



OFFICE OF THE PRINCIPAL
GOLAGHAT PURBANCHALIK COLLEGE
AFFILIATED TO DIBRUGARH UNIVERSITY
P.O. Hatiyekhowa 785626, Dist, Golaghat (Assam)
E-mail:- purbanchalikcollege@gmail.com

YOGA LIFE SKILL SESSION 2019-2020

Life Skill	Yoga Practice 2019
Title of the Program/ Event	Two days practice on yoga
Organizer	Women Cell and Sociology Department of Golaghat Purbanchalik College.
Resource Person	Ms Basanti Gogoi Assistant Professor, Dept. of Sociology
Date	05.07.2019 and 06.07.2019
No. of Participants	17

Skills enhancement initiative on Life skills

Golaghat Purbanchalik College, in its commitment to holistic student development, has launched a Skills Enhancement Initiative aimed at empowering students with practical and life-enriching skills. This initiative includes comprehensive training in life skills, such as critical thinking and problem-solving, which are essential for personal and professional growth. Additionally, the program offers workshops on yoga to promote physical and mental well-being, cutting and tailoring courses to nurture entrepreneurial abilities, and specialized beauty makeup training to open avenues in the beauty industry. A unique feature of this initiative is the workshop on beauty enhancement using waste materials, encouraging creativity and sustainability while transforming everyday waste into valuable beauty products. Through these diverse training opportunities, the college aims to equip students with the skills needed to thrive in today's competitive world.

Two days yoga practice was held on 5.7.2019 and 6.7.2019 Ms Basanti Gogoi Assistant Professor, Dept. of Sociology was the Resource person of the programme. The practice was organised by Women Cell and Sociology Department of Golaghat Purbanchalik College..





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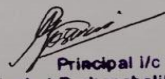
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অসমি ০.৭.২০১৩ তথ্যক্ৰমে প্ৰশাসনিক আনুষ্ঠানিক
কোৰা যোগ আনুষ্ঠানিক বৰ্তমানলৈত প্ৰতিষ্ঠাপিত কৰা হৈছে:

- 1) Chandana Ponging
2. কামলেশ্বৰী গোস্বামী
3. লাক্ষ্মী বেথুৱা
4. Biswadeepa Das
5. Basante Gogoi
6. Begit Saikia
7. Dipali Datta
8. Olempika Bora
9. NATAW nom DUTTA
10. Dipty Bhuyan.
11. Kulsuona Begum
12. Babulla Kurme
13. Anet Parja
14. Najben Begum
15. মনুজ মঙ্গলকা
16. Asikul Ali
17. Jeta Bora




Principal i/c
Golaghat Purbanchalik College
Hatiyekhwa - 785626



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তাৰিখ 5.7.2019 তাৰিখে অস্থায়ীভাৱে প্ৰাধিকৃত
স্বয়ং আনুষ্ঠানিক কৰ্মচাৰীসকলৰ তালিকাৰ প্ৰস্তুতকৰণ:

1. গান্ধীজী জোন্সোৱাৰী
2. Peabk Moni Gogoi.
3. Chandana Paingiang
4. Basanti Gogoi
5. Bijet Saikia
6. Dipali Dutta
7. Dipy Bhowan
8. Janmoni Saikia.
9. বাবুল নাগকোণী
10. Asikael Ali
11. Jiten Bora
12. Kulsuma Begum
13. NAYAN MONI DUTTA
14. Alimpika Bora.
15. Pradella Karmoi
16. Najden Begum.
17. Amets Poja.



[Signature]

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GOLAGHAT PURBANCHALIK COLLEGE

HATIYEKHOWA, GOLAGHAT

(ASSAM)

ESTD: 1983

(Provincialized)

Certificate of Participation

This is to certify that *Jiten Bora* has participated
in "Two days Yoga practice Workshop" organized by women cell
in collaboration with sociology department, on 05th July 2019 and
06th July 2019.

Basanti Gogoi

Basanti Gogoi

Trainer

[Signature]

Principal I/c
Golaghat Purbanchalik College
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Principal (I/c)

Golaghat Purbanchalik College

