

# Nazir Ajmal Memorial College of Education, Hojai

Recognized by NCTE and Affiliated to Gauhati University

Run by - AJMAL FOUNDATION

## 3 Days Workshop on Yoga for Health International Yoga Day-2025

Organized by  
IQAC, Nazir Ajmal Memorial College of Education, Hojai

**Date:** 19<sup>th</sup> -21<sup>st</sup> June, 2025

**Time:** 11:00 AM onwards

**Venue:** Nazir Ajmal Memorial Hall

**Theme:** Yoga for one Earth, one Health

**Resource persons:** Miss Madhusmita Gogoi & Mr. Ashik Aley, Physical Education Teachers, AMRS, Gopalnagar

### Objectives of the Programme

- To raise consciousness of the advantages of yoga for mental, emotional, and physical health.
- To inspire teachers and students to incorporate yoga into their daily routines.
- To promote India's cultural legacy and honour the United Nations' declaration of International Yoga Day.
- To promote harmony and well-being via the worldwide initiative “Yoga for One Earth, One Health.”

### Detailed Programme Description

#### Day 1: 19th June 2025

The workshop commenced with a warm welcome by the President of the Student's Council, Nandajit Singha, at 11:00 AM. Resource persons Miss Madhumita Gogoi and Mr. Ashik Aley introduced basic yoga principles and emphasized the importance of yoga for stress relief and holistic health. Participants were guided through foundational yoga postures, breathing techniques, and interactive mindfulness activities. The session saw enthusiastic participation by students and faculty, who shared their expectations for the upcoming days. The day concluded with a brief reflection circle, allowing attendees to voice their initial impressions and set personal goals for the workshop.

## Day 2: 20th June 2025

The second day focused on the deeper aspects of yoga for emotional balance and flexibility. Resource persons led participants through the Common Yoga Protocol, including Pranayama and meditation techniques, and demonstrated advanced postures, emphasizing adaptability for all skill levels. Additionally, group activities were held to promote teamwork and the concept of "Yoga for One Earth, One Health." The session ended with a Q&A, where participants engaged with the resource persons, clarifying doubts and learning about the role of yoga in daily routine.

## Day 3: 21st June 2025 (International Yoga Day)

The concluding day, coinciding with International Yoga Day, saw the largest turnout, with active involvement from all segments of the college community. The event began with the Common Yoga Protocol session, led by resource persons, who highlighted how yoga fosters both personal health and global harmony. Samin Raihana's performance once again captivated the audience. This was followed by the distribution of certificates of participation by Jugal Chutia (Asst. Professor) to honor contributors. The program concluded with a vote of thanks by Dibyani Bora (B.Ed. Trainee), and the National Anthem sung by students, marking a respectful and unified end to the 3-day celebration. The organisation and anchor responsibilities were diligently managed by Mr. A. J. Singha (Programme Coordinator) and Ms. Shahrin Mehnaz (Anchor), under IQAC's supervision.

## Conclusion


The 3-day yoga workshop at NAMCE was a resounding success, fostering mindfulness, well-being, and community across the campus. Teachers, students, and guests appreciated both the educational content and the interactive sessions, leaving with renewed motivation to integrate yoga into their daily routines.

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NAZIR AJMAL MEMORIAL  
COLLEGE OF EDUCATION, HOJAI


**3 DAY WORKSHOP ON YOGA FOR HEALTH**  
**INTERNATIONAL YOGA DAY-2025**  
**THEME: YOGA FOR ONE EARTH, ONE HEALTH**



**MISS. MADHUMITA GOGOI**  
Physical Education Teacher,  
Ajmal Modern Residential School, Gopalnagar

Resource Persons

**MR. ASHIK ALEY**  
Physical Education Teacher,  
Ajmal Modern Residential School, Jugijan



Organised by

**INTERNAL QUALITY ASSURANCE CELL (IQAC), NAZIR AJMAL MEMORIAL COLLEGE OF EDUCATION, HOJAI**

**VENUE: NAZIR AJMAL MEMORIAL HALL, NAZIR AJMAL MEMORIAL COLLEGE OF EDUCATION, HOJAI | DATE: 19<sup>th</sup> TO 21<sup>ST</sup> JUNE, 2025 | TIME: 9:00 AM ONWARDS**

## Banner for the Programme



## Geo-Tagged Photos from the 3-Day workshop on Yoga for Health International Yoga Day - 2025





