

# **HIRALAL BHAKAT COLLEGE**

**Nalhati, Birbhum, West Bengal, Pin-731220**

**Affiliated to the University of Burdwan and Re-accredited by NAAC**

**Email: [hbcollege@gmail.com](mailto:hbcollege@gmail.com) Website: [www.hbcnht.edu.in](http://www.hbcnht.edu.in)**

**A Brief Report**

**on**

**One-day College Level Workshops**

**Entitled “Yoga Education”**

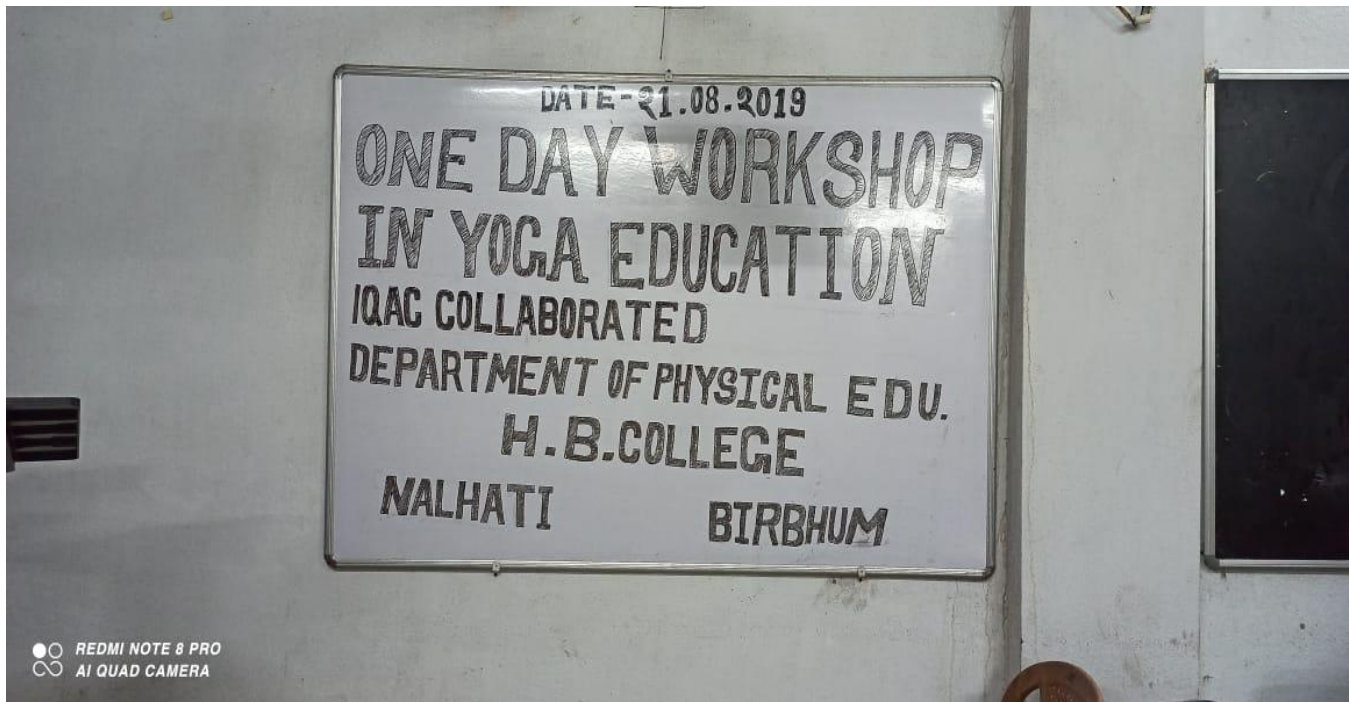
**Department of Physical Education**



An initiative of  
Department of Physical Education & IQAC,  
Hiralal Bhakat College,  
Nalhati, Birbhum

Student's Workshops in "Yoga Education"

Date: 21-08-2019



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Date: 18/07/2019

To  
The Coordinator  
IQAC  
Hiralal Bhakat College  
Nalhati, Birbhum.

**Subject: Appeal to collaborate in one day college level workshop in Yoga Education.**

Dear Sir/ Madam,

This is to inform you that a workshop on “ **One Day College level workshop in Yoga Educazion**” is going to be organised by the Department of Physical education, Hiralal Bhakat College, Nalhati, Birbhum on 21-08-2019 at 11 A.M. in room no 23.

You are hereby requested to allow a collaboration with IQAC, Hiralal Bhakat College, Nalhati, Birbhum in this regard for further advancement of academic excellence.

Thanking you.

Yours Sincerely.



(Tapan Mandal)

Guest Lecturer , Department of Physical Education  
Hiralal Bhakat College  
Nalhati, Birbhum.





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Date: 30.07.2019

To,  
The Head  
Department of  
Hiralal Bhakat College  
Nalhati, Birbhum.

Subject: Confirmation of collaboration.

Dear Sir/ Madam,

It is hereby intimated that IQAC, Hiralal Bhakat College, Nalhati, Birbhum does hereby confirm that a collaboration in a Workshops in “Yoga Education” dated on and from 26<sup>th</sup> July, 2019 has been established following your letter dated 30 July, 2019.

Kindly consider it as a formal declaration of collaboration in this regard and oblige.

Thanking you,



Yours Sincerely,

(Dr. Suddhasattwa Banerjee)  
Coordinator, IQAC  
Hiralal Bhakat College  
Nalhati, Birbhum.

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## Seminar Repor

Title of the Workshops	“Yoga Education”
Type of the seminar	College level Wortshops
Faculty-In-charge	1) Tapan Mandal, Guest Lecturer 2) Barsan Ghosh, Guest Lecturer 3) Sumana Ghosh, Guest Lecturer Department of Physical Education
Department	Physical Education
Date	21-08-2019
Venue	Hiralal Bhakat College, (Room No 23)
Target Audience	All Students of all departments of Hiralal Bhakat College.

### **Details:**

The Department of Physical Education, Hiralal Bhakat College had been organized a One-day College Level Workshops entitled “ Yoga Education” on 21<sup>st</sup> of August 2019 at 11A.M in room no. 23.

The present study focuses mainly on the following objectives:

1. Yoga education is of great importance as its main aim is to achieve optimum health of an individual which include all the dimension of health.
2. Yoga Education has a significant role to play as it comprises health knowledge, health habits and health attitudes.
3. It develops sound attitudes towards the importance of good health and safety practice at home and in the community.

4. It provides direct learning experience to encourage the practice of whole some healthy habits in daily living.
5. Yoga education procedures for providing students with satisfactory health counselling and guidance services.
6. Yoga Education has become one of the most important disciplines of education.
7. Yoga education is basic to learning, to happiness, to success, to effective citizenship and to worth while living.
8. Now a days yoga education is considered as a world wide social goal.

**Budget: 3500/- (Three Thousand Five hundred only)**

**Photographs:**







● ○ REDMI NOTE 8 PRO  
○ ○ AI QUAD CAMERA



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○ ○ AI QUAD CAMERA

## Student Registration



# HIRALAL BHAKAT COLLEGE

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ONE DAY COLLEGE LEVEL WORKSHOP IN "YOGA EDUCATION"

ORGANISED BY DEPARTMENT PHYSICAL EDUCATION & IQAC, H.B.  
COLLEGE, NALHATI, BIRBHUM.


DATE- 21.08.2019, TIME- 12 NOON TO 1:30 PM, VENUE- ROOM NO.-23

### STUDENTS' LIST

SL NO	NAME OF THE STUDENT	MOBILE NO	SIGNATURE OF THE STUDENT
1	AMIN REZA	8968537275	Amin Reza
2	ETI SARDAR	7479220057	Eti Sardar
3	RASHIDA KHATUN	8768949955	Rashida Khatun.
4	SOMEN MURMU	7063814775	Somenmurmur
5	PUJA ROY	8509989793	Puja Roy
6	SUMAN DAS	7076996836	Suman Das.
7	ERUFA KHATUN	7679895850	Erufa Khatun
8	RASHU LET	8972796508	Rashu Let
9	NASIMUDDIN SK	8001646483	Nasimuddin sk.
10	MD WAHEDUZZAMAN	8116553901	Md Waheduzzaman
11	PURNACHANDRAMONDAL	7679856414	Purnachandramondal
12	NASRIN KHATUN	8348803717	Nasrin Khatun.
13	EJARUL SAIKH	7319522546	Ejarul Saikh

Dated: 21.08.2019  
Place: Nalhati, Birbhum



for   
Teacher-in-Charge  
Hiralal Bhakat College  
Nalhati, Birbhum

Teacher-in-Charge  
Hiralal Bhakat College  
Nalhati, Birbhum





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ONE DAY COLLEGE LEVEL WORKSHOP IN "YOGA EDUCATION"

ORGANISED BY DEPARTMENT PHYSICAL EDUCATION & IQAC, H.B. COLLEGE, NALHATI, BIRBHUM.

DATE- 21.08.2019, TIME- 12 NOON TO 1:30 PM, VENUE- ROOM NO.-23

## STAFF LIST

SL NO	NAME OF THE STAFF & DESIGNATION	MOBILE NO	SIGNATURE OF THE STAFF
1.	Sudipta Sinha, Asst. Prof in English	9064528622	Sudipta
2.	Sk Abdul Hanif	7001737192	Sk Hanif
3.	Dr. Brahmachari Saha	2564231212	Dr. Saha
4.	Sudhansu	9392024799	Sudhansu
5.	BIPOB MARANDI	9860583564	BiBob
6.	Kaishana Nasrin	9641427402	Kaishana
7.	Babar Ali	9064167953	Babar
	Nilmoni Mukherjee	9722096485	Nilmoni
	Ablizet Hande	7084565973	Ablizet
	Sunanda Bishnu.	7031303498	Bishnu.
	SUKUMAR Mondal	9836896158	Sukumar
	SYED N. ZAMAN	9475637598	Syed N. Zaman
	PARESHKUMAR PAUL	9474166207	Paul

Dated: 21.08.2019  
Place: Nalhati, Birbhum



for  
Teacher-in-Charge  
Hiralal Bhakat College  
Nalhati, Birbhum

Teacher-in-Charge  
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**A COLLEGE LEVEL SEMINAR ON INFULLENCE OF YOGA  
PRACTICES ON HUMAN BODY  
ORGANISED BY DEPARTMENT PHYSICAL EDUCATION & IQAC, H.B.  
COLLEGE, NALHATI, BIRBHUM.**

**DATE- 21.06.2019, TIME- 12 NOON TO 1:30 PM, VENUE- ROOM NO.-23**

### STUDENTS' LIST

SL NO	NAME OF THE STUDENT	MOBILE NO	SIGNATURE OF THE STUDENT
14.	SARBESWAR LET	8101809487	Sarbeswar let
15.	SUHANA YEASMIN	8371022458	Suhana Yeasmin
16.	SUNIL MURMU	7478977129	Sunil Murmu
17.	AMIR SOHEL	7029426722	Amin Sohel
18.	VIDYASAGAR MAL	7550811962	Vidyasagar Mal
19.	DONA MARJIT	6297905944	Dona Marjit
20.	RINKI KHATUN	6296133512	Rinki Khatun
21.	MALAY MONDAL	7908982187	Malay mondal
22.	TAMARUL SK	8346821991	Tamarul SK
23.	MEERA BEGUM	7064703045	Meera Begam
24.	RIPON SAHA	8632388561	Ripon saha
25.	HASI LET	8373854466	Hasi Let
26.	NURALAM SK	8918898774	Nuralam sk.

Dated: 21.06.2019  
Place: Nalhati, Birbhum

  
for Teacher-in-Charge  
Hiralal Bhakat College  
Nalhati, Birbhum

Teacher-in-Charge  
Hiralal Bhakat College  
Nalhati, Birbhum

## Committee Member:

- Dr. Gautam Sen TIC
- Tapan Mandal Convenor
- Dr. Suddhasattwa Banerjee (IQAC Coordinator)

*Tapan Mandal*

**Tapan Mandal**  
(Convenor)

*Gautam Sen*

**Dr. Gautam Sen**  
(TIC)

Hiralal Bhakat College  
Nalhati, Birbhum-731220

