

Report of activities of Value Education Committee,

Lumding College, Lumding, Hojai, Assam

Workshop for learning Yoga Mudras and Acupressure Technique

The workshop on learning yoga mudras and acupressure technique was held at the premises of Lumding College, Lumding on the **23rd of June 2018**. Two resource persons named Mr. Vinay Kumar and Mr. Nishant Kumar from Dev Sanskriti Viswavidyalaya, Haridwar, Uttarakhand, were invited to teach the yoga mudras and acupressure techniques. A total of 145 students from H.S and T.D.C classes actively participated in the workshop in the presence of the principal, Dr. Mrinal Kanti Paul and other faculty members Dr. Sanghamitra Das Bose, Mr. Shio Kumar Jha, Dr. Sujata Sen, Mrs. Madhumita Deb and Mr. Akhil Chandra Kalita.

A copy of the attendees with their names, class and roll numbers is enclosed below:

Candidates Present in the Workshop for learning yoga mudras and Acupressure Technique taught by Mr. Resource Person Mr. Vinay Kumar & Mr. Nishant Kumar from Dev Sanskriti Viswavidyalaya, Haridwar, Uttarakhand on 23rd June 2018			
Name	Class	Roll Nos.	
1. Priya Das	B.A. 1st sem	91	
2. Shumita Paul	B.A. 1st Semester	56	
3. Uttayanka Barman	B.A. 1st Sem	280	
4. Payal Das	B.A. 1st Sem	246	
5. Indralakshmi	1st year	104	
6. Riya Das	H.S. 1st year	169	
7. Manori Paul	H.S. 1st year	118	
8. Sunita Choudhan	B.A. 1st sem	113	
9. Ananta Mazumder	B.A. 3rd Sem	358	
10. Mitha Chandra	H.S. 1st year	236	
11. Bhiksha Khaman	B.A. 1st sem	91	
12. Priyanka Majumder	B.Sc. 1st Sem	25	
13. Priya Chakrabarty	B.A. 2nd sem	17	
14. Ananta Das	B.Sc. 2nd sem	56	
15. Atal Seal	B.A. 3rd Sem	255	
16. Jaydeep Saha	B.A. 1st Sem	42	
17. Soumitra Choudhury	B.A. 1st sem	290	
18. Ananta Das	1st year	146	
19. Ritika Nath	H.S. 1st year	03	
20. Ananta Das	H.S. 1st year	13	
21. Lakshmi Devi Das	(B.A.) 1st Sem	235	
22. Anika Debbarth	B.A. 1st Sem	240	
23. Mani Das	B.A. 1st Sem	113	
24/ Ananta Das	H.S. 1st year	10	
25/ Ananta Das	H.S. 1st year	39	
26/ Ananta Das	H.S. 1st year	117	
27/ Ananta Das	H.S. 1st year	117	
28/ Ananta Das	H.S. 1st year	117	

Name	Class	Roll Nos.
29. Ananta Das	H.S. 1st year	9
30. Ananta Das	H.S. 1st year	11
31. Ananta Das	H.S. 1st year	07
32. Ananta Das	H.S. 1st year	08
33. Ananta Das	B.A. 1st Sem	15
34. Ananta Das	B.A. 1st Sem	245
35. Ananta Das	B.A. 1st Sem	244
36. Ananta Das	B.A. 1st Sem	1818
37. Ananta Das	B.A. 1st Sem	225
38. Ananta Das	H.S. 1st year	104
39. Ananta Das	H.S. 1st year	275
40. Ananta Das	H.S. 1st year	284
41. Ananta Das	H.S. 1st year	292
42. Ananta Das	T.D.C. 2nd Sem	14
43. Ananta Das	T.D.C. 1st Sem	273
44. Ananta Das	B.A. 3rd Sem	135
45. Ananta Das	H.S. 1st year	50
46. Ananta Das	H.S. 1st year	16
47. Ananta Das	H.S. 1st year	99
48. Ananta Das	H.S. 1st year	31
49. Ananta Das	H.S. 1st year	127
50. Ananta Das	H.S. 1st year	29
51. Ananta Das	B.A. 5th Sem	205
52. Ananta Das	B.A. 1st Sem	68
53. Ananta Das	T.D.C. 1st Sem	293
54. Ananta Das	T.D.C. 1st Sem	232
55. Ananta Das	T.D.C. 1st Sem	262
56. Ananta Das	T.D.C. 1st Sem	249
57. Ananta Das	H.S. 1st year	14
58. Ananta Das	H.S. 1st year	48
59. Ananta Das	H.S. 1st year	18
60. Ananta Das	B.A. 1st Sem	59
61. Ananta Das	B.A. 1st Sem	90
62. Ananta Das	B.A. 1st Sem	90

Continued...

63	Sandesh Chakraborty	T.O.C 3rd Sem	216
64	Abhishek Nandy		242
65	Pranay Roy	T.D.C 1st Sem	260
66	Sunjayit Das	T.D.C 1st Sem	219
67	Prasannjit Das	T.D.C 1st Sem	36
68	Jyotika Das	H.S 1st	341
69	Ananta Dutta	H.S 1st	23
70	Nilima Das	H.S 1st	33
71	Rishika Kundu	B.A 1st Sem / Arts	292
72	Neha Karmakar	T.D.C 1st Sem / Arts	295
73	Ratna Das	B.A 1st Sem / Arts	127
74	Pranabjit Das	T.D.C 1st Sem / Arts	55
75	Boysree Roy	T.D.C 1st Sem / Arts	144
76	Rohit Mukherjee	T.D.C 3rd Sem	273
77	Rajesh Chakraborty	T.D.C 3rd Sem	225
78	Sarabjit Ghoshal	T.D.C 3rd Sem	191
79	Seema Das	T.D.C 1st Sem	126
80	Divya Ghosh	T.D.C 2nd Sem	215
81	Tinku Chakraborty	T.D.C 3rd Sem	119
82	Jitendra Chakraborty	T.D.C 1st Sem	72
83	Apardeep Paul	B.Com 1st Sem	33
84	Anuska Haiman	B.A 5th Sem	186
85	Mrinaloley	B.Com 1st Sem	50
86	Shaan Dutta	H.S 2nd year	28
87	Debasmita Choudhury	H.S 2nd year	27
88	Gaurav Roy	H.S 1st year	102
89	Jayanta Das	B.S 5th Sem	47
90	Esha Mondal	B.A 5th Sem	31
91	Kajal Mukherjee	B.A 5th Sem	236
92	Abhishek Chakraborty	B.Com 3rd Sem	57
93	Rohit Das	B.Com 2nd Sem	66
94	Santanu Paul	B.Com 2nd Sem	59

95	Manoj Das	B.Com 1st Sem	46
96	Bisbal Das	H.S 2nd year	44
97	Deep Chakraborty	H.S 2nd year	209
98	Nayan Dey	H.S 2nd year	178
99	Prasannjit Mazumdar	H.S 1st year	45
100	Deep Acharya	B.Com 2nd Sem	3
101	Pooja Baidya	1st Sem	64
102	Mamoni Das	1st Sem	121
103	Abhishek Chakraborty	Assistant Prof. Hindi	117
104	Madhumita Deb	Asst. Prof. Statistics	117
105	Sujata Das	Asst. Prof. Geography	117
106	Sanghamitra Das	Asst. Prof. Geography	117
107	Shris K. Das	Asst. Prof. Maths	117
108	Kashmira Anjan	1st Sem	296
109	Raj Chakraborty	1st Sem Arts	297
110	Ham Bahadur Chhetri	1st Sem	803
111	Ashi Sanyal		
112	Pratikash Saha	H.S 2nd year	185
113	R. Chandra	H.S 2nd year	24
114	Rahul Acharya	B.Com 1st Sem	39
115	Debasmita	B.Com 1st Sem	24
116	Rahul Das	H.S 2nd year	230
117	Prabha Chakraborty	T.D.C 1st Sem	274
118	Pranab Chakraborty	BA 1st Sem	153
119	Pitara Das	B.Com 2nd Sem	118
120	Rajni Sankar	BA 1st Sem	116
121	Sourav Chakraborty	B.Sc 1st Sem	102
122	Sunay Laha	BA 1st Sem	38
123	Bisbal Das	BA 1st Sem	108
124	Pranab Chakraborty	BA 5th Sem	226
125	Bittu Chakraborty	BA 5th Sem	217
126	Arjun Chakraborty	H.S 1st year (Sc)	22
127	Anjan Thapa	H.S 1st year (Sc)	24

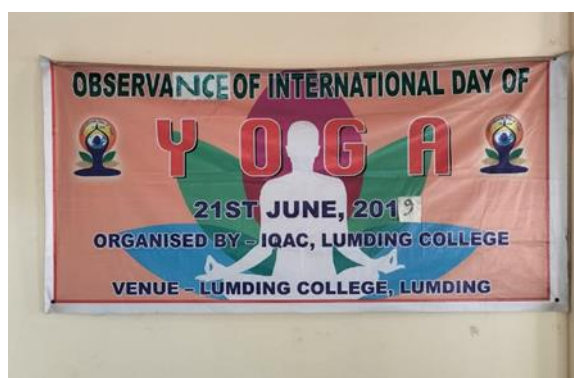
128	Kishan Dey	H.S. 1 st year (C)	
129	Shishu Majumdar	H.S. 1 st year (C)	
130	Bhram Deb Nath	H.S. 1 st year (C)	
131	Abhishek Chatterjee	H.S. 1 st year (Arts)	57
132	Almit Baidya	H.S. 1 st year (Arts)	59
133	Monika Das	H.S. 1 st year (C)	59
134	Rohan Dutta	H.S. 1 st year (Arts)	191
135	Ravi Kumar Brahad	H.S. 1 st year (Arts)	35
136	Bhadrang Enge	H.S. 1 st year (C)	25
137	Bupam Majumdar	H.S. 1 st year (C)	09
138	Samar Ghosh	H.S. 1 st year (C)	37
139	Sana J. Gh	T.D.C. 1 st year	
140	Subrata Das	T.D.C. 1 st year	2626
141	Hemphasing Gogoi	T.D.C. 1 st year (Arts)	300
142	Abhijit Kumar Majumdar	T.D.C. 1 st year (Arts)	322
143	Pranab Das	T.D.C. 1 st year (Arts)	45
144	Bhaskar Das	T.D.C. 1 st year (Arts)	
145	Manjit Neog	T.D.C. 1 st year (Arts)	301
146	Pratik Kumar	T.D.C. 1 st year (Arts)	239
147	Rabi Chatterji	T.D.C. 1 st year (Arts)	287
148	Arjun Das	T.D.C. 1 st year (Arts)	208
149	Dipjoy Roy	H.S. 1 st year (Arts)	239
150	Arjun Das	H.S. 1 st year (Arts)	232
151	Gitan Kumar Ray	H.S. 1 st year (Arts)	286
152	Rishi V. Das	T.D.C. 1 st year (Arts)	53
153	Souvan Acharya	T.D.C. 1 st year (Arts)	52

Observance of International Day of Yoga, 2018

On the **21st of June 2018**, International Day of Yoga was celebrated in the Yoga room in presence of 30 students and Principal, Dr. Mrinal Kanti Paul, IQAC Co-coordinator, Prof. SK Jha, HoD, Zoology, Dr. T. Gupta, HoD Assamese, Dr. G. Nath, HoD Pol. Sc., Prof. M. Dutta Gupta, Prof. Madhumita Deb, Dr. Sujata Sen, Prof. S Das Bose. The program was initiated by an opening song and the Yoga was performed by the students in a systematic manner.



REPORT ON INTERNATIONAL YOGA DAY 2019



Yoga, an ancient discipline encompassing both physical postures and meditation, has gained considerable attraction in modern society, providing a sanctuary for individuals amidst their hectic lifestyles. Many find solace in its practice, reaping both mental and physical rewards. On **June 21, 2019**, Lumding College organized a yoga session in its dedicated yoga space. Six

faculty members—Dr. Mrinal Kanti Paul, Dr. Sanghamitra Das Bose, Mr. Shio Kumar Jha, Dr. Sujata Sen, Mrs. Madhumita Deb, and Mr. Akhil Chandra Kalita—led forty-five students through various yoga exercises. Participants were urged to incorporate daily meditation into their routines to enhance mindfulness, not only in the classroom but also in their broader lives, fostering harmony between body, mind, and spirit. The session commenced at 7:00 AM and extended for an hour, providing a rejuvenating start to the day. Following the yoga session at the college, the students proceeded to the Kalibari grounds to join a community yoga session, where students from neighboring schools were also present.

Pictures from the event:



Teachers and students of Lumding College participating in the yoga session held in the college premises.



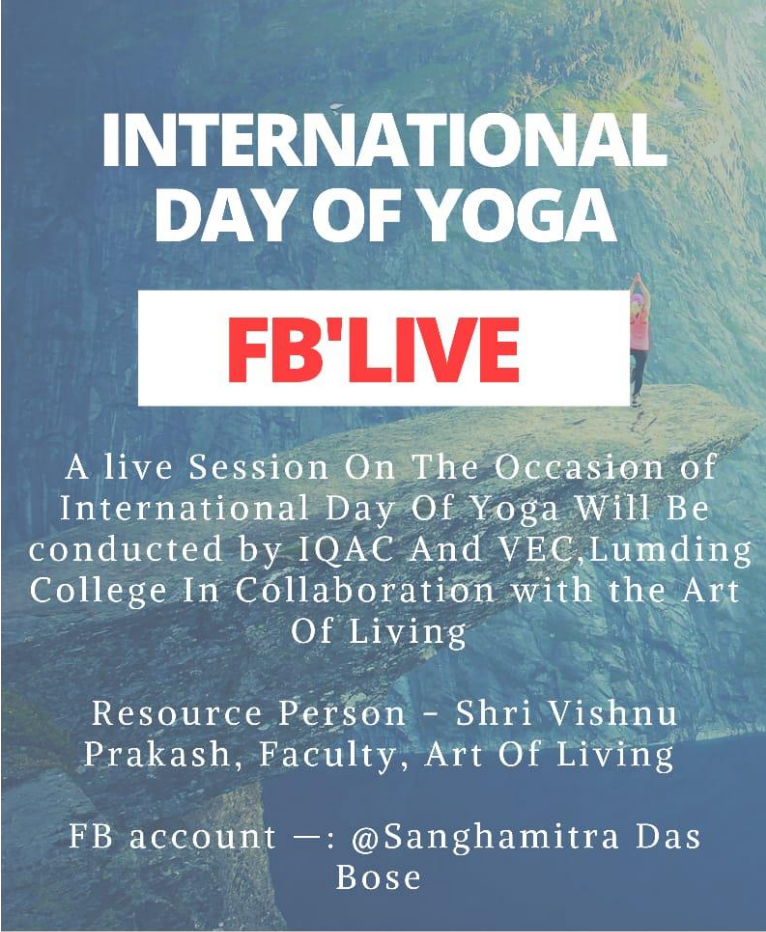
Students of Lumding college along with students of neighbouring schools participating in the yoga session held at Kalibari.

The 21st of June being celebrated as International Day of Yoga every year since 2014.

This significant day was observed on online mode due to the COVID 19 pandemic in presence of the Principal, faculty members of the Value Education and Yoga Committee, students and faculties of Lumding College, Lanka Mahavidyalaya, Hojai Girl's College. The online yoga workshop was selected in Facebook Live.

The Resource Person was Sri. Vishnu Prakash, founder and director at Sridhenu.org.in, an NGO. Previously he was a software engineer in Microsoft, later he joined as the fulltime meditation teacher of Art of Living.

During the program the speaker discussed about the importance and role of Yoga and Meditation especially during the World wide COVID 19 crisis. He encouraged everyone to meditate every day to deal with the worse impact of the pandemic and to bring balance among body, soul and mind. So, he exhibited few beneficial yoga and meditation techniques in the Live online program.



INTERNATIONAL DAY OF YOGA

FB'LIVE

A live Session On The Occasion of
International Day Of Yoga Will Be
conducted by IQAC And VEC, Lumding
College In Collaboration with the Art
Of Living

Resource Person - Shri Vishnu
Prakash, Faculty, Art Of Living

FB account —: @Sanghamitra Das
Bose

JUNE 21, 2020.. 10:00 AM ONWARDS



Observance of International Day of Yoga, 2021

Due to the COVID 19 Pandemic, maintaining all government protocol, the International Day of Yoga 2021 was observed on online mode using Google meet platform.

The online program was organised by IQAC and Value Education Committee, Lumding College in association with Vivekananda Kendra Institute of Culture, Guwahati, Assam.

It was an online program designed with lecture-based session. The Resource Person Sri. Jitendra Kumar Das, Yoga Promukh, VKIC discussed on the topic "Importance of Yoga on Human Mind as well as health". The Programme was initiated by Dr. Sanghamitra Das Bose, Convener Value Education Committee followed by the short speeches delivered by Dr. Mrinal Kanti Paul, Principal Lumding College and Prof. N.S.S Chowdhury, IQAC Coordinator.

The speech delivered by the resource person was a unique one, which was knowledgeable as well as enjoyable. Mr. J. K. Das showed some Pranayamas and Mudras to treat different health issues.

18 Students of Lumding College participated, but from Lanka Mahavidyalaya and Hojai Girl's College faculties and students participated. Participants from VKIC, Guwahati also joined the programme. Thus, the whole program was proved to be a successful one.



OBSERVANCE OF INTERNATIONAL DAY OF YOGA 2021



ORGANISED BY IQAC & VALUE EDUCATION
COMMITTEE, LUMDING COLLEGE
IN ASSOCIATION WITH VIVEKANANDA KENDRA
INSTITUTE OF CULTURE, GUWAHATI, ASSAM

**TOPIC : IMPORTANCE
OF YOGA ON HUMAN
MIND AS WELL AS
HEALTH**

June 21, 2021

10AM to 11PM

Google Meet link will be provided



Resource person:

Principal Lumding College

CONVENER VEC

COORDINATOR IQAC



Sri Jitendra Kumar Das



Dr. Mrinal Kanti Paul



DR.
SANGHAMITRA
DAS BOSE



PROF.
NIRMALYA
SINGHA
SEKHAR
CHOWDHURY

Report on the Observance of International Yoga Day, 2022

International Yoga Day is observed every year on the 21st June to commemorate the importance of yoga on human life. Practising yoga every day brings balance in our body, mind and soul. It helps to understand the purpose of life better and reduce stress and strain. On the 27th September, 2014 our honourable Prime minister, Narendra Modi had proposed the date 21st June to be celebrated as International Yoga Day in the United Nations Assembly. Consequently, since 2015 it is celebrated annually across the world on 21st June, focusing on the holistic approach to the health as well as the well-being.

The International Yoga Day, 2022 was observed in Lumding College at Yoga Room in presence of 18 students, Principal, IQAC Co-ordinator, faculties as per DHE guidelines following the Yoga Protocol.

In this context it is worth mentioning that from 14th June onwards a weeklong yoga training session was held every day at 8-30am in the college premises under the strict supervision of Yoga Instructor, Mr. Sajal Kanti Dey of Krira Bharati, Lumding.

After successful completion of the week-long training on the 21st June, i.e. International Yoga Day was celebrated among the participants gathered at the venue by 7-30am and the programme was started with the introductory speech of Dr. Sanghamitra Das Bose, Convener, Value Education Committee followed by the lightening of the lamp with Chanting of Deep Prajwalan Mantra. After that Dr. Mrinal Kanti Paul, Principal Lumding College, Dr. Sanjay Kanti Das, IQAC Coordinator, and Mr. Sajal Kanti Dey, the Yoga Instructor were felicitated. After that the Yoga Instructor delivered a brief speech on the utility of Yoga.

The Practical Yoga session was started with chanting Mantras and Prayers followed by Surya Namaskar, different Asanas, viz, Tarasan, Brikshasan, Biparit karani etc After that the Pranayamas viz, the Kapalbhati, Anulom bilom was performed following dhyana and sankalpa. After that the Programme was ended with Chanting Shanti Mantra.



Following Students have Participated in the JOCA Day 2022

Students Name	mobile no
1) Susmita Bala Das	9707500715
2) Saraswati Das	6001128564
3) Baishali Seng.	7099170667
4) Priyanka Dey	8134913837
5) Dnyanti Das	6001351664
6) Anamika Das	60000395634
7) Aliya Saitler	8972888482
8) Rakon Das	8812800526
9) Payel Das	9954650493
10) Priyanshu Kumar Bhagat	9954298787
11) Ria Debnath	8822004239
12) Kusum Kumari Chauhan	9864166346
13) Lakhi Rai	8822137675
14) Kartick Dey	8822020190
15) Akash Das	9395209565
16) Arash k.	8453424279
17) shree Das	9121925648
18) Anurab Barman	8638491633
19) Sneha Banik	8876783457
20) Sourav Karanajkar	6003720055
21) Shreyee Das	6001912630

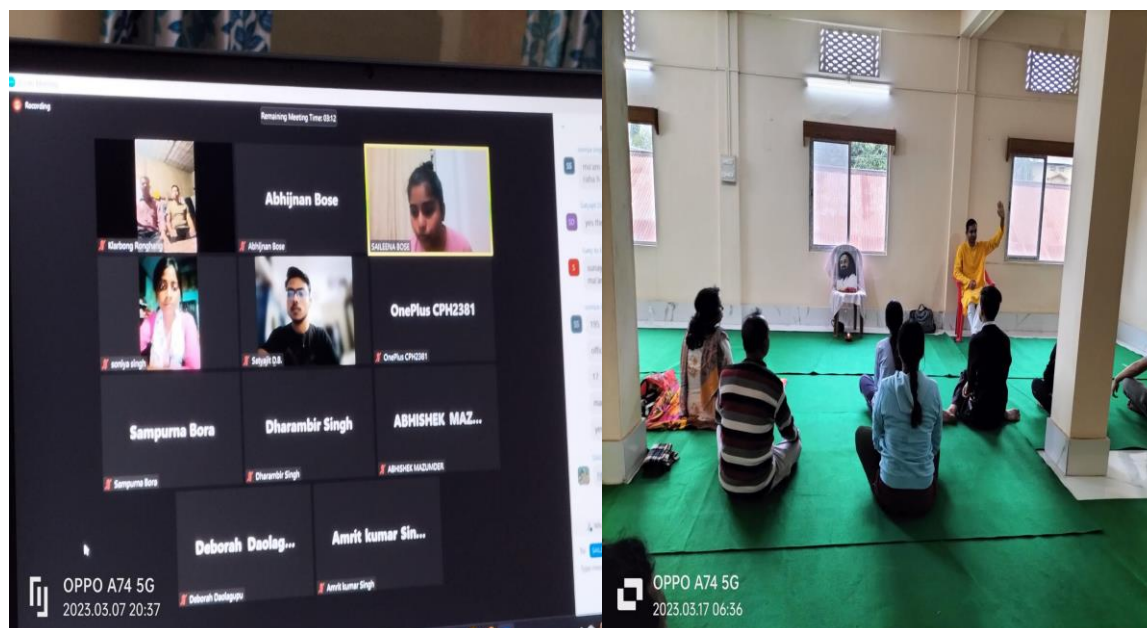
Activity report of value education committee 2023

1. Report on the Happiness program of Art of Living

Happiness program is a unique meditation and yoga course, which is designed by Gurudev Sri Sri Ravi Shankar, for maintenance of the mental and emotional balance, which controls our everyday stress and strain of life. On the view of the value education committee Lumding College in association with the art of Living, Diphu organised the course in Lumding College from 15th March to 17th March 2023.

To make the program successful Ms. Sailena Bose, MBA student of Sri Sri University, Bhubaneswar, volunteer art of living arranged one motivational speech in online mode on 7th march 23. Among the students, faculties and alumni of Lumding college.

The happiness program was conducted by the full-time international teacher Sri Vishnu Prakash, who is now in-charge of Diphu Art of living centre.

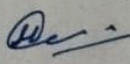




Happiness Program 2023
Organised by Value Education Committee
Lunding, and Art of Living International
Centre, Diphu, Karbi-Anglong

Name of the Participant	Phone no./Mobile No.	Signature
1. Nabanita Mallik (Alumnus)	8638966385	Ashish Chakraborty
2. Ashish Chakraborty (Office Bearer, L.C.)	9957869372	
3. Dr. Nousumi Datta (Prof. L.C.)	9435318310	Nousumi Datta
4. Dr. Sujata Sen (Prof. L.C.)	8876452799	Sujata Sen
5. Monika Majumder (Alumnus)		
6. Dr. Abhishek Majumder (Prof. L.C.)	9706960373	Dr. Abhishek Majumder
7. Dr. Satyajit Das (Prof. L.C.)	8822097075	Satyajit Das
8. Dr. Satyajit Dey Barman (Prof. L.C.)	9401341691	
9. Kedar Kathar (Student 6th Sem)	7637048101	Kedar Kathar
10. Klarbong Ronghang (Student 6th Sem)	6003961449	Klarbong Ronghang
11. Dr. Gitanjali Nath (Prof. L.C.)	8876060157	Gitanjali Nath
12. Anurobindo Medhi (Prof. L.C.)	7002558359	
13. Bhushan Chandra Das	7002431314	Bhushan Chandra Das

Worksheet

Name of the Participant	Phone no./Mobile no.	Signature
14. Bilai Shree Brahma (Prof. L.C.)	8 4 7 3 8 7 3 3 1 9	Bilai Shree Brahma.
15. Jahan Chakraborty (Student 6th sem)	8 0 1 1 0 9 0 3 4 5	Jahan Chakraborty
16. Soniya Singh (Student 6th sem)	6 0 0 3 2 1 7 6 1 9	Soniya Singh.
17. Pranati Dey (Office Bearer)	9 8 6 4 5 4 7 6 7 2	
18. Nukul Paul (Prof. L.C.)		
19. Prof. Reeta Das (Prof. L.C.)	8 6 3 8 9 6 8 7 7 1	Reeta Das
20. Madhumita Deb (Prof. L.C.)	8 7 2 3 0 0 5 2 8 7	Madhumita Deb
21. Dr. Mublib Basumaty	9 8 5 4 3 2 9 0 8 1	

2. Report of the lecture-based program held on 10/04/23

On the 10th April, 2023 value education committee and IQAC Lumding College organised a lecture-based program on the topic “Youth in Eyes of Swami Vivekananda”. The chief speaker was Mr. Pradip Bhattacharjee, Bibhag Sangathak, Vivekananda Kendra nagaon. Dr. Sagar Baruah, Rtd. Principal of Khagarijan College and presently the visiting professor of MSS Viswavidyalaya, Nagaon, also delivered an enthusiastic speech for the young generation. The welcome speech was delivered by Dr. MK Paul, Principal, Lumding College. The entire program was conducted by Dr. S. Das Bose, convener, VAC. 25 nos of students, faculty members of different departments participated in the program.

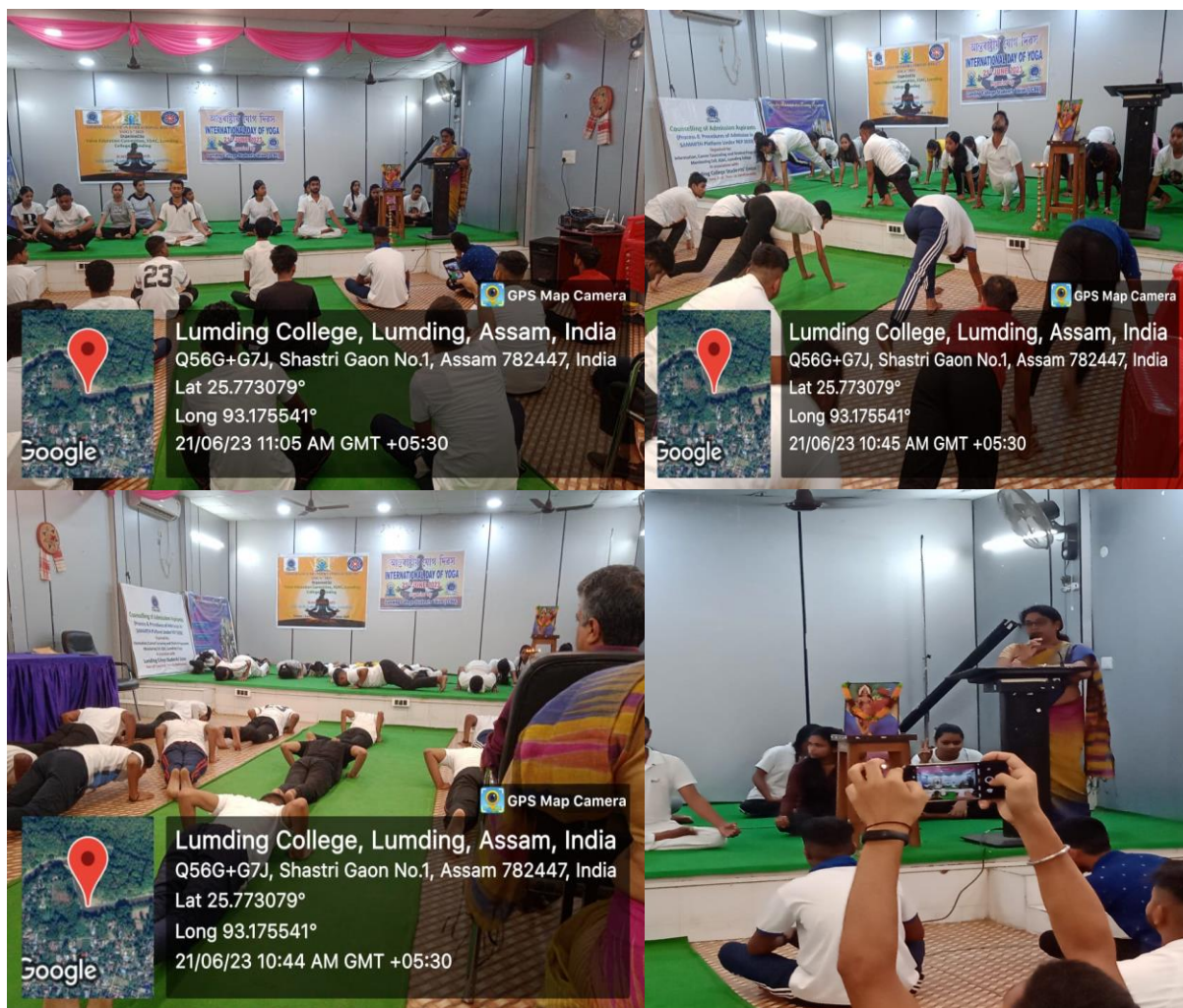


3. Report of the International Day of Yoga, 2023

Like every year the International Day of Yoga was Celebrated in Lumding College on 21st of June'2023. Before those six (6) days training programme was arranged in the Lumding College

Auditorium with 22 students. The programme was organised by IQAC and Value Education Committee. The Yoga instructor was Mr. Atol Seal of Krira Varati Lumding.

On the 21st June all the trained students along with the student leaders of AVBP and others dignitaries were present. Principal, Dr. MK Paul delivered the welcome speech and Dr. S. as Bose, convener, VEC monitored the whole programme. Faculties, students, non-teaching stuffs of the College participated in the programme and made it a grand success.



The following
in the yoga
Name

Students have participated
Training Programme for 21st June 2023
class/semester/Dept contact

1. Samita Chhetri	H.S 2nd year	6000239480
2. Satabalo Majumdar	2nd semester (zoology)	8822323989
3. Ravi K. Prasad	4th sem (Botany)	6003905191
4. Bishwa Doulagupha	4th sem (Botany)	8761869513
5. Deepak Yadav	4th sem (Botany)	6002259951
6. Sangita Dutta	H.S 2nd year	9387833652
7. Sabita Das	H.S 2nd year	9706258581
8. Pranesh Das	H.S. 2nd year	9957548078
9. Samar Ghosh	4th sem	8822172535
10. Reshona Dey	4th sem (Bengali)	7923450258
11. Mokhumila Banerjee	4th sem (Bengali)	9678465759
12. Roj, Chhajri	2nd year	7099642519
13. Jishu Majumdar	2nd year	6919123458
14. Gopi Chhetri	2nd sem	8486344941
15. Bahil Ghosh	4th sem	6002704380
16. Tanisha Datta	2nd year	9864699618
17. Momotha Gout	2nd year	9395116672
18. Moemi Nath	2nd year	9707270312
19. Rumi Talukdar	2nd year	6001154364
20. Aijya Dutta	2nd year	8472888482
21. Riya Dutta	2nd year	8134019064
22. Neha Chettri	H.S 2nd year	7578918397

A meeting of Value Education Committee is held on 13/06/22, in the department of Zoology to discuss about the following agenda:

- i) The upcoming yoga Day Celebration on 21st June
- ii) To employ a yoga trainer for the students of Lunding College, who will take part in the yoga Day Celebration.

Members Present:

- i) Dr. Sujata Sen
- ii) Nakul Paul
- iii) Reeta Das
- iv) Bhuvan Ch Das.
- v) Madhumita Deb.
- vi) Monomni Dutta
- vii) Sanghamitra Das (Bore).

Resolutions:

- i) After the thorough discussion it has been decided that the yoga Workshop will be started from 15th of June'2022 to 20th June.
- ii) Due to the semester end examinations, the Workshop will be started in the yoga Room at 8:00 am.
- iii) It is resolved the Yoga Trainers will be selected from the Krira Bharati Organisation, Lunding, who train up the youths in yoga and different kinds of games free of cost. So, the authority of Krira Bharati will be requested to appoint a yoga Trainer for the training.

A meeting of Value Education Committee is held on 06/03/2023 to discuss about the Happiness programme to be started from 15th of March 2023 in association with the Art of Living Centre, Diphu.

Members Present:

1. Dr. Sujata Sen
2. Reeta Das
3. Bhraman Ch Das,
4. Madhumita Deb.
5. Monami Dutta
6. Sanghamitra Das (Bore)

Resolutions:

1. It is unanimously resolved that the "Happiness Program" will be conducted in association with the Art of Living Ashram, Diphu, where the most beneficial yoga and meditation will be taught through "Sadashan Kriya".
2. The registration link will be given to the willing participants.
3. The programme will be open for students, faculties, office staff and alumni of Luning College.
4. If any person other than these category may also avail of the opportunity by registering themselves.
5. The teacher is Sri. Vishnu Prakash, Full time faculty of AOL.

A general meeting of Value Education Committee is organised to discuss about the upcoming observance of International Yoga Day' 2023 in the college premises on 14/06/23 at 11-00am

Following members are present:

- i) Sanghamitra Das (Bare)
- ii) Dr. Sujata Sen
- iii) Reela Das
- iv) Bhuvan Ch Das.
- v) Madhumita Deb.
- vi) Monami Datta

Resolutions: i) After a long discussion, it has been resolved ^{that} this year International Yoga Day will be observed in association of IQAC, NSS and ICESU Lunding College.

ii) It is resolved that due to the different practical examinations from 10th to 20th June, the Yoga Training Programme will be held only for Three (03) days with the students.

iii) From Krirabharati, Lunding the trainer will be appointed to train up the students.

iv) Yoga Training Programme will be organised in the Auditorium.