

## Displaying of Common Yoga Protocol

23th April 2022

As part of the celebration of the International Day of Yoga a programme of banner, charts, play card, painting etc. display on Common Yoga Protocol was organized on 23th April, 2022. The programme was attended by Principal, vice principal, co-ordinator yoga cell, teachers, students and NCC cadets.

Displaying of Common Yoga Protocol, 23th April 2022 total participate – 43

(23<sup>th</sup> April 2022)

Celebration of International day of Yoga .2022

As part of International day of yoga 2022, A programme of On Banners/charts/Play card/Painting displaying on Common yoga Protocol on 23<sup>th</sup> April 2022. A programme was attended by co-ordinator yoga cell, Principal, teachers and student and NCC Cadet. S/o

Signature of Participant

Principal – Dr. Meera Ch. Das

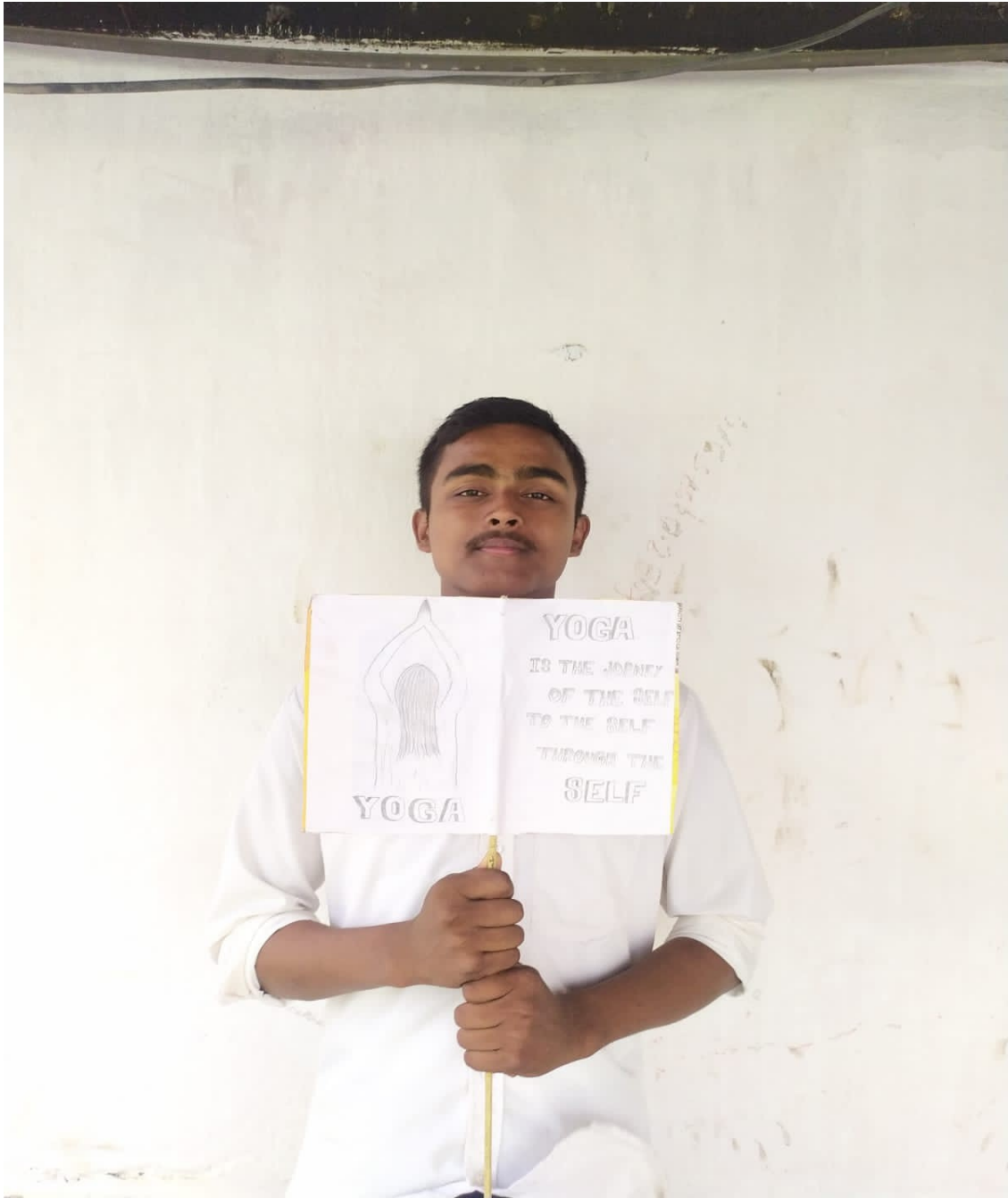
ANO – Dr. Bhansiyam Lalit

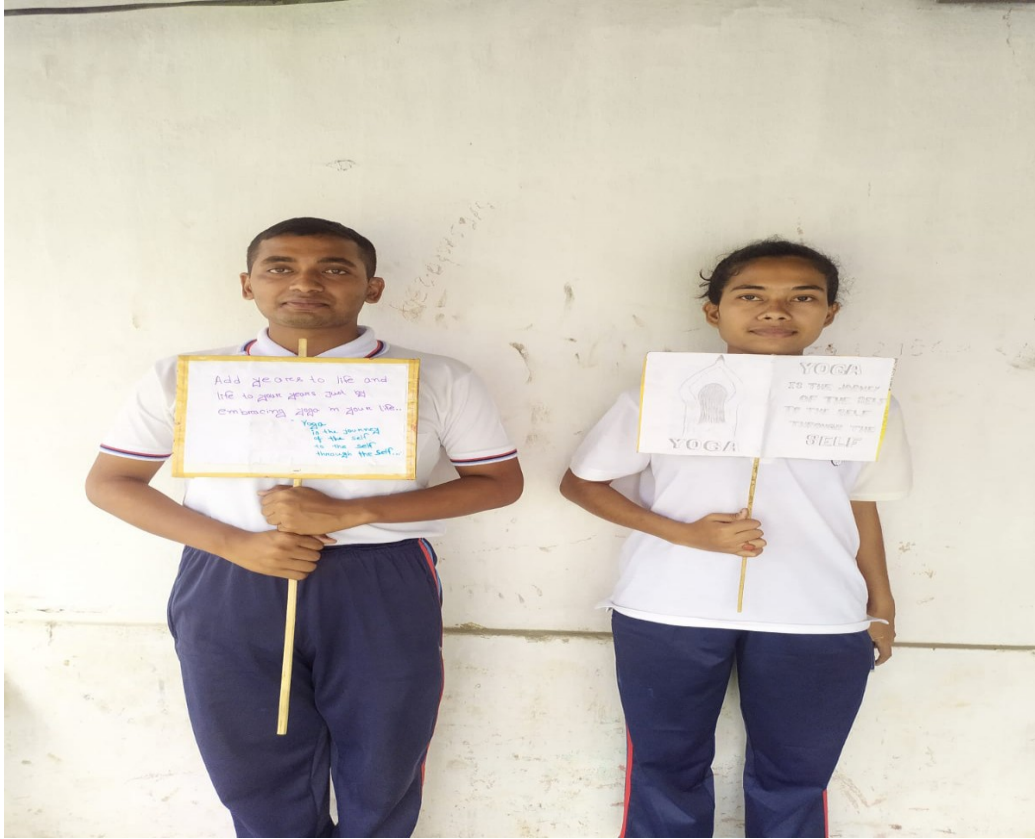
Signature of participants :-

- (1) Parishometa Borca
- (2) Sumoni Borca
- (3) Liza Phekam
- (4) Khulishin Dhar
- (5) Swapan Borumatary
- (6) Manashi Khaklari
- (7) Bidisha Borca
- (8) Pooja Saikia
- (9) Nikita Kalita
- (10) Nitin Nath
- (11) Priya Borumatary
- (12) Pallabi Gogoi (CPL)

25th April to 21st June 2022  
celebration of International Day  
of Teachers 2022

- 14) Sumanta Ch Das (C.P.L)
- 15) Deep Jyoti Borra (S.G.T)
- 16) Nabamita Kalita (S.G.T)
- 17) Pranaym
- 18) Sujat Jena
- 19) Rani Janggi
- 20) Kokita Gou.
- 21) Janmoni Das
- 22) Roshini Boro
- 23) Hirak Jyoti Nath
- 24) Madhab Debbarh
- 25) Asadun Rahman
- 26) Arup Jyoti Swargiaci
- 27) Sunia Basumatary
- 28) Nagan Jyoti Baishya
- 29) John Kalita
- 30) Mithun Khadaniyan
- 31) Mintu Basumatary
- 32) Prateema Shatema
- 33) Pratiha Gogai
- 34) Raj Sarker
- 35) Partha patim Boral
- 36) Mainul Hossain
- 37) Manhan Borah
- 38) Deep Jyoti Jena
- 39) Karishma Ojha
- 40) Joymati Jharna
- 41) Labita Gou.
- 42) Kabani Keat
- 43) Ritom Das







# International Yoga day protocol

21<sup>st</sup> June, Ayush Ministry,  
Government of India



Prayer



Neck Stretching



Shoulder Stretching



Shoulder Rotation



Trunk Twisting



Knee Movement



Tadasana



Vrikshasana



Pada-hastasana



Ardh-Chakrasana



Trikonasana



Dandasana



Bhadrasana



Vajrasana



Ardh-ushtrasana



Ushtrasana



Shashankasana



Uttana-Mandukasana



Vakrasana



Makrasana



Bhujangasana



Shalabhasana



Setubandhasana



Uttanpadasana



Ardh-halasanana



Pavan-Mukt-Asana



Shavasana



Kapalbhati



Nadishodhana



Sitali Pranayam



Bhramari Pranayam



Dhyana

