

HIRALAL BHAKAT COLLEGE

Nalhati, Birbhum, West Bengal, Pin-731220

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

Email: hbcollege@gmail.com Website: www.hbcnht.edu.in

A Brief Report

on

One-day College Level Workshops

Entitled "Yoga Education"

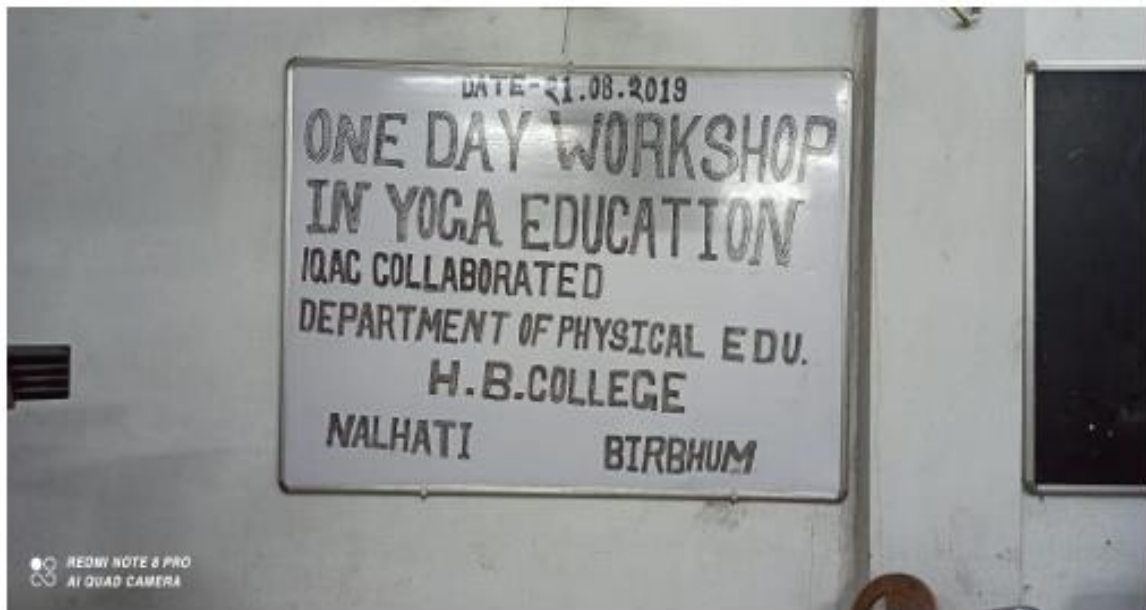
Department of Physical Education



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 Education**” 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 26th 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.

Notice

It is hereby notified to all students of Hiralal Bhakat College that Department of Physical Education is going to organize a workshop on "One Day College level workshop in Yoga Education 21-08-2019 at 11 A.M. in room no 23.

All students are requested to participate the above mention seminar.

A handwritten signature in blue ink that reads "Tapas Mandal". The signature is written in a cursive style with a small mark above the 'a' in "Mandal".

Head
Department of Physical Education
Hiralal Bhakat College
Nalhati, Birbhum



DEPARTEMNT OF PHYSICAL EDUCATION

HIRALAL BHAKAT COLLEGE, NALHATI, BIRBHUM



ONE DAY WORKSHOP IN YOGA EDUCATION

August 21, 2019

Time: 11:00 AM

Venue: HBC, Room No-23



ONE-DAY COLLEGE
LEVEL WORKSHOPS ON

Yoga Education



Organized by

Department of Physical
Education

in collaboration with

IQAC, Hiralal Bhakat College,
Nalhati, Birbhum

Date 21-08-2019

Time: 12:00 p.m.

Venue: Room No.23, H.B.
College



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



Faculty member

- 1) Tapan Mandal, Guest Lecturer
 - 2) Barsan Ghosh, Guest Lecturer
 - 3) Sumana Ghosh, Guest Lecturer
- Department of Physical Education





 **GPS Map Camera**

Nalhati, West Bengal, India
7RPV+H4R, Nalhati, Karimpur, West Bengal 731220, India
Lat 24.288511°
Long 87.840317°
21/08/19 11:40 AM GMT +05:30



Google



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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 Singh, Post Prof in English	906452422	Sudipta
2.	Sh. Abdul Hanif	7001737142	Sh. Hanif
3.	Dr. Brajbhadr Saha	7524231212	Dr. Saha
4.	Subrata	9292024790	Subrata
5.	BIPLOB MARANDI	9880583564	Biplob
6.	Kaishava Narsin	9641427402	Kaishava
7.	Babari Ali	9064167953	Babari
	Nilmoni Kundu	9722096485	Nilmoni
	Abhijeet Mondal	7084565973	Abhijeet
	Sunanda Biswas	7031303498	Sunanda
	SUKUMAR MONDAL	9836896155	Sukumar
	SYED N. ZAMAN	9475637598	Syed N. Zaman
	PARESHKUMAR PAUL	9474166207	P. Paul

Dated: 21.08.2019
Place: Nalhati, Birbhum



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



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	7479210057	Eti Sardar
3	RASHIDA KHATUN	8768499951	Rashida Khatun
4	SOMEN MURMU	7063814775	Somen MURMU
5	PUJA ROY	8509984793	Puja Roy
6	SUMAN DAS	7076796836	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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**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	7908982197	Malay Mondal
22	TAMARUL SK	8396821991	Tamarul SK
23	MEERA BEGUM	7069703045	Meera Begam
24.	RIPON SAHA	8632328561	Ripon saha
25.	HASI LET	9373854466	Hasi let
26.	NURALAM SK	8918898794	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

Hiralal Bhakat College

Nalhati, Birbhum, West Bengal, Pin 731220
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Seminar Report

Title of the Workshops	"Yoga Education"
Type of the seminar	College level Workshops
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 21st 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)

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



