



*Office of the Principal*  
**Abhayapuri College, Abhayapuri**  
(Affiliated to Gauhati University)  
Dist. Bongaigaon (Assam) Pin.783384

Phone : 03664 – 281424 (O)  
Fax : 03664 – 281424  
Mobile : 94351 - 21757  
E-mail : abhcollege@rediffmail.com


Date: 19/02/2021

**CIRCULAR**



This is for the information of all the concerned that the Students' Welfare Committee and IQAC, Abhayapuri College, Abhayapuri in association with The Art of Living Foundation is organizing a one-day workshop on Meditation and Pranayam in Room no. RCC-4 of Abhayapuri College on 22<sup>nd</sup> Feb, 2021 at 11 am. (Resouce Person: Trishna Choudhury)

So, all the Teachers, Staff Students are requested to attend the workshop.

  
(Dr. S. Nath)  
Principal  
Abhayapuri College  
PRINCIPAL  
ABHAYAPURI COLLEGE  
ABHAYAPURI



Saathi

Date 22/02/2021

A one-day workshop on 'Meditation and Pranayam' is held today by the Students' Welfare Committee and IQAC, Abhayapuri College in association with the Art of Living Foundation.

The resource person for today is Mrs. Trishna Choudhury, teacher, Art of Living Foundation.

Members Present :

Resource Person :

① Dr. S. N. S. - S.

Trishna  
22/2/21

② Dr. Rajesh Jaisankar - B.M.

③ Per. Anu - Anu

④ Nos. Jyoti & Anu MS 22/02/21

⑤ Kanchansmriti Ray 22/02/21

⑥ Kavishma Talukdar, KJ Taluk 22/02/21

⑦ Nazima Ahmed 22/02/21

⑧ Anupama Swarnagiri 22/2/21

Participants :-

⑨ Nazima Ahmed. -

⑩ Faziran Nessa

⑪ Mousumi Baxuel (5th sem) (English Department)

⑫ Shewali Rajbongshi (5th Sem English Department)

⑬ Ayamika Jalukdar (3rd sem zoology department)

⑭ Paponi Ray (3rd sem zoology department)

⑮ Habib Farzina Husain (3rd sem zoology dept)

⑯ Rinketa Das (1st sem chemistry dept)

⑰ Monalicha Begum (1st sem chemistry dept)

⑱ Dhruvaparna Barman (1st sem chem dept)

⑳ Nukeza Khatun (1st sem chem dept)





Date: / /

- (19) Jesmina Khatun (1st sem chem dpt)
- (20) Anjuma Khatun (1st sem chemistry dept.)
- (21) Nilerna Khatun (1st sem chemistry dept.)
- (22) Ratna Pradim Singha (3rd sem ZOOLOGY dept.)
- (23) Simanta Roy (3rd Sem. Zoology)
- (24) Chandana Mondal (2nd sem, Zoology)
- (25) Shama Sikder (3rd sem. zoology)
- (26) Deepanjali Barman (B.A. 1st sem. English)
- (27) Aparajita Kalita (B.A. 1st sem. English)
- (28) Joya Bujra (B.A 1st sem. Philosophy dept.)
- (29) Akhraj Hussain (BA 1st sem English.)
- (30) Anunabir Nathu (BA 1st sem. English)
- (31) Hipan Biswas (BA 1st sem History)
- (32) Ayub Nur Rahman (B.A. 1st sem, Eng)
- (33) Gauran Sarker (B.A 1st sem Eng)
- (34) Chandika Barman (B.A. 3rd sem)
- (40) Sumitra Bujra (B.A 3rd sem)
- (41) Pallabi Baruah (B.A 1st sem, Eng)
- (42) Deepshikha Ray (B.A 1st sem, Eng)
- (43) Tabneem Ahmed (B.A 1st sem, History)
- (44) Ambikansu Rajbongshi (BA 1st sem, Eng)



Photo: Meditation and Pranayam 22/2/2021

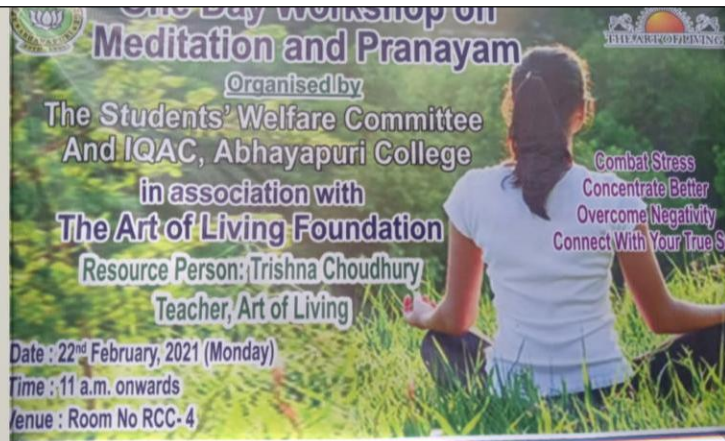


Photo: Meditation and Pranayam 22/2/2021



Photo: Meditation and Pranayam 22/2/2021



(Dr. S. Nath)  
Principal  
Abhayapuri College  
PRINCIPAL  
ABHAYAPURI COLLEGE  
ABHAYAPURI