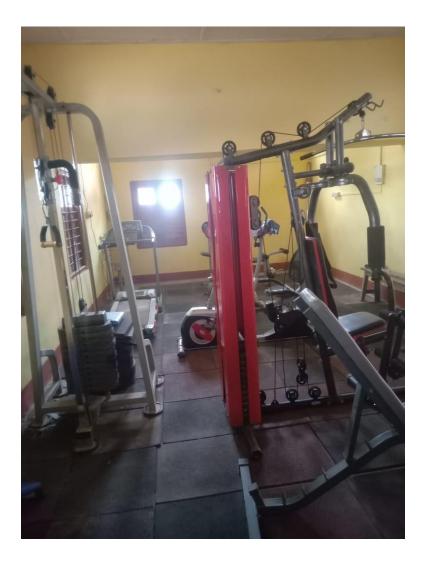
RAHA COLLEGE GYM

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. Contact Person: Mr. Parag Das, Assistant Professor, Department of Geography, Raha College.





REPORT ON TEN DAYS YOGA TRAINING

Jointly organised by

DEPARTMENTOF ECONOMICS, EDUCATION AND HISTORY, RAHA COLLEGE, NAGAON, ASSAM

From-20th April, 2022 to 29th 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 20th April, 2022 to 29th 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 falicitated 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 110 Uttam Das Programme Co-ordinator