



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 2022-2023

Life Skill	Yoga Practice 2022-23
Title of the Program/ Event	International Yoga Day Celebration
Organizer	NSS Unit and IQAC, Department of Political Science and Students Union
Resource Person	Biswajit Saikia
Date	21.06.2023
No. of Participants	30

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.

On 21.06.2023 Yoga practice was performed on International Yoga Day was organised on Golaghat Purbanchalik College, Hatiyekhowa by NSS Unit and IQAC, Department of Political Science and Students Union, Recource person was Biswajit Saikia.





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DOMS Page No.
Date 21/06/2023

A meeting are holding on college premises to observe the International Yoga Day on 21st June 2023. The Yoga Day jointly celebration are taking decision by discussion NSS cell, ISAC, Deptt of Political Science and Students Union of Golaghat Purbanchalik College.

Signature of Attendance:-

1. Malasani Goswami	15. Indyulithui
2. Tridib Lochan Baruah	16. Santoni Bora
3. Rajit Sankia	17. Hasi Prasanna Bora
4. Tanujyee	18. Papu Bora
5. S.	19. Bobita Sankia
6. D.	20. Dipshikha Kalita
7. Chandana Pasia	21. Pinki Bora
8. Raja Bora	22. Manam Pratik Bena
9. Swastika Kr Das	23. Chandrahal Kabita
10. S.	24. Nabakanta Kostaky
11. D.	25. Rahul Bondoloi
12. Rujin Sani	26. Bikash Goswami
13. Pranamika Ghoshika	27. Pradip Sankia
14. Sarima Sultana	28.

Purpose of the meeting:-

1. A programme are arranged for the International Yoga Day on 21st June 2023

Golaghat Purbanchalik College
Hatiyekhwa - 785626

