

# **HIRALAL BHAKAT COLLEGE**

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

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

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

**A Brief Report**

**on**

**One-day State Level seminar**

**Entitled "Impact of Yoga in Present Day Lifestyle"**

**Department of Physical Education**

**Date: 21-06-2023**



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

A State level seminar on “Impact of yoga in present day life style”

Date: 21-06-2023

**Hiralal Bhakat College, Nalhati, Birbhum**

**NSS, Unit I, II & III are Going to Celebrate in Collaboration with Department of Physical Education**



***International Yoga Day Celebration***

**21st June 2023 (Wednesday)**



**Time: 12 Noon**

**Room No. 23**

**Resource Person:**

**Dr. Malay Kumar Mukhopadhyay**  
**Assistant Professor in**  
**WBES Post Graduate Govt Institution**  
**for Physical Education Banipur**  
**&**  
**Officer on Special Duty**  
**Education Directorate Bikash Bhavan**

**Topic of speech:**

**Importance of Yoga in Present Day Lifestyle.**



**All are Cordially Invited**

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Date: 21-03-2023

To  
The Coordinator  
IQAC  
Hiralal Bhakat College  
Nalhati, Birbhum.

**Subject:** Appeal to collaborate in one day A State level seminar on “Impact of yoga in present day life style”

Dear Sir/ Madam,

This is to inform you that a state level seminar on “Impact of yoga in present day life style” is going to be organized by the Department of Physical education, Hiralal Bhakat College, Nalhati, Birbhum on 21.06.2023 at 12 P.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)

SACT , Department of Physical Education  
Hiralal Bhakat College  
Nalhati, Birbhum.





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Date: 28-03-2023

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 state level seminar "Impact of yoga in present day life style" on and from 21st June, 2023 has been established following your letter dated 21-03-2023.

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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## Webinar Report

Title of the Webinar	“Impact of yoga in present day life style”
Type of the Seminar	State level Seminar
Faculty-In-charge	1) Tapan Mandal, SACT 2) Sudam Mondal, Visiting faculties Department of Physical Education
Department	Physical Education
Date	21-06-2023
Venue	Hiralal Bhakat College,
Target Audience	All Students of Hiralal Bhakat College.
Number of Participants	37+15

### **Introduction :**

The literal meaning of the word yoga is yoke. It means for uniting the individual spirit with the universal spirit or God.

The word yoga is derived from the roots of Sanskrit ‘ Yuj ’

which means to join to attach to bind and yoke and to concentrate on ones attention. It also means union. Yoga is the true union of our will with the will of god.

Man has made tremendous progress in almost every walk of the life. Modern scientists and researchers have absolutely changed the life style. Yoga has the surest remedies for mans physical as well as psychological ailments . It makes the organs of the body active in their functioning and has good effect on internal functioning of the human body.

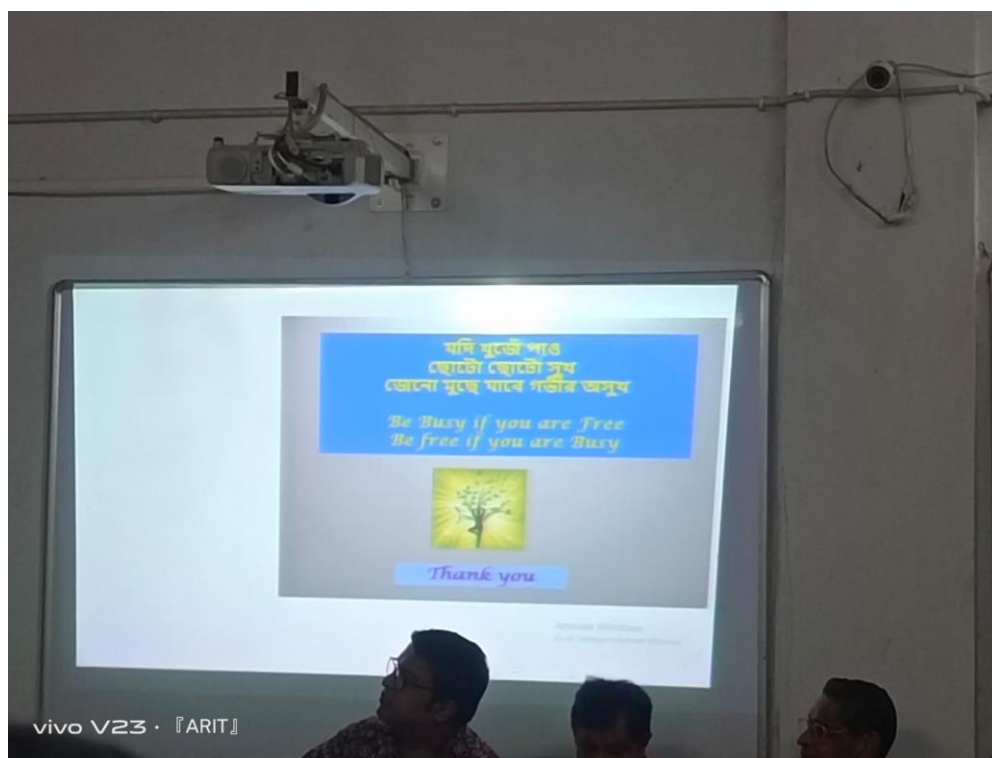
## Aim and objectives :

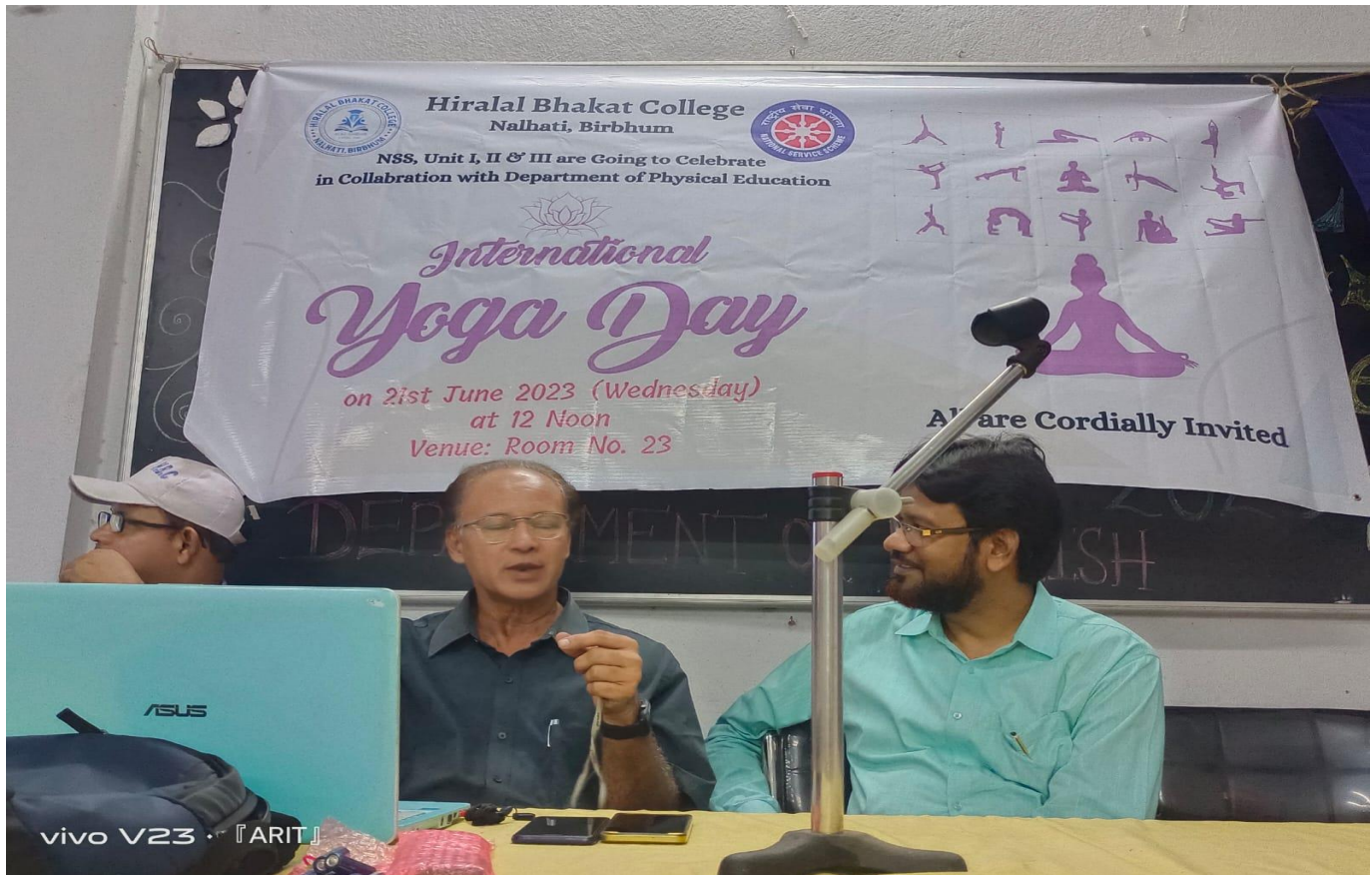
The present study focuses mainly the following objectives –

1. The main aim of yoga is control over the mind.
2. Yoga is 'undoubtedly' the mind is restless and hard to control.
3. The aim of all yoga practices is to achieve truth where the individual soul identifies itself with the supreme soul or God.
4. In Indian culture or thought human beings or every one on this earth is guided by the supreme universal spirit i.e Paramatma or God of which the individual human spirit i.e Jivatma is a part.
5. Yoga is not a religion. It is a method by which one obtains control of one's latent powers. It is the means to reach complete self realization.
6. Yoga achieves this by turning their thoughts inward, away from the objective world. By yoga life is so organized and so satisfying that in its twilight a person will be content to let go without regrets and without a sense of leaving too much undone.
7. Yoga is a re-education of one's mental process, along with the physical ones.

**Budget: 5700/- (Five Thousand seven hundred only)**

## Photography







REDMI NOTE 8 PRO  
AI QUAD CAMERA



Shot on vivo S1  
AI Triple Camera

2023.06.21 13:15



GPS Map Camera

Nalhati, West Bengal, India

7RPV+H2M, Nalhati Station FOB,  
Nalhati, West Bengal 731220, India

Lat 24.286453° Long 87.842581°  
21/06/2023 02:50 PM India Standard

38.18° C

Time  
57

156° SE




Google





# Students Registration Details

 **HIRALAL BHAKAT COLLEGE**  
ESTD.- 1986  
NALHATI, BIRBHUM, WEST BENGAL, PIN.- 731220  
(Affiliated to the University of Burdwan and Re-accredited by NAAC)  
Contact No.- +91 96476 20782  
Email.- hbcollege@gmail.com  
Website.- www.hbcnht.edu.in



Ref. No. - \_\_\_\_\_ Date.- \_\_\_\_\_

**ONE DAY STATE LEVEL SEMINAR ON " IMPACT OF YOGA IN PRESENT DAY LIFE STYLE "**  
**ORGANISED BY DEPARTMENT PHYSICAL EDUCATION & IQAC, H.B.**  
**COLLEGE, NALHATI, BIRBHUM.**  
**DATE- 21.06.2023, 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	ROJINA SULTANA	7063247926	Rojina Sultana
2	Ali Akter.	7431966146	Ali Akter.
3	Abida parvin	8116239688	Abida parvin
4	GOURAB DAS	9609020148	Gourab Das
5	PURNIMA MAHALDAR	7029591416	Purnima Mahaldar
6	PRITAM MONDAL	8016128910	Pritam Mondal
7	SHYAMASHREE MAJUMDER	9064659488	Shyamashree Majumder
8	PUJA MAHATO	9832922623	Puja mahato
9	ANJALI SAHANI	9046030756	Anjali Sahani
10	SUMI MAL	9907271927	Sumi Mal.
11	Rimpa Bhumali	697063636065	Rimpa Bhumali
12	Rubi mal	7679217510	Rubi mal
13	NURE KHODA	6262968262	Nurkhoda

Dated: 21.06.2023  
Place: Nalhati, Birbhum

   
Principal  
Hiralal Bhakat College  
Nalhati, Birbhum  
Principal  
Hiralal Bhakat College  
Nalhati, Birbhum



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<u>STUDENTS' LIST</u>			
SL NO	NAME OF THE STUDENT	MOBILE NO	SIGNATURE OF THE STUDENT
14	Sabbir Ahammed	7832779684	Sabbir Ahammed
15	SUBHENDU MONDAL	97493968926	Subhendu Mondal
16	BITTU MANDAL	7719316928	Bittu Mondal
17	Atanu Ghasal	7864940682	Atanu Ghasal
18	Rinki Mondal	7810998228	Rinki Mondal
19	Tumpa Das	8649882285	Tumpa Das
20	Hazi Sumadhara	8167265080	Hazi Sumadhara
21	Supriya Das	8653475470	Supriya Das
22	Simran Perrin.	6294443100	Simran Perrin.
23	Suchandana Bosenjee	9883229381	Suchandana Bosenjee
24	Beauty Let	7047632347	Beauty Let
25	Sothi Let	8293628555	Sothi Let
26	Amrita Das	8388909956	Amrita Das

Dated: 21.06.2023

Place: Nalhati, Birbhum



*[Signature]*

Principal  
Hiralal Bhakat College  
Nalhati, Birbhum

Principal  
Hiralal Bhakat College



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DATE- 21.06.2023, 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
	Fahaduddin	8892024798	
	Raihana Nassir	9641427462	
	Bisnomath Pahare	8289815199	
	Babar Ali	9064167953	
	Nilmoni Mukherji	9732096485	
	Abhijit Dand	9864585973	
	Sernanda Biswas	7031303498	
	SUKUMAR MONDAL	9836896158	
	BIPOB MARANDI	9800835564	
	SYED N. ZAMAN	9475637598	
	GAUTAM PATHAK	8158875810	
	MS. JOKIBUR RAHMAN	8512937090	
	PARESH KUMAR PAUL	9474166207	

Dated: 21.06.2023

Place: Nalhati, Birbhum



Principal  
Hiralal Bhakat College  
Nalhati, Birbhum

Principal  
Hiralal Bhakat College  
Nalhati, Birbhum



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SL NO	NAME OF THE STAFF & DESIGNATION	MOBILE NO	SIGNATURE OF THE STAFF
1.	HUMAYUN KOBIR	9475170398	H Kobir
2.	TAPAS KR SWARNAKAR	9775198149	Tapas

Dated: 21.06.2023  
Place: Nalhati, Birbhum



*[Signature]*  
Principal  
Hiralal Bhakat College  
Nalhati, Birbhum  
Principal  
Hiralal Bhakat College  
Nalhati, Birbhum

### Committee Member:

- Dr. Nurul Islam Principal
- Tapan Mandal Convenor
- Dr. Suddhasattwa Banerjee (IQAC Coordinator)

*Tapan Mandal*

**Tapan Mandal  
(Convenor)**

*Nurul Islam*

**Dr. Nurul Islam  
Principal  
Hiralal Bhakat College  
Nalhati, Birbhum-731220**



