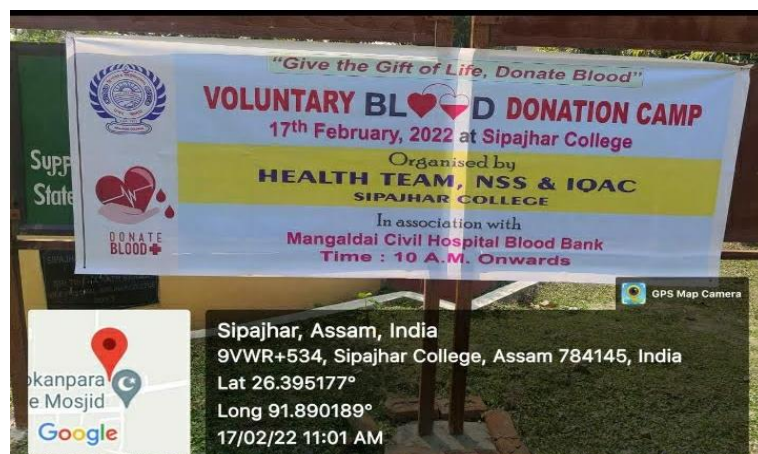


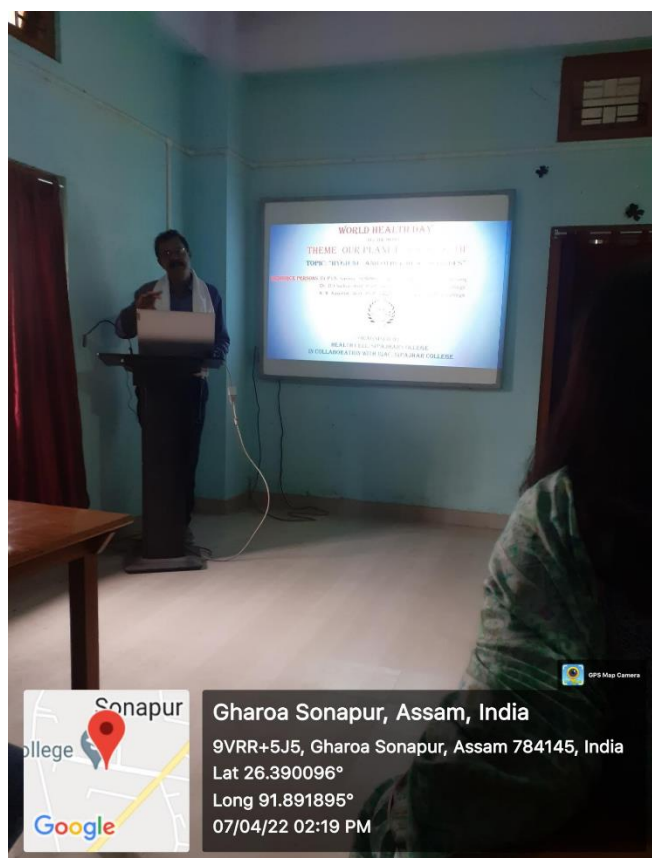
DETAILS OF EVENTS ORGANISED BY THE HEALTH TEAM

1. **Voluntary blood donation camp on 17th of February, 2022:** A voluntary blood donation camp was organised by the health team in collaboration with NSS unit and IQAC, Sipajhar College and in association with Mangaldai Civil Hospital Blood Bank. There were eight donors during the drive and certificates were given to them. The camp was supported and financed by the Assam State AIDS Control Society (ASACS) and an amount of Rs. 2500 was provided for organizing the same.

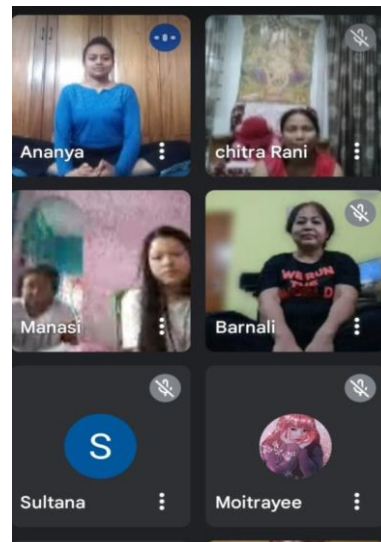
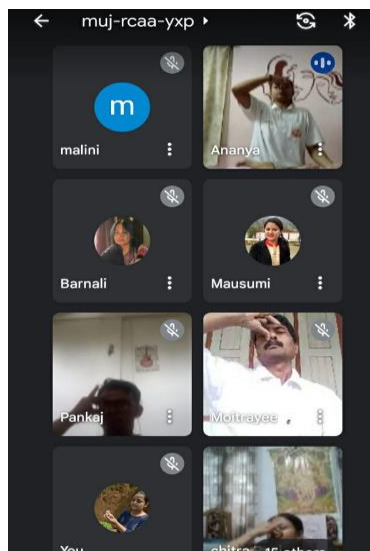


2. **World health day was observed on 7th of April, 2022 organised by the health unit of Sipahar College in collaboration with IQAC.** DR. P. Chandra Sarma from Block PHC, Sipajhar was invited to deliver a talk on the occasion. Dr. Dibyajyoti Saikia and Kumar Kritartha Kaushik

Assistant Professors of the Department of Zoology also delivered a talk on the relevant topic on the day.



3. **A weeklong Workshop on Yoga and meditation:** A workshop was organised on yoga and meditation from 16th of June to 21st of June culminating on world yoga day celebration. On day 1, Jayashree behen from the brahmakumaris was invited to give some moments of learnings of meditation and rajyoga. The following day i.e., on 16th of June there was a training on yoga by Ananya Saikia, yoga instructor and also a student of 2nd semester of English department. On day 3 to day 6, there was online yoga training due to sudden flood and declaration of holiday by the DC of Darrang district.



4. **International Yoga day on 21st of June, 2022:** International Yoga day was observed by online mode and on the occasion a yoga instructor, Bhagyashree Nath was invited who gave some training on yoga. Jayashree behen from the Brahmakumaris was also invited.

The day was observed as per the following program:

Sl.No.	Time	Program
1.	7.00	Link will be given
2.	7.30	Joining
3.	7.35	Lighting of lamp by respected Principal Sir, Vice-Principal Sir and IQAC Co-ordinator ma'am-Dr. Malini Nair
4.	7.40	Inauguration of Yoga day by our respected Principal Sir-Dr. Pradip Chandra Deka
5.	7.45	Introduction of the invited yoga instructor-Bhagyashree Nath
4.	7.50	Chanting of prayer (Vedic mantra)
5.	7.55	Surya Namaskar
6.	8.00	Various yogasanas (standing, sitting and sleeping positions)
7.	8.30	Kapalbhati asana
8.	8.35	Pranayama
9.	8.40	Dhyana (meditation) by Joyshree Behen
10.	8.45	Sankalpa (by Joyshree Behen)
11.	8.50	Shanti Path
		End of program

