

### A one-week Physical Fitness Development Programme

A **One-Week Physical Fitness Development Programme** was organized by the **IQAC, Darrang College (Autonomous), Tezpur**, from **16th June to 21st June 2025** on the theme *“Fit for Life: Capacity Building through Structured Gym Training.”*

The programme was inaugurated by the **Principal, Dr. Palash Moni Saikia**, along with the **IQAC Coordinator, Dr. Sweta Mahanta**. The training sessions were conducted by **Mr. Shahabul Hasan**, an alumnus of the College, who guided the students through the fundamentals of physical fitness and basic exercise techniques.

A total of **21 participants**, including faculty members, took part in the programme with great enthusiasm. At the valedictory session, **certificates of appreciation and participation** were distributed to all participants by the Principal and IQAC members.



TRAINER: SHAHABUL HASAN

SL. NO.	NAME	SIGNATURE	UID NUMBER	SIGNATURE 16-06-2025	SIGNATURE 17-06-2025	SIGNATURE 18-06-2025	SIGNATURE 19-06-2025	SIGNATURE 20-06-2025	SIGNATURE 21-06-2025
1	Diksha Jaisani	Student 4 <sup>th</sup> Sem	23BD0026	—	Diksha	Diksha	Diksha	—	Diksha
2	Baidul Boro	Student 4 <sup>th</sup> Sem	23AD0272	Baidul	Baidul	Baidul	Baidul	—	—
3	Nabaraj Ramcharya	Student 4 <sup>th</sup> Sem	23AD0364	Nabaraj R..	Nabaraj	Nabaraj Ramcharya	Nabaraj Ramcharya	Nabaraj Ramcharya	Nabaraj Ramcharya
4	Mr Ramesh Murtugud Harnam	Student 4 <sup>th</sup> Sem	23BD0052	—	—	—	—	—	—
5	Ghanshyam Gyan	Student 2 <sup>nd</sup> Sem	24AD0857	—	—	—	—	—	—
6	Acheta Mahanand	Student 1 <sup>st</sup> Sem	24BH0069	—	—	—	—	—	—
7	Bitepan Chaudhary	Student 2 <sup>nd</sup> Sem	24CB0029	—	—	—	—	—	—
8	Kangkana Basumaty	Student 2 <sup>nd</sup> Sem	24CD0118	—	—	—	—	—	—
9	Bhagyashree Babbar	Student 2 <sup>nd</sup> Sem	24AD0943	—	—	—	—	—	—
10	Ashish Upadhyaya	Student 1 <sup>st</sup> Sem	24BH0158	Ashish	Ashish	—	Ashish	—	—
11	Abhishek	Student 2 <sup>nd</sup> Sem	24CD0008	—	—	—	—	—	—
12	Sujit Das	Student 1 <sup>st</sup> Sem	23CH0009	Sujit	Sujit	Sujit Das	Sujit Das	Sujit Das	Sujit Das
13	Taresh Mahanta	Student	23CH0186	—	—	Taresh Mahanta	Taresh Mahanta	Taresh Mahanta	Taresh Mahanta

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