


**GOVT. OF ASSAM**  
**OFFICE OF THE DIRECTOR OF HIGHER EDUCATION, ASSAM**  
**KAHILIPARA, GUWAHATI-19.**

No. PC/HE/Misc.18/2020/55

Dated Kahilipara, the 13/06/2022

From : Sri Dharma Kanta Mili, ACS  
Director of Higher Education, Assam  
Kahilipara, Guwahati-19.

To,  The Principal (All)  
.Colleges.


Sub : Regarding introduction of Yoga Training in Colleges.

Ref : Letter No. NIL, dated 31/05/2022.

Sir,

With reference to the subject cited above, I would like to forward here with a letter received from the President, Indian Yoga Culture & Yoga Therapy Centre, Central Gotanagar, Maligaon, Guwahati-11 dated 21/05/2022 regarding introduction of Yoga Training in Colleges and request you to take necessary action from your end.

Yours faithfully,


  
Director of Higher Education, Assam  
Kahilipara, Guwahati-19.

Memo No. PC/HE/Misc.18/2020/55-A,

Dated Kahilipara, the 13/06/2022

Copy to :-

1. The P.S. to the Commissioner and Secretary to the Govt. of Assam, Higher Education Department for kind information.
2. The President, Indian Yoga Culture & Yoga Therapy Centre, Yoga Tirtha, Central Gotanagar, Maligaon, Guwahait -11.

  
Director of Higher Education, Assam  
Kahilipara, Guwahati-19.



(2)

153



ভাৰতীয় যোগ সংস্কৃতি আৰু যোগ চিকিৎসা কেন্দ্ৰ  
 भारतीय योग संस्कृति एवं योग चिकित्सा केन्द्र  
**INDIAN YOGA CULTURE & YOGA THERAPY CENTRE**

(A Regd. and Govt. Aided Yoga Institution) 'Estd : 1979

**CITY OFFICE : YOGA TIRTHA**

Central Gotanagar, Maligaon, Guwahati- 781011,

E-mail: [indianyoga.assam@yahoo.in](mailto:indianyoga.assam@yahoo.in) / [www.indianyogaassam.com](http://www.indianyogaassam.com)

Contact: 80116-11765, 91014-13211

Sri Ajay Tewari, IAS  
 CHIEF PATRON

Yogacharya Subhasish  
 FOUNDER PRESIDENT

**PATRON**

Dr. S. Laxmanan, IAS  
 Smt. Barnali Samah, ACS  
 Sri Pulak Mahanta, ACS  
 Smt. Mamoni Permei, ACS  
 Dr. Farida Begum

**ADVISER**

Smt. Anamika Choudhury, ACS  
 Sri Kuntal Moni Sharma Bordoli  
 Dr. Karabi Hazarika  
 Sri Ranjit Das, IRS  
 Sri Dhananjay Talukder

**VICE-PRESIDENT**

Yogabid Bikash Narayan Samah  
 Sri Sonu Roy  
 Sri Suresh Poddar, PGDYN

**SECRETARY**

Yogabid Prafulla Barman  
 Administration  
 Dr. Shantanu Roy Chowdhury  
 Academic

**JOINT SECRETARY**

Yogabid Anil Sarma  
 Yogabid Sikta Deb  
 Yogabid Dibaya Jyoti Deka, PGDYN

**ORG. SECRETARY**

Mrs. Sabita Devi  
 Smt. Priti Rekha Baruah, PGDY  
 Smt. Madhan Bora Saharia, PGDYN  
 Yogabid Bishnu Rai Rajbongshi,  
 PGDYN

Sri Utpal Baruah

**OFFICE SECRETARY**

Anil Hazarika, PGDYN  
**EXECUTIVE MEMBER**  
 Miss Bina Devi  
 Yogabid Hariprasad Talukder  
 Smt. Rekha Samah Baruah  
 Smt. Dipali Brahma  
 Smt. Archana Das

Ref. No. ....

Planning Branch  
 31.5.2022

Date : 31/05/22

To  
 The Director  
 Higher Education,  
 Guwahati, Assam

Sub: Introduction of Yoga Training in Colleges.

Sir,

We have the honour to state that **Indian Yoga Culture and Yoga Therapy Centre**, Guwahati, a premier Yoga Organisation in NE India, has launched an ambitious project "**Yoga at Your Doorstep**" on the 14th May, 2022 to mark the Azadi ka Amrit Mahotsav and **8th International Day of Yoga** on 21st June, 2022. The main aim of this project is to spread the great benefits of our millennium old tradition and culture and make Hon'ble Prime Minister's "**Rogmukt Bharat**" dream a reality.

"Yoga at Your Doorstep" Project is a three layer Mass Yoga Project which includes—

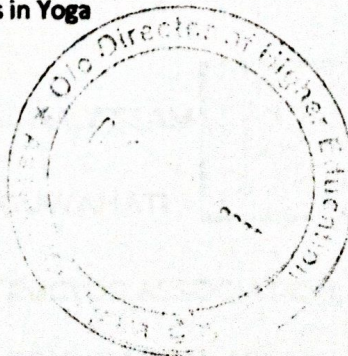
1. Three day's free Yoga Workshop cum treatment Camp in 60 GMC Wards.
2. Three day's free Yoga Workshop cum Treatment Camp in all districts of Assam.
3. Three day's free Yoga Workshop and Training Camp at all Educational Institutions of Assam.

In this connection, we would like to request you to include Yoga Curriculum in Colleges in Assam and give us an opportunity to organise Yoga Training Camps in Colleges of Assam.

Hope you will extend your helping hand towards us.

Thanking you,

Your's in Yoga



*(Signature of Yogacharya Subhasish)*

(Yogacharya Subhasish)  
 Founder-President  
 IYC&YTC, Guwahati

1234





Yoga for Harmony & Peace

# TO MARK THE AZADI KA AMRIT MAHOTSAV &

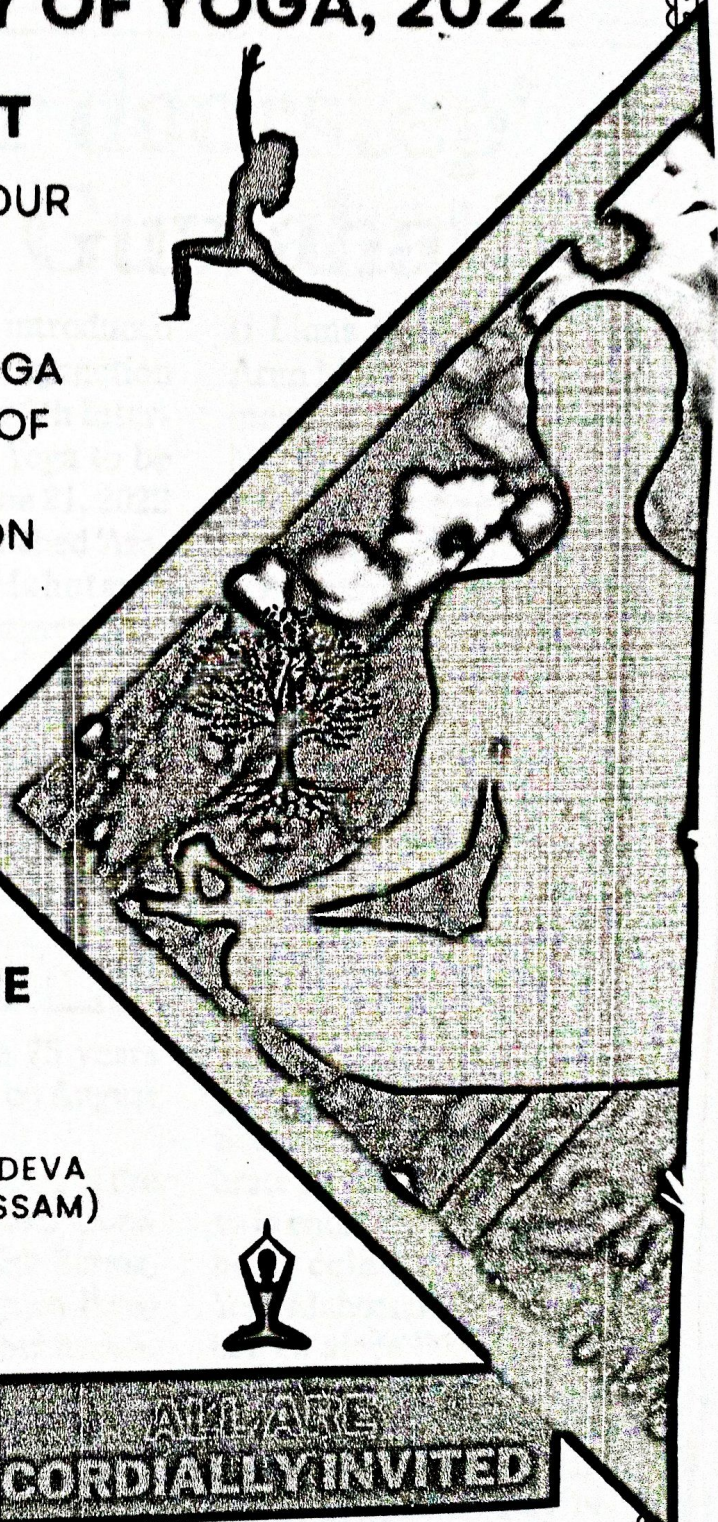
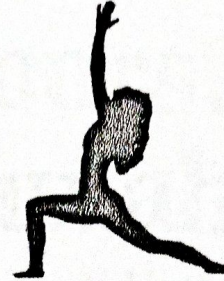


52

## INTERNATIONAL DAY OF YOGA, 2022

### IMPLEMENT THE PROJECT

- YOGA WELLNESS CENTRE AT YOUR DOORSTEP, EVERY WARD OF GUWAHATI, GMC
- THREE DAYS FREE COMMON YOGA PROTOCOL IN EVERY DISTRICT OF ASSAM.
- THREE DAYS FREE YOGA SESSION AT EVERY EDUCATIONAL INSTITUTION OF GUWAHATI
- ONE DAY YOGA WORKSHOP IN EVERY DISTRICT OF ASSAM



### UNDER THE SUPERVISION OF

### INDIAN YOGA CULTURE AND YOGA THERAPY CENTRE, GUWAHATI



(AFFILIATED TO SRIMANTA SANKARADEVA  
UNIVERSITY OF HEALTH SCIENCES, ASSAM)

IN ASSOCIATION WITH



LIONS CLUB, GUWAHATI



ALL ASSAM YOGA MAHASANGHA, ASSAM



SIDDHI, THE YOGA CENTER, GUWAHATI



ALL ASSAM GOVT. YOGA INSTRUCTOR ASSOCIATION, ASSAM



DIVYANCHAL MAHILA YOGA FOUNDATION ASSAM

ALL ARE  
CORDIALLY INVITED



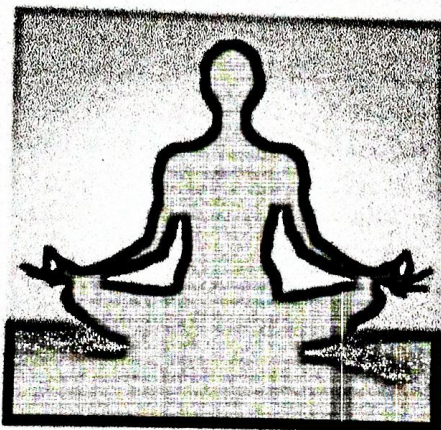
## 'Yoga at your doorstep' launched in Guwahati

**GUWAHATI, May 17:** With a view to creating a 'healthy and wealthy Assam' an ambitious project 'Yoga at your doorstep' was launched on Monday at the Gauhati Press Club. The Indian Yoga Culture and Yoga Therapy Centre (IYC & YTC) is implementing the project as a nodal agency in all the wards of Guwahati in collaboration with GMC.

Structurally, the project is being implemented in three phases. They include - (i) Three-day free yoga workshop-cum-treatment camp in 60 GMC wards and then to set up a Ward Yoga Wellness Centre in every ward permanently; (ii) Three-day free yoga workshop-cum-treatment camp in all districts of Assam; and (iii) Three-day free yoga workshop-cum-treatment camp in all educational institutions of the State.

The programme on 'Yog-

ic Science' was introduced in the city in conjunction with the ensuing 8th International Day of Yoga to be celebrated on June 21, 2022 and centrally launched 'Azadi Ka Amrit Mahotsav'



which marks the 75 years of Independence on August 15, 2022.

Important speakers of the function were GMC Commissioner Devasish Sarma, noted singer Kalpana Patowary, Yogacharya Subhasish, founder-president, IYC & YTC, Prof S Roychoudhury, Suraj Jain, president, Marwari Yuva Manch, Dipakji, service chairman of Guwaha-

ti Lions Club, Prof Ujjwal Arun Maske, Head, Department of Yogic Science and Naturopathy, Mahapurusha Srimanta Sankaradeva Viswavidyalaya, etc.

As many as six newly elected GMC ward councillors, many health conscious Guwahatians, yoga practitioners and other dignitaries were present at the inaugural ceremony.

It is worthwhile to mention that the IYC & YTC is a pioneer yoga institution in North East India.

Most importantly, the yoga professionals of the State are the first to celebrate Assam Yoga Mahotsava in entire India. They have been celebrating Assam Yoga Mahotsava on December 12 since 2007. On the other hand, the country, in particular, and the world, in general have been celebrating International Day of Yoga on June 21 since 2015.