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.





DARRANG COLLEGE (AUTONOMOUS), TEZPUR ONE WEEK PHYSICAL FITNESS DEVELOPMENT PROGRAMME DATE: 16th of 21th June, 2025 VENUE; GYMNASIUM TIME: 4,30 P.M ONWARD TRAINER: SHAHABUL HASAN

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