

## **RAHA COLLEGE GYM**

The college has a well-equipped gym for the staff and students. For physical well being the gym is used by a number of staff members and students. Some sports like arm wrestling, power lifting, etc, are conducted under the supervision of the gym.

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## REPORT ON TEN DAYS YOGA TRAINING

*Jointly organised by*

**DEPARTMENT OF ECONOMICS, EDUCATION AND HISTORY, RAHA COLLEGE, NAGAON, ASSAM**

**From-20<sup>th</sup> April, 2022 to 29<sup>th</sup> April, 2022**

A ten day Yoga training programme jointly organised by the Department of Economics, Education and History of Raha College, Raha, Nagaon Assam. The period of training programme was started from 20<sup>th</sup> April, 2022 to 29<sup>th</sup> April, 2022. The training programme was started from 1.00pm onwards. For this training programme, we invited Yoga trainer Mr. Sanjay Kakati an alumni of our college. On the first day of training, we felicitated Mr. Sanjay Kakati and Dr. Beda Kr. Chaliha, Principal of the College, spoke about the importance of Yoga among the participants. More than 30 students actively participated in the programme along with our few teachers. On last day of training, students replied that the Yoga programme was highly benefitted them and they told that in near future also College can organize such type of programme. In valedictory session, Mrs. Monika Das, Vice Principal of the College, and Mr. Mrinal Jyoti Sarma, HOD of History, talk few words on successful completion of the programme. Participants Certificates also distributed among the students.

Principal  
Raha College, Raha  
Nagaon, Assam

Submitted By

Uttam Das

Programme Co-ordinator