

Office of the Principal
CHAIDUAR COLLEGE(AUTONOMOUS)

Gohpur, Assam - 784168
Affiliated to Gauhati University
Recognised by UGC under Sections 2(f) & 12(B)
Accredited by NAAC

Kishor Singh Rajput
M.A. (Eco), M.P.S., M.Sc., Ph.D.
Principal



chaiduarcollege@gmail.com
www.chaiduarcollege.org
7896921031 / 03715-243158

Ref:

Dated:

NOTICE

This is to notify all to FYUGP 6th Semester students of the VAC Yoga and Wellness course that regular yoga practice sessions will be conducted as per the dates mentioned below.

All students are instructed to attend the sessions regularly and maintain discipline during practice. Attendance in the yoga practice sessions is mandatory.

Students are advised to:

- Wear comfortable sports/yoga attire.
- Bring a yoga mat and water bottle.
- Report to the venue at least 15 minutes before the scheduled time.

Venue: Indoor Stadium

Date: 30-05-2026 (9.15 A.M. to 3.15 P.M.)

01-06-2026 (9.15 A.M. to 3.15 P.M.)

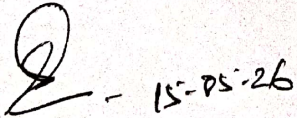
02-06-2026 (9.15 A.M. to 3.15 P.M.)

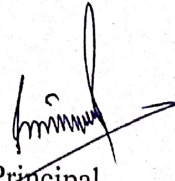
05-06-2026 (9.15 A.M. to 3.15 P.M.)

Date of Practical Examination (Yoga and Wellness): 06-06-2026 (9.15 A.M.)

- On the date of examination (06/06/2026), each student must bring a practical note book with an adequate description about one yoga asana and its benefits which will carry 10 marks. The remaining 15 marks will be given on the basis of Yoga performance.

NB: Bodo department will conduct their practical classes as per their own schedule.


Coordinator: DR. SUNITA SARMAH


Principal,
Chaiduar College (Autonomous), Gohpur.