



**ONE MONTH**

**WOMEN  
SELF  
DEFENCE  
TRAINING**



**FREE**

**FIGHT  
BACK**

## ADVANTAGES

- STRENGTH ✓
- FITNESS ✓
- FLEXIBILITY ✓
- SHARPER FOCUS ✓
- SELF CONFIDENCE ✓
- REDUCE STRESS & TENSION ✓
- PRACTICAL SELF DEFENCE ✓

*Starts from  
24th Dec, 2021*



**Women's Study Centre, Dudhnoi College**

**&**

**Dudhnoi Martial Arts Academy**

**7896193922**



**7002432263**



*Office of the Principal*

# **DUDHNOI COLLEGE**

Dudhnoi, Goalpara, Assam-783124

*Dr. Lalit Chandra Rabha*, M.A., Ph. D.

**Principal & Secretary**

**Mobile : 8638103337**

**E-mail : dudhnoicollege@gmail.com**

**Website : www.dudhnoicollege.ac.in**

Ref .....

Date 23.12.2021

## **NOTICE**

It is notified that the inaugural program of one month women self defence free training will be held on **23** December, 2021 at 10 a.m. at Dudhnoi College field. So, all the teachers and students are hereby requested to attend the programme without hampering their regular classes.

**(Dr. Lalit Ch. Rabha)**

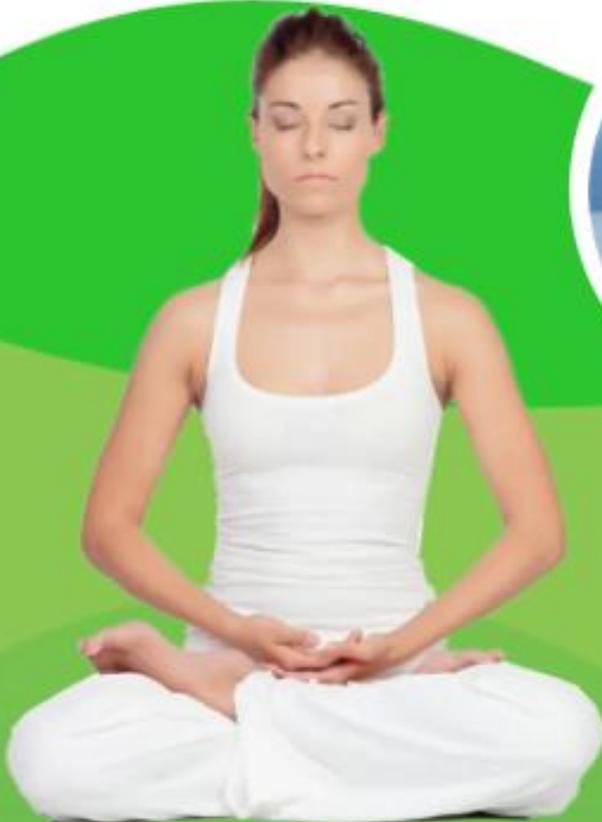
Principal, Dudhnoi College

Principal  
Dudhnoi College

# Day Long Yoga Training

**YOGA WITH COMMUNITY**

On the occasion of International yoga day



**June 21, 2022**  
**From 6 A.M. to 3 P.M.**

**Local People,  
Teachers, Students  
can participate in  
the program**

## HEALTH BENEFIT OF YOGA

- ✓ Massage Therapies
- ✓ Energy Therapies
- ✓ Hydrotherapy
- ✓ Treatments
- ✓ Strength
- ✓ Flexibility
- ✓ Confidence
- ✓ Healing

**Venue:**  
**Dudhnoi College**



**7002255998**  
**8721077198**  
**9859606564**



*Office of the Principal*

# **DUDHNOI COLLEGE**

Dudhnoi, Goalpara, Assam-783124

*Dr. Lalit Chandra Rabha*, M.A., Ph. D.

**Principal & Secretary**

**Mobile : 8638103337**

**E-mail : dudhnoicollege@gmail.com**

**Website : www.dudhnoicollege.ac.in**

Ref .....

Date .....

20<sup>th</sup> June, 2022

## **NOTICE**

It is notified that Dudhnoi College is going to celebrate International Yoga Day by organising yoga practice and a one day Training on “Yoga with Community” on 21<sup>st</sup> June, 2022 from 6 a.m. to 3 p.m. at the College premise. Local people of Dudhnoi and members of Arogyam Yoga club of Dudhnoi are also going to join with us through the whole programme. So, all the teachers and students of Dudhnoi College are hereby requested to attend all the programmes on that day.

**Dr. Lalit Ch. Rabha**

**Principal, Dudhnoi College**

Principal  
Dudhnoi College