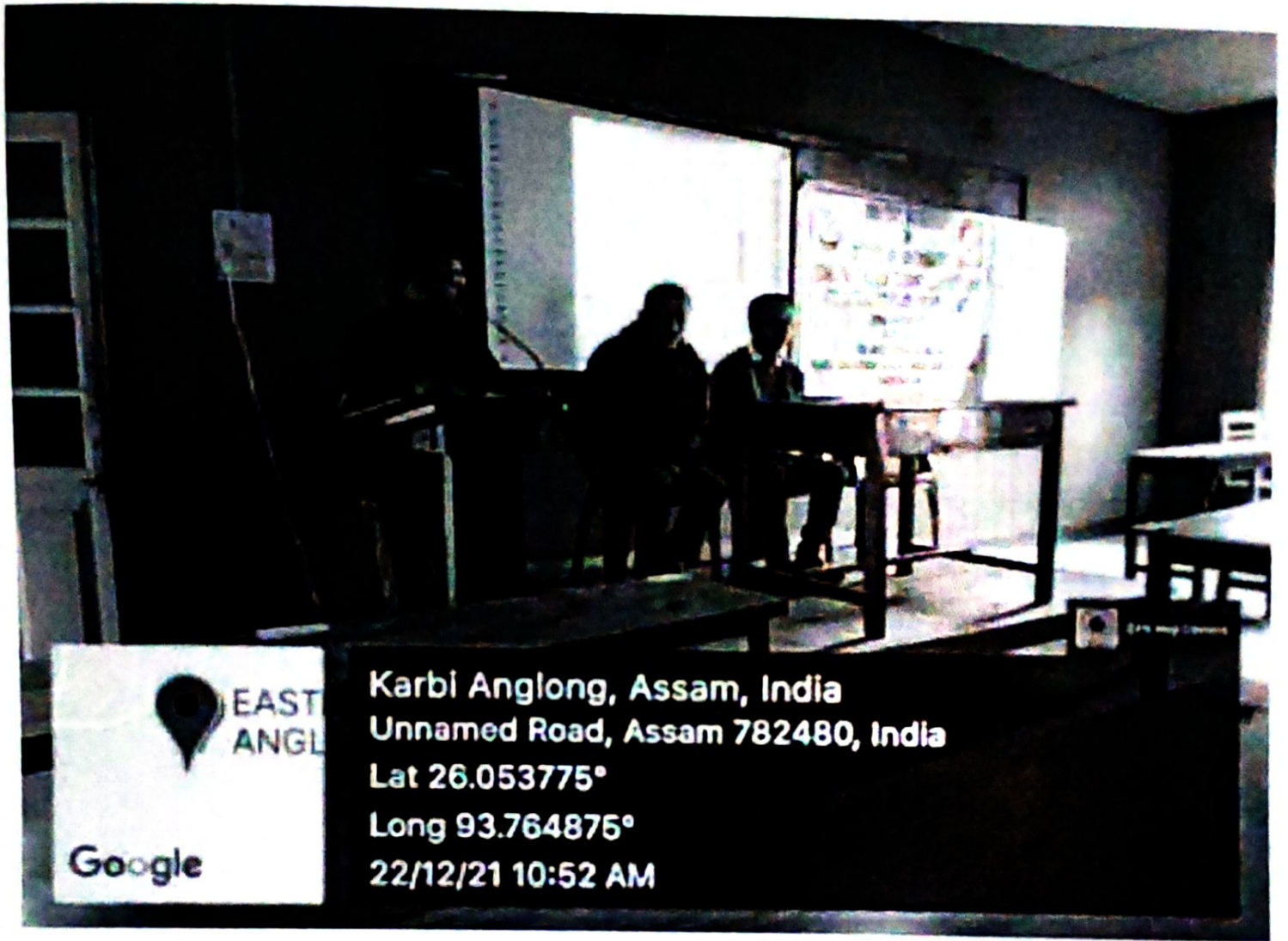
Tralokya Kalita
23/12/2021


Dr. Anil Ch. Das, Principal
Eastern Karbi Anglong College
Sarihajan, Karbi Anglong

Glimpses of the Workshop




Anil Ch. Das
Dr. Anil Ch. Das, Principal
Eastern Karbi Anglong College
Sarihajan Karbi Anglong



EAST
ANGL

Google

Karbi Anglong, Assam, India
Unnamed Road, Assam 782480, India
Lat 26.053775°
Long 93.764875°
22/12/21 10:52 AM


Dr. Anil Ch. Das, Principal
Eastern Karbi Anglong College
Sarihajan Karbi Anglong

**REPORT ON YOGA
ON
13th JANUARY, 2021
ORGANISED BY DEPT. OF EDUCATION
EASTERN KARBI ANGLONG COLLEGE, SARIHAJAN**

A One day practical class on yoga was organized by Education Department of Eastern Karbi Anglong College on 13th January, 2021 on the occasion of Book Fair Programme among the students of the college with welcome address by Ms Pranita Patowary, Assistant Professor Department of Education. Dr Anil Ch Das, principal of the college was the chair person of this program. The Resource Person Sri Sarat Gogoi , Yoga Instructor of Bokajan inaugurated the programme and took yoga session with great dedication.

It emphasized the importance of yoga and physical exercise in daily life. A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily, in both body and the mind. Yoga posture, pranayama and meditation are effective techniques to release stress.

A total of 20 number of students participated in the programme. They enjoyed the programme fully and were greatly benefitted. All the students participated eagerly.



The programme was able to acquaint the students with yoga and its importance in health and life.

Pranita Patowary (Patowary)
HoD, Dept. of Education
Eastern Karbi Anglong College
Sarihajan, Karbi Anglong. Assam

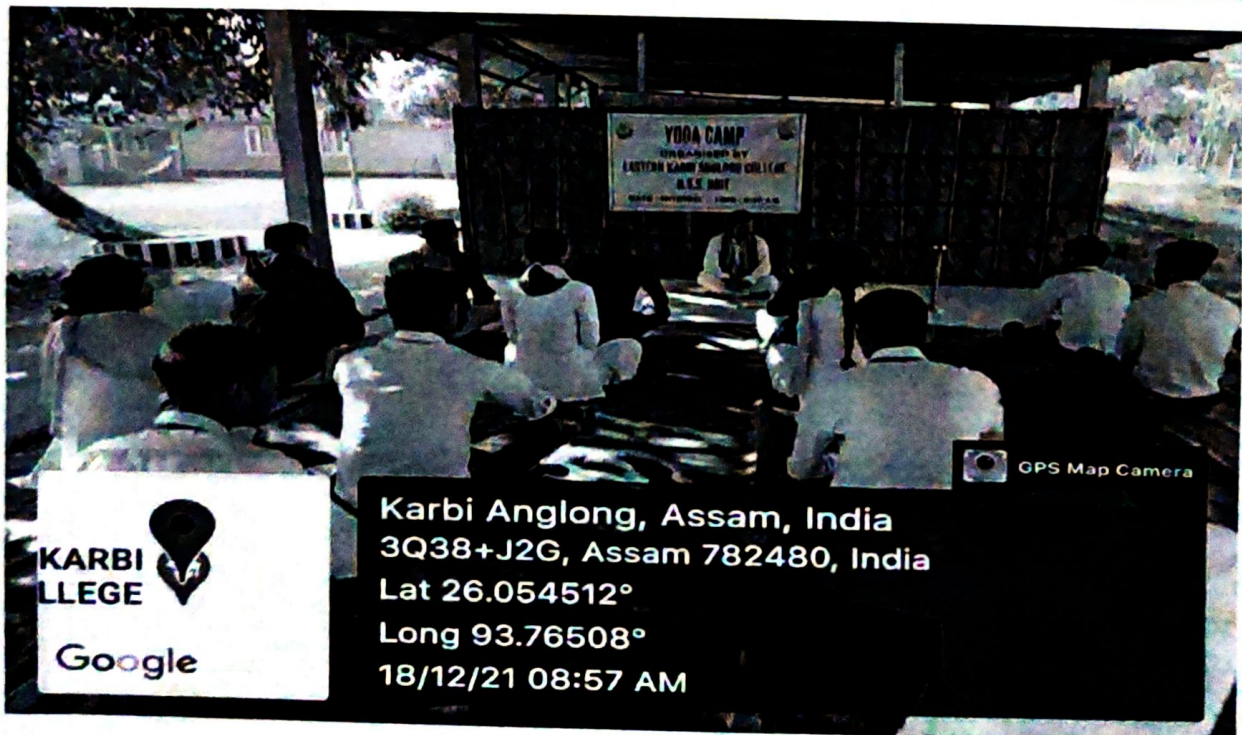
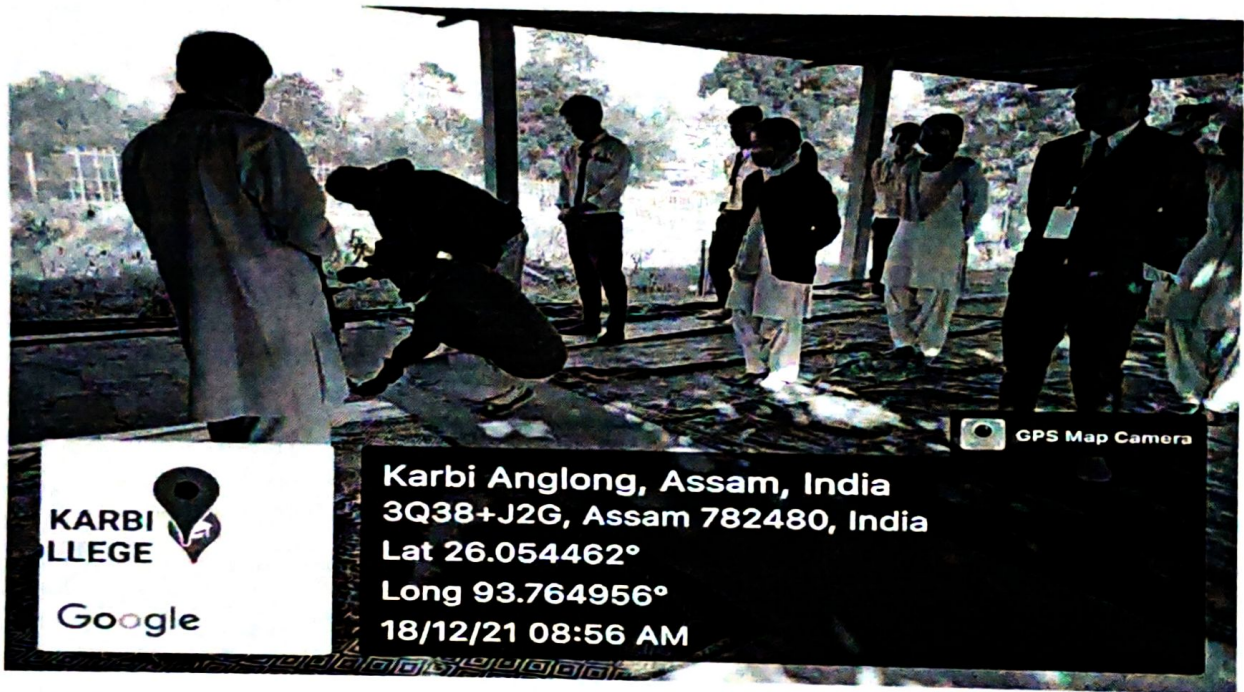
Dr. Anil Ch. Das, Principal
Eastern Karbi Anglong College
Sarihajan, Karbi Anglong

REPORT ON YOGA CAMP

On 18th December 2021 a yoga camp was organised by N.S.S. unit Eastern karbi Anglong college in the college premises with the participation of 26 students and faculty members of the college.

Mr Pulskeya sharma attended the function as the resource person.

Programme outcome: The programme was held in a bid to encourage the students to take part in such type of health related activities.



Dr. Anil Ch. Das
Dr. Anil Ch. Das, Principal
Eastern Karbi Anglong College
Sarihajan Karbi Anglong



Karbi Anglong, Assam, India
3Q38+J2G, Assam 782480, India
Lat 26.05432°
Long 93.764863°
18/12/21 09:04 AM

GPS Map Camera



Karbi Anglong, Assam, India
3Q38+J2G, Assam 782480, India
Lat 26.054462°
Long 93.764956°
18/12/21 08:56 AM

GPS Map Camera

Das
Dr. Anil Ch. Das, Principal
Eastern Karbi Anglong College
Sarihajan Karbi Anglong

YOGA CAMP

DATE: 18TH DECEMBER, 2021 (Saturday)
VENUE: COLLEGE PREMISES, EKAC

List of participants

S.No.	Name	HS/BA/BSc. & Semester	Contact no.
1.	Bikash Subba	3 rd Sem	7099730958
2.	BANSHA Kumari dubey	1 st Sem	7086590906
3.	Anupama Khatu	1 st Sem	7635838785
4.	Trisha Dutta	Asst. Professor	8486793250
5.	Himani Medhi	Asst. Professor	9002272988
6.	Premiti Patowary	Asst. Prof.	9435360145
7.	Dipali Patan	HS 1 st year	6900897455
8.	Swagata pomiyari	BA 1 st Sem	6026793330
9.	Sanam Kumar Thakur	TAL 3 rd SEM	8472057962
10.	Moan Kumar	B.A 1 st Sem	6901308405
11.	Vivek Kumar	1 st Sem	6901509608
12.	Domonik Mech	HS 1 st year	9106950386
13.	Namita Ben	1 st sem	6003405482
14.	Sonmaya Ratna	HS 1 st year	7099730958
15.	Achyut Dr Th -		
16.	Dr. N. M. Madh	Asst. Professor	9435678192
17.	Rahul Lohar	BA - 3 rd Sem	9385954045
18.	Usha Gogoi	B.A 1 st sem	6002523697
19.	Prakash Rangpi	B.A 1 st sem	6003142484
20.	Pansari Kumar Singh	B.Sc 1 st Sem	6000714800
21.	Rahul Aupta	HS 1 st Year	8822717920
22.	Chinar Engtji	B.A. 1 st Sem	7086634172
23.	Bireli Tekhuzi	HS 1 st year	7099600742
24.	Rupmika Kilingpi	HS 1 st year	882278943
25.	Roshni Engtji	HS 1 st year	7896596992
26.	chingui Temang	HS 1 st year	7099600608
27.			
28.			
29.			
30.			

Achyut Dutta
Co-ordinator
NSS Cell

Eastern Karbi Anglong College, Sarihajan


Dr. Anil Ch. Das, Principal
Eastern Karbi Anglong College
Sarihajan Karbi Anglong