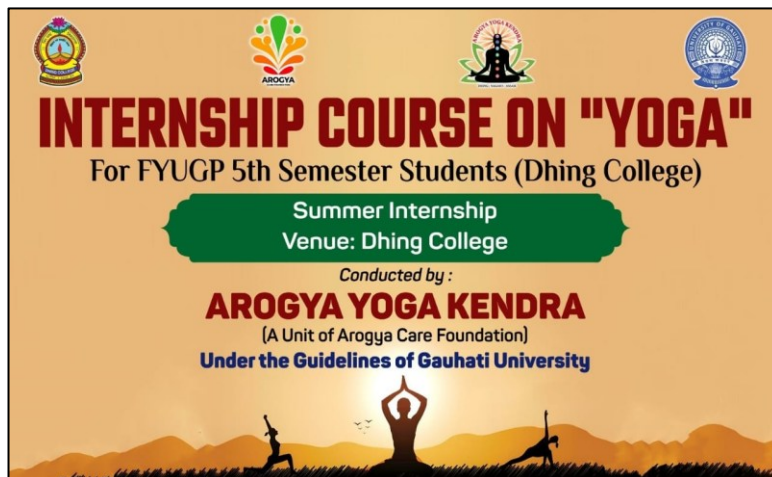


## Overview



The one-month *Yoga Internship Program* was successfully organized by **Dhing College**, conducted by **Arogya Yoga Kendra**, a unit of **Arogya Care Foundation**. The program aimed to provide practical exposure to yoga education, training, and community wellness practices to the students of the 5th Semester (FYUGP). Yoga was included in the internship program to promote holistic health, mental well-being, and the integration of traditional Indian knowledge systems into higher education. Through this initiative, students gained both theoretical understanding and hands-on experience in yoga practice and teaching methodologies.

## Program Schedule and Activities

The Yoga Internship Program was conducted from **1st July to 31st July 2025** for a total duration of **120 hours** at the **Indoor Stadium, Dhing College**. A total of **18 students** participated in the internship program with active involvement. The sessions were held daily under the guidance of certified Yoga instructors from **Arogya Yoga Kendra (Unit of Arogya Care Foundation)**. The program followed a structured schedule combining both **theory and practical sessions**. Regular attendance, discipline, and punctuality were strictly maintained throughout the program. The internship also included **teaching practice sessions**, group discussions, demonstrations, and weekly assessments to monitor student progress.

## Glimpses of Practical Sessions during the Internship on YOGA



## Participants gaining theoretical knowledge on Yoga and its applications



## Internship students showcasing Yoga performances in Cultural and Fresher's Programmes



## Students appearing in Practical and Theory Examinations during the Internship



# Yoga Internship Certificate Distribution Programme



**The Sentinel**  
*of this land, for its people*

## Dhing College conducts yoga internship programme



A CORRESPONDENT

**NAGAON, Oct 10:** The one-month yoga internship programme organized by Dhing College in collaboration with Arogya Yoga Kendra (Unit of Arogya Care Foundation) concluded with a certificate distribution ceremony held at the Conference Hall, Dhing College, on Thursday.

A total of 17 students

from the 5th Semester FY-UGP participated in the internship. The programme was conducted under the supervision of Internship Nodal Officer, Dambarudhar Kakati, Associate Professor, Dhing College, and guided by Yoga Instructor Ruplyon Kar from Arogya Yoga Kendra. The internship included both theoretical and practical sessions covering Yoga Philosophy,

Asanas, Pranayama, Meditation, and Yogic Lifestyle. Final assessment included theory, practical, viva, and assignment examinations.

The programme was attended by Dr Biman Hazarika, college Principal who appreciated the initiative and said that Yoga was not just a physical practice but a way of life that builds mental strength, discipline, and inner balance.

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# INTERNSHIP COURSE ON YOGA

*Organised by - Dhing College*

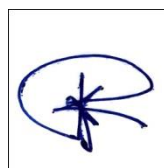
*Conducted by – Arogya Yoga Kendra, Dhing  
(Unit of Arogya Care Foundation)*

*Duration – 1<sup>st</sup> July -31<sup>st</sup> July, 2025*

## RESULT SHEET

Sl No.	Student Name	G.U Roll No	G.U Registration No.	Assignm ent (10)	Viva (10)	Practical (30)	Theory (50)	Total (100)
1	ALMINA KHATUN	2312930057	23070395	7	5	22	34	68
2	ANKITA BORA	2312930024	23069979	7	4	22	24	57
3	BIDISHA DEVI	2312930231	23070020	7	5	22	32	66
4	GITU MONI DEVI	2312930313	23070052	6	6	21	30	63
5	IKBAL HUSSAIN	2312930127	23070545	7	6	22	26	61
6	JAYA KUMARI DEKA	2312930145	23070095	7	6	22	25	60
7	LAKSHMI BARUA	2312930230	23070131	6	5	21	33	65
8	MOUSINA AKHTARA	2312930045	23070406	8	9	27	37	81

9	PRIYA MAHELA	2312930146	23070249	6	5	21	23	55
10	RASHMI DAS	2312930047	23070410	9	10	27	42	88
11	ROWSANA AHMED	2312930126	23070589	7	5	21	38	71
12	RUBU KUMAR NATH	2312930107	23070590	6	9	22	34	71
13	SADIA AHMED	2312930093	23070594	6	9	23	31	69
14	SANGITA DAS	2312930279	23070323	8	10	28	36	82
15	SHAHIL AHMED	2312930098	23070599	7	5	18	34	64
16	UMA SALMA	2312930108	23070607	8	9	23	38	78
17	WASFI BEGUM	2312930160	23070387	6	5	18	26	55



Rup Jyoti Kar  
Secretary- Arogya Yoga Kendra  
(Unit of Arogya Care Foundation)

## Conclusion

The one-month Yoga Internship Program was a significant step toward integrating traditional wellness education with academic learning. Through this program, students gained comprehensive exposure to the theoretical foundations and practical applications of yoga. They actively participated in sessions on Yoga Philosophy, Asanas, Pranayama, Meditation, and Yogic Lifestyle, which enhanced their understanding of yoga as a holistic discipline.

The successful completion of this internship reflects the combined efforts of Dhing College, the faculty members, and Arogya Yoga Kendra (Unit of Arogya Care Foundation), whose guidance and cooperation ensured meaningful learning for all participants.

