

WILLIAMNAGAR GOVT. COLLEGE
WILLIAMNAGAR, EAST GARO HILLS, MEGHALAYA -794111

Report On International Yoga Day

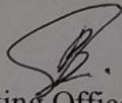
Dated Williamnagar, the 21st June 2022

International Yoga Day is observed every year on June 21st to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

Today, on 21st June 2022, NCC and NSS Unit of Williamnagar Govt. College celebrated 8th International Yoga Day. It was attended by College faculties and Students with great enthusiasm. The event began with a brief introduction on Yoga Day by Ms. Balkari B Sangma (CTO of NCC SW unit) and by welcoming the attendees of the program.

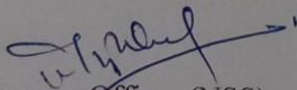
Warm up exercises were taken and all the students and teachers practiced & performed sitting and standing asanas, led by two NCC cadets, importance of these were explained simultaneously. The celebration concluded with the speech by Dr. Pyalie D Sangma (Programme Officer NSS unit). She encouraged students to practice regular yoga to remain fit and improve concentration and addressed the participants on the importance of yoga practice in our life.

The function ended with a vote of thanks by Shri. Salkam S Momin (CTO of NCC SD unit).



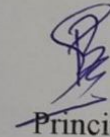
Care Taking Officer(NCC)

Smti. Balkari. B Sangma



Programme Officer (NSS)

Shri. Wilkins Wilber.D. Shira



Principal

Williamnagar Govt. College

Williamnagar, East Garo Hills
Principal

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East Garo Hills, Meghalaya

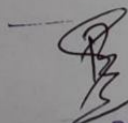


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Attendance of the Students present in the 8th International Yoga day organized by NCC and NSS Unit on the 21st June 2022 at the College premises.

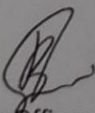
Sl. No.	Name	NCC/NSS	SD/SW	Semester	Present/Absent
1	Grethibart R Marak	NCC	SD	4 th	P
2	Sengpang K Sangma	NCC	SD	4 th	Ab.
3	Tediiscardhy T Sangma	NCC	SD	4 th	P.
4	Blester N Sangma	NCC	SD	4 th	P
5	Peter M Sangma	NCC	SD	4 th	P
6	Bapul M Sangma	NCC	SD	4 th	P
7	Grupan Ch Marak	NCC	SD	4 th	P
8	Rongchang K Momin	NCC	SD	4 th	P
9	Sengrim K Sangma	NCC	SD	4 th	P
10	Frisengbirth M Sangma	NCC	SD	4 th	P
11	Jakrikra N Sangma	NCC	SD	4 th	P
12	Millit M Marak	NCC	SD	4 th	P
13	Amstar D Sangma	NCC	SD	4 th	P
14	Ronisengpring T Sangma	NCC	SD	4 th	P
15	Albryzenibath B Marak	NCC	SD	4 th	P
16	Onith N Marak	NCC	SD	4 th	P
17	Anand B Marak	NCC	SD	4 th	P




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18	Testbirth T Sangma	NCC	SD	2 nd	Ab.
19	Dewat N Marak	NCC	SD	2 nd	Ab.
20	Chebam Cheku S Sangma	NCC	SD	2 nd	P
21	Densing N Marak	NCC	SD	4 th	Ab
22	Tengchak N Sangma	NCC	SD	2 nd	P
23	Meentang I Sangma	NCC	SD	2 nd	P
24	Bonchrang R Sangma	NCC	SD	4 th	P
25	Mianasa M Sangma	NCC	SW	4 th	P
26	Uma M Sangma	NCC	SW	4 th	P
27	Prainish N Sangma	NCC	SW	4 th	P
28	Bristina R Marak	NCC	SW	4 th	P
29	Silkame Ch Marak	NCC	SW	4 th	P
30	Tengsime T Sangma	NCC	SW	4 th	P
31	Didina Ch Sangma	NCC	SW	4 th	P
32	Jacinta N Sangma	NCC	SW	4 th	P
33	Sengnasi N Marak	NCC	SW	4 th	P
34	Nimra G Momin	NCC	SW	4 th	P
35	Frayanchi Ch Marak	NCC	SW	4 th	P


Care Taking Officer (NCC) SW

Smti. Balkari B Sangma.



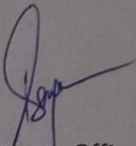

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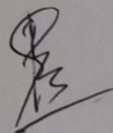
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Attendance of the Students present in the 8th International Yoga day organized by NCC and NSS Unit on the 21st June 2022 at the College premises.

Sl. No.	Name	NCC/NSS	Semester	Present/Absent
1	Ranggamchi R Sangma	NSS	4 th	P
2	Avika K Sangma	NSS	4 th	P
3	Trymost Ch Marak	NSS	4 th	P
4	Marso N Sangma	NSS	4 th	P
5	Chikambe Momin	NSS	4 th	P
6	Spilica D Sangma	NSS	4 th	P
7	Tusarika Marak	NSS	4 th	P
8	Soppon M Sangma	NSS	4 th	P
9	Dagit Temsu R Marak	NSS	4 th	P
10	Sentsky Ch Marak	NSS	4 th	P


Programme Officer
Dr. Pyallie D Sangma


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Attendance of the faculty members present in the International Yoga day organized by NCC and NSS Unit on the 21st June 2022 at the College premises.

Sl. No.	Name	Designation	Department	Signature
1	Salkam S Mom	Lecturer	Economics	[Signature]
2	Tojeli. K. Sangma	Asst. Professor	English	[Signature]
3	Bandakerlin Lyngdoh	Asst. Prof	Eco.	B. Lyngdoh
4	Enbung Sangoh	Asst. Prof	Pol. Sc	[Signature]
5	Antanell Warji	Asst. Prof.	Pol. Sc	[Signature]
6	Balkari. B. Sangma	Lecturer.	Economics	[Signature]
7	Peary D. Marak	Asst. Prof	Garo	[Signature]
8	Ritnak D. Monin	Asst Prof	History	[Signature]
9	Daniel Ch March.	Asst. Prof.	Garo	[Signature]
10	Sungrik M. Sangma	Asst. Prof.	Garo	[Signature]
11	Wilner D. Shira	Lecturer	History	[Signature]
12	Dr. Pyalie D Sangma	Asst prof	Economics	[Signature]
13				
14				
15				



[Signature]
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East Garo Hills, Meghalaya.