

# ACTIVITY REPORT FORMAT

1. Name of the Organising Department/Cell/Committee: IKS Cell, K.C. Das Commerce College
2. Name of the Event Conducted: A Guest Lecture on “Self Empowerment through Rajyoga Meditation”
3. Name of the Collaborating Organisation/Cell/Department/Committee (if any): NA
4. Mode: Offline
5. Date of the Event: 12/09/2024
6. Time: 2.00-3.00 pm
7. Place/ Venue/ (Platform - in Case of Online Programme): K.C. Das Commerce College, Conference Hall-II
8. Objectives of the Event (Please describe point-wise):

I. To introduce students to the principles and practice of Rajyoga meditation: The lecture aims to familiarize students with the concepts of Rajyoga, focusing on its mental and spiritual benefits, and how it can contribute to personal empowerment and emotional balance.

II. To foster awareness of the importance of positive thinking and mental discipline: The session seeks to educate students about different types of thoughts—positive, negative, waste, and ordinary—and encourage them to cultivate positive thinking and mindfulness in their daily lives.

III. To promote self-care, gratitude, and personal transformation: The lecture aspires to help students understand the significance of maintaining peace of mind, practicing gratitude, and valuing themselves, ultimately guiding them toward personal growth and spiritual development.

9. Name of Resource person(s) with their Position and Organisation Name (if any): B.K. Vandana Agarwal, Raj Yoga Mediator and Instructor at Brahma Kumaris, Guwahati
10. Title of the Topic(s) delivered by the Resource person(s) (if applicable): “Self Empowerment through Rajyoga Meditation”

11. Total No. of Participants:

a. Students: 102

b. Teachers: 11

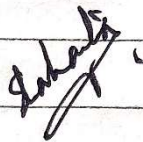
c. Others (Please Specify): 02 (B.K. Vandana Agarwal, B.K. Chandrawali)

12. Total No. of Beneficiaries (in case of extension activities): .....

13. Outcome of the Event (Please describe within 200 words):

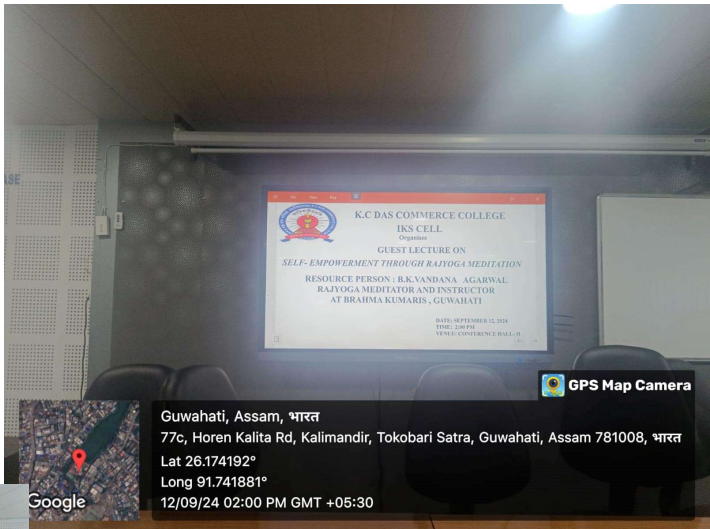
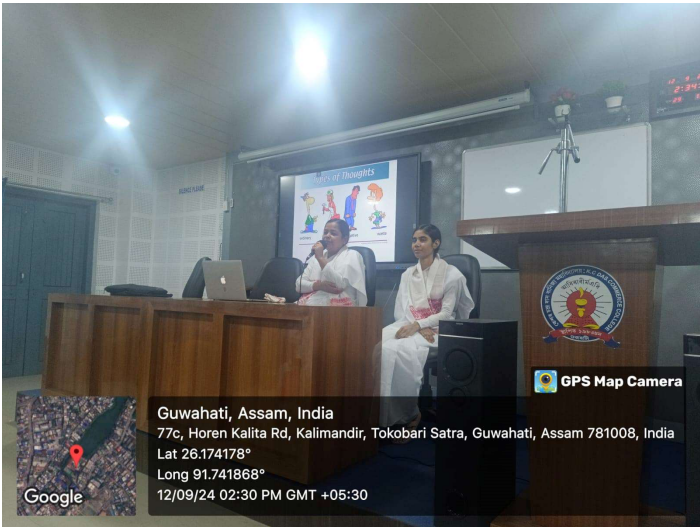
To introduce students to Rajyoga, a meditation practice that emphasizes direct self-awareness and connection to a higher spiritual reality. Self-meditation is a mental discipline aimed at calming the mind, improving focus, and nurturing spiritual awareness. It highlights the power of peace, the importance of positive thinking in life, and the need to maintain gratitude for what we have. Additionally, it underscores the significance of self-care and prioritizing one's own well-being.

Signature of the Head of the Department/ Secretary/ In-Charge/ Coordinator/ Convenor/ etc.  
with Seal

  
( Dr. Swapna Smiti Mahanta )

(Convenor, IKS Cell, K.C. Das Commerce College)

Photographs of the Event with Banner  
(Maximum 4 copies, at least 1 Geo-tagged Photo)





## Attendance Record of the Participants with their Signature

LIVE LECTURE ON  
SELF-EMPOWERMENT THROUGH RAJYOGA  
MEDITATION

SL. NO	GUEST & TEACHERS NAME	MOBILE NO	SIGNATURE
1)	BK Vandana Sisir	8638686906	BK Vandana
2)	Sik Chandrawali	8638686906	Sik Chandrawali
	Debjani Paul Choudhury	9457229885	D.P.C
	Sanjana Ray	6003660136	Sanjana
3)	Greeta Kumari Gupta	6001154572	Greeta
4)	Chinnmayi Das	8142836081	Chinnmayi
5)	Debarshi Biswas	757793989	Debarshi
6)	Sankar J Choudhury	88765-48122	Sankar
7)	Pratibha Bama	9957485942	Pratibha
8)	Swapna Smiti Mahanta	98641-08556	Swapna
9)	Upasana Chakravarti	9435454898	Upasana
10)	Sucharita Baruah	8486080929	Sucharita
11)	Debarshi Patowary	7002113792	Debarshi
12)	Chandana Keswami	8638107993	Chandana
13)	Breha Chandra	7086858191	Breha
14)	Jayashree Patil	9864272278	Jayashree

12/9/24 Brahma Kumari  
Employment via through  
Rajyoga Meditation

Page No: \_\_\_\_\_  
Date: 1/1

S.No	Name	Roll no	Class/Section	Signature	Mobile no
1	Dibakar Borah	337	Bcom 1 <sup>st</sup> sem (D)	Dibakar Borah	9707521151
2	Uday Ghosh	483	Bcom 3 <sup>rd</sup> sem (E)	Uday	881209124
3	Sanjana Ray	347	Bcom 1 <sup>st</sup> sem (D)	Sanjana	6003660163
4	Greeta Kumari Gupta	354	Bcom 1 <sup>st</sup> sem (D)	Greeta	6001154572
5	Debjani D. C	372	Bcom 1 <sup>st</sup> sem (D)	Debjani	9457229885
6	Mayurakshi Sarma	24	Bcom 5 <sup>th</sup> sem	Mayurakshi	600307292
7	Santanu Chakraborty	35	Bcom 5 <sup>th</sup> sem	Santanu	6006915-914
8	Samadhi Das	22	BBA 5 <sup>th</sup> sem	Samadhi	882206464
9	Dipayan Nay	53	Bcom 5 <sup>th</sup> sem	Dipayan	6003728264
10	Rajshekhar Sarma	143	Bcom 5 <sup>th</sup> sem	Rajshekhar	9869345084
11	Sanjivika Bhatnagar	353	Bcom 5 <sup>th</sup> sem	Sanjivika	9101919607
12	Darshan Choudhury	605	Bcom 1 <sup>st</sup> sem	Darshan	7101715589
13	Bhanita Das	623	Bcom 1 <sup>st</sup> sem	Bhanita	9401454297
14	Anurika Das	820	Bcom 4 <sup>th</sup> sem	Anurika	7002209376
15	Bhargava Talukder	615	Bcom 1 <sup>st</sup> sem	Bhargava	70993712543
16	Ipshita Chakraborty	555	Bcom 1 <sup>st</sup> sem	Ipshita	9678416470
17	Ayushi Saha	545	Bcom "	Ayushi	6900717993
18	Rishav Chakraborty	338	Bcom 1 <sup>st</sup> sem	Rishav	9869345084
19	Rohit Mohata	566	"	Rohit Mohata	9386273529
20	Sahil Islam	395	"	Sahil Islam	9527997208
21	Pranjal Adhikari	606	"	Pranjal Adhikari	7086476669
22	Pragyan Shrestha	356	"	Pragyan Shrestha	9678416470
23	Sahil Jaiswal	52	Bcom 1 <sup>st</sup> sem (D)	Sahil Jaiswal	9386273529
24	Pratik Doley	354	Bcom 1 <sup>st</sup> sem (D)	Pratik	9527997208
25	Bhaskar Jyoti Rabha	318	Bcom 1 <sup>st</sup> sem (D)	Bhaskar	7002209376
26	Ritesh Tesson	317	Bcom 1 <sup>st</sup> sem (D)	Ritesh	9101076556
27	Dhruv Chakraborty	266	" (D)	Dhruv	7005119670
28	Nur Ahmed Hassan	494	" (D)	Nur Ahmed	9395135180
29	Abha Hassan	405	" (D)	Abha Hassan	8472822208
30	Sajant Dham Sadiad	593	" (E)	Sajant Dham	
31	Gunab Jain	528	" (E)	Gunab Jain	
32	Anirban Saha	542	" (E)	Anirban Saha	

Sl.No	Name	Roll no	Class/Section	Signature	Mobile no
32	Ashraf Siddiqui	536	E	Ashraf	9394013800
33	Zahid Ahmad Khan	764	A	Zahid	6003363595
34	Nikita Das	138	HS 1st year (B)	Nikita	9954811985
35	Arad Jain	336	B.Com 1st Sem	Arad	8486824602
36	Tushar Bhatia	271	B.Com 1st Sem (C)	Tushar Bhatia	8638239036
37	Ajijul Rahman	279	B.Com 1st Sem (C)	Ajijul Rahman	9387684559
38	Hemant Jyoti	283	B.Com 1st Sem (C)	Hemant Jyoti	8134948334
39	Avinash Kumar Gite	177	HS 1st Year (B)	Avinash	7086376660
40	Muskan Kumari	274	HS 1st Year (C)	Muskan	7025376442
41	Shajali Kumari	266	HS 1st Year (C)	Shajali	8422289421
42	Mayank Agorwal	274	B.Com 1st Sem (C)	M. Agorwal	9678699469
43	Rikash Meethi	359	B.Com 1st Sem (C)	Rikash Meethi	7635846511
44	Puja Kumari	087	HS 1st Year (A)	Puja Kumari	8723994958
45	Kaberi Das	156	HS 1st Year (B)	Kaberi Das	7896190148
46	Riya Mishra	21	HS 1st Year (A)	Riya Mishra	8486941494
47	Sweta Kumari	17	HS 1st Year (A)	Sweta Kumari	910463958
48	Harshita Mishra	195	HS 1st Year (B)	Harshita	9107977301
49	Siddhant	190	HS 1st Year (B)	Siddhant	9104231078
50	Khushi Jha	123	HS 1st Year (A)	Khushi Jha	880093655996
51	Yakshit Sharma	119	HS 1st Year (B)	Yakshit	
52	Hemanshu	223	HS 1st Year (B)	Hemanshu	
53	Anuska Mandal	169	HS 1st Year (A)	Anuska	9678874813
54	Barun Rudra	561	B.Com 1st Sem	Barun Rudra	
55	Belashita Khatun	76	"	Belashita	
56	Raj Paul	77	"	Raj	
57	Khushi Kumar	72	"	Khushi	
58	Malay Mahanta	13	B.Com 1st Sem (A)	Malay Mahanta	
59	Bhargab Talukder	788	B.Com 1st Sem (A)	Bhargab Talukder	
60	Nitish Das	15	B.Com 1st Sem (A)	Nitish Das	
61	Rahul Patil	91	B.Com 1st Sem (A)	Rahul Patil	93
62	Agushman Gogoi	9	B.Com 1st Sem (A)	Agushman	
63	Rituparna Deka	23	B.Com 1st Sem (A)	Rituparna Deka	
64	Sanchali Das	130	HS 1st Year (B)	Sanchali	
65	Sanskari Saha	273	HS 1st Year (C)	Sanskari Saha	

Sl.No	Name	Roll no	Class/Section	Signature	Mobile no
66	Housumi Shil	232	C	Housumi Shil	94HS 1st year
67	Nishikanta Kumar	208	HS 1st year	Nishikanta	9035230727
68	Sihiram Len	251	HS 1st year	Sihiram	
69	Ajay K. Lak	157	HS 1st year	Ajay	
70	Kenita Bhownick	304	B.Com 1st	Kenita	
71	Rideli Choudhury	294	B.Com 1st	Rideli Choudhury	
72	Nazly Parbeen	280	B.Com 1st	Nazly Parbeen	
73	Niharika Baro	114	HS 1st year	Niharika	
74	Saniya Gupta	29	B.Com 1st	Saniya Gupta	
75	Rishita Choudhury	64	B.Com 1st	Rishita	
76	Shreya Chakrabarty	98	B.Com 1st	Shreya	
77	Narani Chatterjee	33	B.Com 1st	Narani	
78	Sumita Bhownick	133	B.Com 1st	Sumita	
79	Apak Rout	553	B.Com 1st	Apak	
80	Anil Mallik	509	B.Com 1st	Anil	
81	Anujit Das	587	B.Com 1st	Anujit	
82	Enikha Majhi	200	HS 1st year	Enikha	
83	Minkushree Sarkar	125	"	Minkushree	
84	Dakini Paul	82	"	Dakini	
85	Kokali Roy	193	B.Com 1st	Kokali	
86	Astima Basumatary	202	"	Astima	
87	Pranjal Talukder	786	B.Com 1st	Pranjal	
88	Susmita Mandal	613	B.Com 1st	Susmita	
89	Dhanesh Baid	532	B.Com 1st	Dhanesh	
90	Raj Sarkar	255	HS 1st year	Raj	
91	Saloni Bhattacharya	303	B.Com 1st	Saloni	
92	Vaibhan Mundra	525	"	Vaibhan	
93	Parak Pudevria	801	"	Parak	
94	Rahul Rabha	322	B.Com 1st	Rahul	
95	Nandan Das	170	HS 1st year	Nandan	
96	Dhraksh Dewosi	147	"	Dhraksh	
97	Harsh Jha	296	HS 2nd year	Harsh	
98	Suryaditya Mandal	22	B.Com 1st	Suryaditya	
99	Harikrishna Barmy	149	HS 1st year	Harikrishna	
100	Anmol Talukder	168	HS 1st year	Anmol	



(01)	Shreeta Saha	282	Bcom 1 <sup>st</sup> Sem
(02)	Amushka Paul	262	Bcom 1 <sup>st</sup> Sem.