

Name of the programme: **Celebration of International Yoga Day 2026**

Organised by: My Bharat, Barpeta (Ministry of Youth Affairs and Sports), in collaboration with the National Service Scheme (NSS), Madhab Choudhury College, Barpeta Unit, and Shyamkanu Samajik Kalyankami Anusthan

Place: Seminar Hall, Madhab Choudhury College, Barpeta

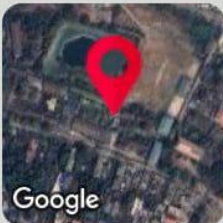
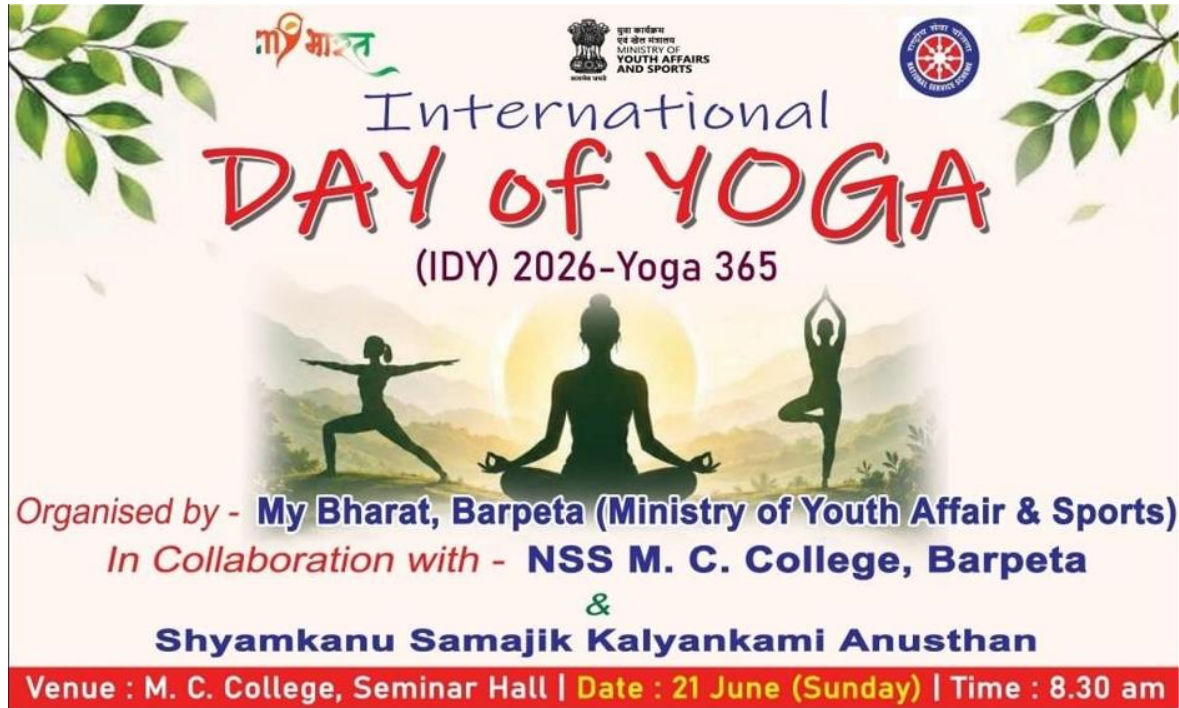
Date: 21/06/2026

Description of the programme:

International Yoga Day 2026 was observed on 21 June 2026 through a joint initiative of My Bharat, Barpeta, under the Ministry of Youth Affairs and Sports, the National Service Scheme (NSS), Madhab Choudhury College, Barpeta Unit, and Shyamkanu Samajik Kalyankami Anusthan. The programme was organised in the Seminar Hall of Madhab Choudhury College to promote awareness of the importance of yoga in maintaining physical health, mental well-being, and a balanced lifestyle. It was inaugurated by Shri Anil Kumar Das, Chairman of the Barpeta District Development Authority, who highlighted the significance of International Yoga Day and encouraged participants to practise yoga regularly for a healthy life. The programme was graced by Shri Ranjit Das, Ward Commissioner of Adopted Ward No. 16, and Shri Gunindra Nath Das, renowned social worker and former Secretary of Club Rhino, Barpeta, who spoke about the benefits of regular yoga for young people, particularly in maintaining good health, reducing stress, and improving concentration. Shri Gobinda Das, Chairperson of Shyamkanu Samajik Kalyankami Anusthan, also highlighted the importance of yoga in students' lives and its role in promoting physical fitness and mental discipline. Practical yoga sessions were conducted by two yoga trainers, Smt. Dimpal Das and Smt. Sewali Bharali, who guided the participants through various yoga practices and exercises. Altogether, 38 students of Madhab Choudhury College (Autonomous), Barpeta, participated in the programme. The event helped participants understand the benefits of incorporating yoga into their daily routines and encouraged them to adopt healthier lifestyles. It also promoted awareness of stress management, physical fitness, mental relaxation, and self-discipline among students. The programme strengthened cooperation among the participating organisations and encouraged young people to make yoga a regular part of their lives for their personal well-being and healthy development.


Programme Officer
National Service Scheme (NSS)
M. C. College Unit

Action Photograph



82G2+PRV, Madhab Choudhury College, Barpeta, Assam 781301, India

Latitude: 26.32720424

Longitude: 91.00197103

21 Jun 2026, 09:27:43 AM

Google






Programme Officer
National Service Scheme (NSS)
M. C. College Unit



মায় ভারত मायभारत MYBHARAT

জিলা যুৱ বিষয়াৰ কাৰ্যালয়, বৰপেটা, অসম
জিলা যুৱ বিষয়াৰ কাৰ্যালয়, বৰপেটা অসম
OFFICE OF DISTRICT YOUTH OFFICER, BARPETA, ASSAM
(স্বায়তনামিত সংস্থা) (स्वायत्तनिकाय) (Autonomous Body)

যুৱ পৰিকল্পনা আৰু ক্রীড়া মন্ত্ৰালয়, ভাৰত চৰকাৰ
युवा कार्यक्रम और खेल मंत्रालय, भारत सरकार
Ministry of Youth Affairs & Sports, Government of India

Ref No. MYB/BPTA/ Prog /2026-27/ 13

Date: 18/06/2026

To
The Principal
M.C. College, Barpeta
Assam

Subject: Permission for Organising International Yoga Day Programme

Respected Sir/Madam

Subject: Request for Permission to Organize International Yoga Day Programme on 21st June 2026

Sir,

With reference to the subject cited above, we would like to seek your kind permission to organize an International Yoga Day Programme in collaboration with NSS unit of M.C. College Barpeta at M.C. College, Barpeta on 21st June 2026.

The programme aims to create awareness about the importance of yoga in promoting physical fitness, mental well-being, and a healthy lifestyle among students and youth. We expect active participation from students, volunteers, faculty members, and other stakeholders.

We kindly request you to grant permission for the use of a suitable venue within the college premises and extend your valuable cooperation for the successful conduct of the programme.

We shall be highly grateful for your kind approval and support in making this event a success.

Thanking you.

Forwarded
19.06.26
Principal,
Jadhab Choudhury College
Barpeta

[Signature]
Programme Officer
National Service Scheme (NSS)
M. C. College Unit

Yours faithfully,
[Signature]
(Dilshad Husain)
District Youth Officer
MY Bharat Barpeta

International Yoga Day 2026

Signature of the Yoga Trainer and Guest of Honour

1. Dimpal Das. *dimpal.*
2. Sewali Bhawali *my*
3. Gobinda Das *Gozu.*
4. Gunindra Nath Das.
5. Anil Kumar Das
6. Ranjit Das.


Programme Officer
National Service Scheme (NSS)
M. C. College Unit



National Service Scheme (NSS)
Madhab Choudhury College, Barpeta Unit



Attendance Register of Participants

Name of the programme: International Yoga Day 2026

Date: 21/06/2026

Sl. No.	Name of the participant	Signature
1	Aziza Siddika	Aziza
2	Alamina Khatoon	Alamina
3	Jesmima khatoon	Jesmima
4	Rahima khatoon.	Rahima
5	Fatema Sultana	Fatema
6	Nargis Sultana	Nargis
7	Arita Parbin	Arita
8	Rezaul Hoque	Rezaul Hoque
9	Anowar Hussain	Anowar
10	Kishor Basak	Kishor
11	Chayanjit Das	Chayan
12	Tintu mani Das	Tintu
13	Dhrubraj Satriadhar	Dhrubraj
14	Ashraful Hoque	Ashraful
15	MUZZAMIL	MUZZAMIL
16	Roman Raj Bangshi	Roman
17	Songita satriadhar	Songita satriadhar
18	Shikh Hasina Parbin	Shikh
19	Dhriturmita Das	Dhriturmita Das
20	Himanshu Rabbangshi	Himanshu
21	Krishitina Das	Krishitina
22	Aushmita Das	Aushmita Das
23	Pratibha Das	Pratibha
24	Predeep Jyoti Das	Predeep Jyoti Das
25.	Sabnur Begum	Sabnur


Programme Officer
National Service Scheme (NSS)
M. C. College Unit

