



IA AYURVEDIC MEDICAL COLLEGE

University of Science & Technology Meghalaya

nirf India Ranking-2024 (151-200)

Accredited 'A' Grade by NAAC



No. USTM/IAMC/Principal/Notice/2025/351-A

Date:09.01.2025

CIRCULAR

Co-curricular and extra-curricular activity committee

It is hereby notified that the Co-curricular and extra-curricular activity committee of IA Ayurvedic Medical College (IAMC), University of Science & Technology Meghalaya (USTM) has been constituted with the following members.

The committee is hereby instructed to work with immediate effect.

Sl. No.	Name	Designation	Designation in Co-curricular and extra-curricular activity committee
1.	Dr. Rama Kanta Sharma	Principal	Chairperson
2.	Dr. Barnali Das	Associate Professor	Convener
3.	Dr. Poly Borgohain	Director of University Class, USTM	Members
4.	Dr. Avijit Das	Assistant Professor	

Sd/-
Prof. (Dr.) Rama Kanta Sharma
Principal, IAMC, USTM

Copy to:

1. PS to the Hon'ble Chancellor, USTM.
2. PS to the Hon'ble Vice Chancellor, USTM.
3. The Registrar, USTM.
4. The Academic Registrar, USTM.
5. Office File.

Prof. (Dr.) Rama Kanta Sharma
Principal, IAMC, USTM

Principal
IA Ayurvedic Medical College
USTM, Meghalaya.

DATE - 27/1/25

Meeting Report - I

Venue - IAMS Conference Hall

Today on the presence of all the committee members, we conducted a meeting and discussed various strategies to be followed by the committee.

The meeting commenced with a welcome address by the coordinator/convenor. The importance of extra-curricular activities in the holistic development of Ayurvedic medical students was emphasized.

Various activities were discussed as follows:-

- (1) Cultural Events
- (2) Yoga Session
- (3) Sports
- (4) Debate
- (5) Quizzes
- (6) Outreach Awareness programs.

* Student representatives were decided today from each professional

1st professional old - Niharika Kalita & Huzzaiful Islam

1st professional new - Nandita Medhi & Neel Das Sengupta
Adhikari

* Responsibilities were allocated to faculty mentors and student representative.

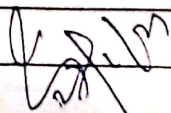
Resolutions:-

- (1) Every Saturday last class will be extra-curricular activity period.
- (2) Maintenance of proper documentation & attendance.
- (3) Encourage students for making short Ayurvedic vlogs on social media.

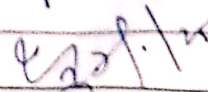
The Meeting concluded with a vote of thanks to the chairperson and all committee members.

Signatures:- Dr. Rama Kant Sharma

Dr. Basanti Das



Principal
Ayurvedic Medical College
Jorhat, Meghalaya.



27/1/25

27/01/25

Date - 11/4/25

Meeting Report - 2

Venue - Doctors lounge UMS

Time - 1 to 2 pm

Type of Activity :- Cultural Activities Review Meeting

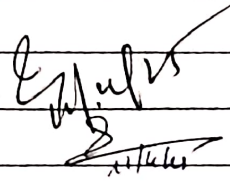
Signature:-

Dr Rama Kanta Sharma

Dr Barunali Das

Dr Paly Borgohain

Dr Anirudh Das



11/04/25

Agenda:-

- ① Review of cultural activities conducted. Intamba
- ② Planning for upcoming cultural programs & Yoga Day
- ③ Student feedback and suggestions.

* The convener reviewed the cultural programs conducted during the last 3 months including Saraswati puja celebration.

Students actively shared their experience & feedback

* Suggestions were given for upcoming Freshers Cultural Programs.

Resolutions:-

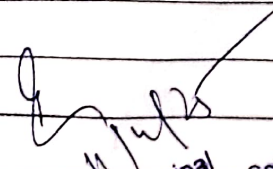
- ① Inter-college cultural event to be planned.
- ② Inclusion of folk dance & music in future programs.
- ③ Encouragement of maximum student participation.
- ④ Preparation of Inter-college Yoga Day

Conclusion:-

The meeting ended on a positive note with appreciation for students' enthusiasm & cooperation.

Signature of Present students:- Niharika Kalita

Neel D-S Adhikari


Principal
IA Ayurvedic Medical College
USTM, Meghalaya.

Date- 19/7/25

Meeting Report-3

Venue- Principal Room

Time - 1 to 2 pm

Type of Activity:- Sports and Yoga activities Meeting.

Coordinator - Dr Arijit Das

- ① Promotion of sports and yoga activity
- ② Preparation for yoga classes.
- ③ Review about ~~Age~~ International yoga day
- ④

Proceeding:- The meeting focused on the importance of physical fitness and yoga in maintaining health, as emphasized in Ayurvedic texts.

* Regular Yoga sessions for students are discussed.

Resolutions:-

- Regular yoga sessions to be continued.
- Weekly sports activity period. (Saturday last period from 3 to 4 pm)

Conclusion:- The meeting concluded with mutual agreement on promoting a healthy & disciplined lifestyle among students.

Signature:-
Dr Rama Kanta Sharma
Dr Barnali Das
Dr Arijit Das

19/7/25
19/7/25

Principal
IA Ayurvedic Medical College
USTM, Meghalaya.

Date - 16/10/25

Meeting Report - 4

Venue - Conference Hall

Time - 1 to 2 pm

Coordinator :- Dr Barnali Das

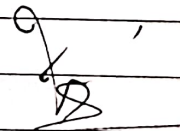
Agenda:-

- Planning to participate in various debate, competition with other inter-colleges under USTM university
- Discussed about upcoming Foundation Day and its Cultural programme.
- Students participation in Ayu-Expo

Resolution

- Inter college competition, events to be planned for participation
- Encouragement of maximum students participation

Signature :- Dr Ram Kanta Sharma
Dr Barnali Das
Dr Arjit Das



16/10/25

16/10/25
Principal
IA Ayurvedic Medical College
USTM, Meghalaya.

Meeting Report 1

Venue - IAMC Conference Hall

Date - 13/1/26

Today in the presence of all the committee members, we conducted a meeting and discussed various strategies to be followed by the committee.

The meeting commenced with a welcome address by the coordinator. The importance of Extra-curriculum activities in the holistic development of Ayurvedic medical students was emphasized.

Various activities discussed -

- | | |
|------------------------|-------------|
| (1) Cultural Events | (5) Debates |
| (2) Sports | (6) Quizzes |
| (3) Yoga session | |
| (4) Outreach programme | |

* Responsibilities are allotted to faculties (mentor-mentee)

RESOLUTION

- Every Saturday of 1st Prof. students will be extra curriculum activity periods
- Maintenance of attendance & activity in a Register.

Signatures :- Dr Rame Kanta Sharma.

- Dr Basanti Das

Dr Satyajit Padhak

Dr Haigunika Mishra

Dr
Satya
Mishra

Principal
IA Ayurvedic Medical College
USTM, Meghalaya.

ACHIEVEMENT REPORT OF EXTRA CURRICULUM 2026



Activity Tug of War (1st Prize winner)

Date: 16th Feb 2026

Organized by RIST (Esplendidez)

Participants Name

- | | |
|--------------------|-----------------------------|
| 1. Sazida Zabeen | (2 nd Prof.BAMS) |
| 2. Niharika Kalita | (2 nd Prof.BAMS) |
| 3. Asma Yasmin | (2 nd Prof.BAMS) |
| 4. Siddhika Kakoti | (2 nd Prof.BAMS) |
| 5. Karnika Goswami | (2 nd Prof.BAMS) |
| 6. Nandita Medhi | (1 st Prof.BAMS) |

REPORT OF EXTRA CURRICULUM 2026



Activity Photography (1st Prize winner)

Date: 18th Feb 2026

Organized by RIST (Esplendidez)

participants Name

1. Neel Sagar Dev Adhikary (1st Prof.BAMS)

ACHIEVEMENT REPORT OF EXTRA CURRICULUM 2026



Activity Tug of War (2nd Prize winner)

Date: 26th Mar 2026

Organized by 8th Northeast Graduate Congress

Participants Name

1. Sazida Zabeen (2nd Prof.BAMS)
2. Karnika Goswami (2nd Prof.BAMS)