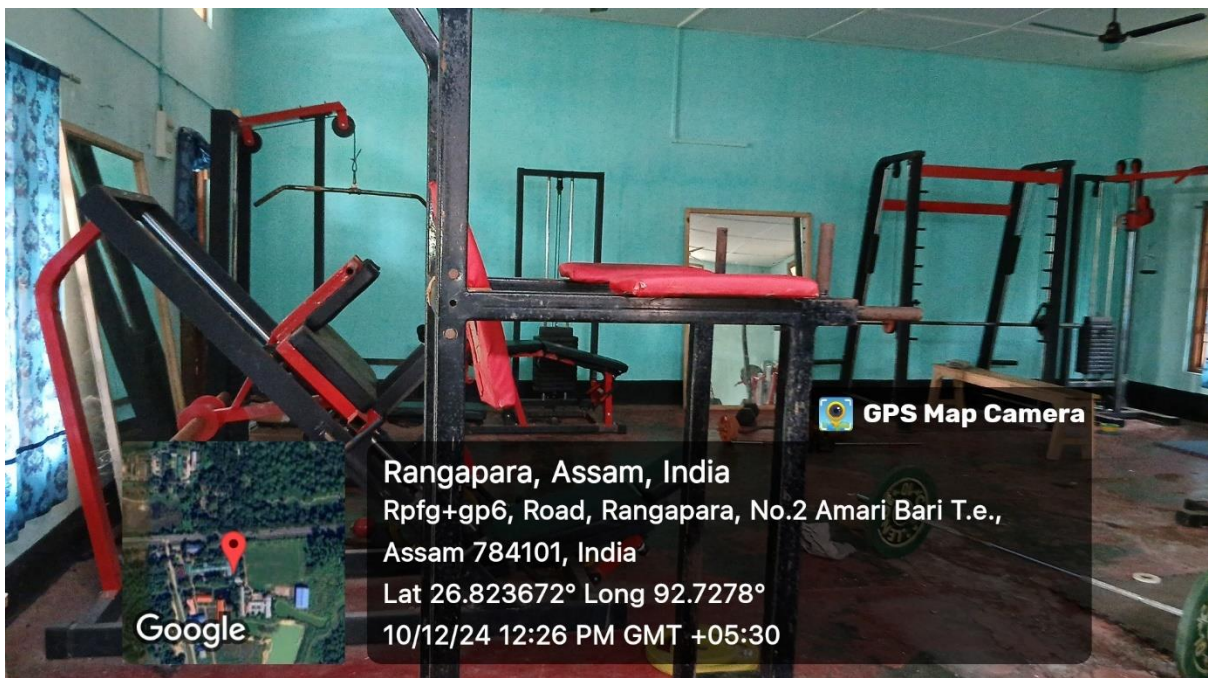
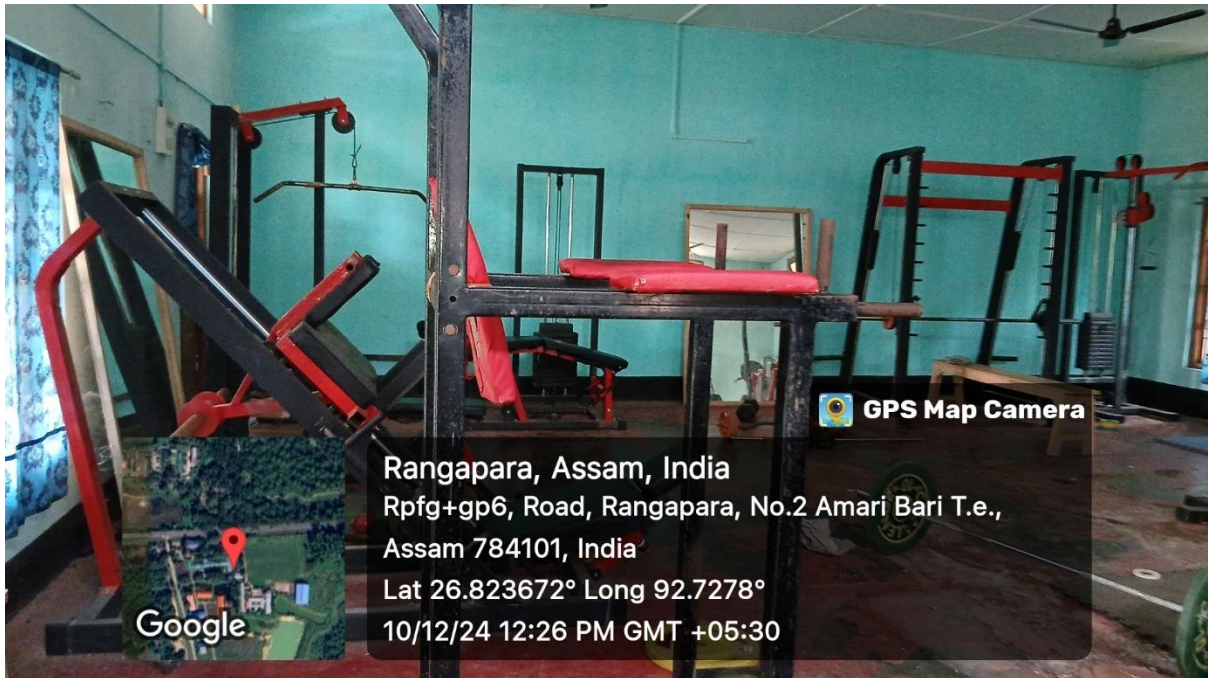


## Life skills (Yoga, physical fitness, health and hygiene)

1. Gymnasium and its regular use

2. Yoga Centre

3. Yoga Day Observation

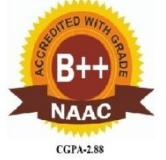




Office of the Principal  
**RANGAPARA COLLEGE, RANGAPARA**

ৰঙাপৰা মহাবিদ্যালয়, ৰঙাপৰা

(Affiliated to Gauhati University, UGC Recognised under 2(f) & 12 (B)  
P.O.- Rangapara, Dist - Sonitpur 784 505



**Dr. Ranjan Kalita**, M.A. MMC, Ph.D.

Principal

&

Research Supervisor, G.U.





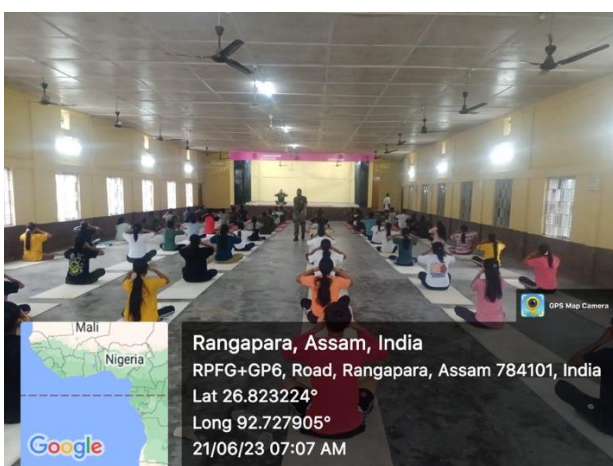
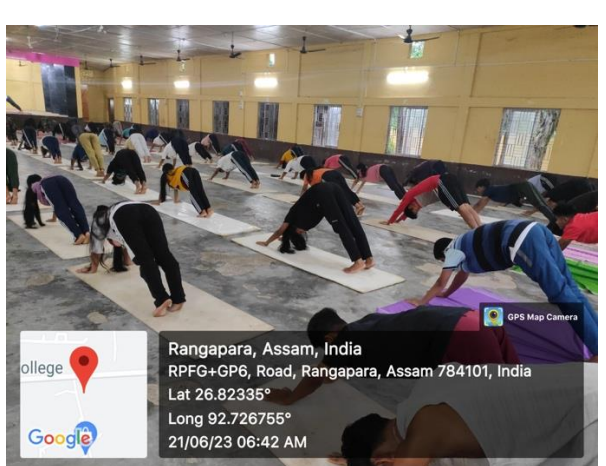
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**List of Particulars**  
Gymnasium Centre, Rangapara College

Sl. No.	Particulars	Quantity
1.	Curls Machine	1
2.	Squat Machine	1
3.	Squat Stand	1
4.	Cable Car	1
5.	Baspo Plate 2.5 K.G.	2
6.	Baspo Plate 5 K.G.	2
7.	Baspo Plate 7.5 K.G.	2
8.	Baspo Plate 10 K.G.	2
9.	Baspo Plate 20 K.G.	2
10.	Challenger Plate 500 gm	2
11.	Challenger Plate 1.5 K.G.	2
12.	Challenger Plate 2 K.G.	2
13.	Challenger Plate 2.5 K.G.	2
14.	Challenger Plate 5 K.G.	2
15.	Challenger Plate 10 K.G.	2
16.	Challenger Plate 15 K.G.	2
17.	Challenger Plate 20 K.G.	2
18.	Challenger Plate 25 K.G.	2
19.	Big Lock	2
20.	Small Lock	6
21.	Bar 10Ft	2
22.	Bar 5Ft	2
23.	Bar 4Ft	2
24.	Dum Bell 4 Pound	2
25.	Dum Bell 5 Pound	2
26.	Dum Bell 7.5 Pound	2
27.	Dum Bell 10 Pound	2
28.	Dum Bell 12.5 Pound	2
29.	Bench Press Machine	1
30.	Chess Press Machine	1
31.	Solder Press Machine	1
32.	Butter Fly Machine	1
33.	T Bar	1
34.	Hack Squat Machine	1
35.	Calf Machine	1
36.	Front Poli Machine	1

(Dr. Ranjan Kalita)  
Principal  
Rangapara College

**RANGAPARA COLLEGE**  
**RANGAPARA::SONITPUR::ASSAM**  
**REPORT OF STUDENTS' SEMINAR/POPULAT**  
**TALK/ORIENTATION PROGRAMME**

<b>DEPARTMENT : Yoga Centre Rangapara College</b>	
<b>PERIOD : June</b>	<b>DATE OF THE EVENT:21/06/2023</b>
<b>Title of the Event:</b>	<b>International Yoga Day 2023</b>
<b>Type of event:</b>	<b>YOGA</b>
<b>Venue of the event:</b>	<b>Auditorium Rangapara College</b>
<b>Co-ordinator of the event:</b>	<b>Dr. Luxmi Machahari</b>
 <p>Rangapara, Assam, India RPF6+GP6, Road, Rangapara, Assam 784101, India Lat 26.823471° Long 92.726906° 21/06/23 07:17 AM</p>	 <p>Rangapara, Assam, India RPF6+GP6, Road, Rangapara, Assam 784101, India Lat 26.823227° Long 92.726782° 21/06/23 06:17 AM</p>
 <p>Rangapara, Assam, India RPF6+GP6, Road, Rangapara, Assam 784101, India Lat 26.823224° Long 92.727905° 21/06/23 07:07 AM</p>	 <p>Rangapara, Assam, India RPF6+GP6, Road, Rangapara, Assam 784101, India Lat 26.82335° Long 92.726755° 21/06/23 06:42 AM</p>

## **REPORT**

1. **Name of the Event:** International Yoga Day 2023
  
2. **Significance of the event:** The event was aimed at bringing awareness about the benefits of Yoga and to improve a person's physical and mental well-being by learning the art of Yoga.
  
3. **Description of the programme:** The yoga session was held on 21<sup>st</sup> June 2023 from 6.00 AM onwards in auditorium at Rangapara College in the presence of Dr. Luxmi Machahari , the Coordinator of Yoga Centre, Rangapara College, Mr. Prasanta Boro, Student Welfare Officer, Mr. Dadhiram Brahma, Assistant Professor Department of Bodo and a few officials from the Indian Army. The session was trained by Sanjeev Kumar Das along with another instructor from Indian Army. The session continued for an hour and ended at 7.15AM. All the students participated with zeal and enthusiasm.

Signature of the Coordinator