



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 2023-2024

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|-----------------------------|--|
| Life Skill | International Yoga Day Practice 2023-2024 |
| Title of the Program/ Event | International Yoga Day Celebration |
| Organizer | Department of Assamese in collaboration with department of political science |
| Resource Person | Danda Gohain, Assistant Librarian |
| Date | 21.06.2024 |
| No. of Participants | 20 |

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 21.06.2024 Yoga practice was performed on International Yoga Day was organised on Golaghat Purbanchalik College, Hatiyekhowa by department of Assamese in collaboration with





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department of political science resource person was Shri Danda Gohain Assistant Librarian of Golaghat Purbanchalik College



YOGA LIFE SKILLS SESSION 2023-2024, 21.06.2024





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