



SUNDARBAN HAZI DESARAT COLLEGE
ESTD - 1961 NAAC ACCREDITED
Affiliated to University of Calcutta :: RUSA 2.0 Funded

Ref No. :

Date : 23.04.2022

NOTICE

This is for information for all the students of the college that Department of Physical Education in collaboration with IQAC of Sundarban Hazi Desarat College is going to organize a "One day workshop on Yoga & Wellness" Room No:001 on 02.05.2022 at 11.00 AM.

All students are requested to participate for this programme.

Tanu Mandal
23.04.22
Principal
Sundarban Hazi Desarat College
Pathankhali, South 24 Parganas

Snehasis Manna.
H.O.D
Department of Physical Education.

VILLAGE & P.O.- PATHANKHALI
P.S.- GOSABA
DIST.- 24 PARGANAS SOUTH
PIN.- 743611
PHONE - 8670414797
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Web.- www.hazidesaratcollege.ac.in

**LECTURE – CUM WORKSHOP ON
“YOGA & MEDITATION”**



Organized by
Department of Physical Education With IQAC
Sundarban Hazi Desarat College
Pathankhali, Gosaba, South 24 parganas

Date: 20th March 2022

Time: 12.30 PM



LECTURE – CUM WORKSHOP ON “YOGA & MEDITATION”

PROGRAMME SCHEDULE

Welcome Address	DR. TARUN MANDAL Principal Sundarban Hazi Desarat College	10:30-11:15 AM
Inauguration Speech	MR. GAUTAM SEN Department of Commerce Sundarban Hazi Desarat College	11:15-11:30 AM
Keynote Speaker	MR. MUNILAL MAHATO Assistant Professor of Physical Education Pailan Group of Institutions, Department of B.Ed & M Ed	11:30AM - 2:00 PM
Question & Answer Session	Question, Answer/Suggestion from the Participants	2:00-2:30 PM
Vote of Thanks	MR. PARAMESHWAR NASKAR Department of Physical Education Sundarban Hazi Desarat College	2:30-2:40 PM
	Tea and Refreshment	2:40 – 3:15 PM



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**LECTURE-CUM WORKSHOP
ON
“YOGA AND WELLNESS”**

Organized by department of Physical Education in collaboration with IQAC

Venue: Sundarban Hazi Desarat College, South 24 pgs, Seminar Hall

Date: 02/05/2022



Inauguration of the event

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Felicitation of the Speaker Mr. Mahato

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Trainer is giving training to the students

Brief Description: The Yoga and Wellness workshop at Sundarban Hazi Desarat College, led by Munilal Mahato, was a comprehensive and insightful event. It successfully highlighted the multifaceted benefits of yoga, providing practical tools and knowledge for participants to enhance their physical, mental, and spiritual well-being. The workshop received positive feedback, inspiring attendees to integrate yoga into their daily lives for a balanced and healthy lifestyle.

Number of Students Participated: 74

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LECTURE-CUM WORKSHOP ON YOGA AND WELLNESS

Organized by Department of Physical education

Participants List:

Date: 02-03-2022

SL NO	NAME	REG. NO	PHONE NUMBER	SIGNATURE
1	SUSMITA MONDAL	522-1212-0637-20	8503539481	Susmita Mondal
2	TUMPA MONDAL	522-1211-0645-20	9086812441	Tumpa Mondal
3	MUCHA KARRIBULLA SHARMA	522-1111-0520-20	7797917639	Muchakarribulla Sharma
4	SUJAN SINGH	522-1113-0624-20	8567194200	Sujan Singh
5	APU MONDAL	522-1111-0448-20	7001868380	Apu Mondal
6	PRIYA MONDAL	522-1212-0592-20	9064342052	Priya Mondal
7	SANMIM SHAIKH	522-1111-0416-20	7063005265	Sanmim Shaikh
8	ARJIT GHOSH	522-1111-0495-20	6296817276	Arjit Ghosh
9	ANANYA ROY	522-1211-0389-20	8332038197	Ananya Roy
10	SUBHANKAR SARDAR	522-1111-0684-20	9051812637	Subhankar Sardar
11	ARPAV DAS	522-1111-0531-19	833686763	Arpav Das
12	SOURAV NASKAR	522-1111-0534-19	8972886449	Sourav Naskar
13	AMITABHA GUPTA	522-1111-0631-19	8537908398	Amitabha Gupta
14	SUJIT MISTRY	522-1111-0632-19	8250436541	Sujit Mistry
15	TRISHA PAUL	522-1211-0423-19	9124991544	Trisha Paul
16	KINKAR JANA	522-1211-0471-19	9134249184	Kinkar Jana
17	INDRAJIT SARDAR	522-1111-0476-19	8296962988	Indrajit Sardar
18	TARUN SARDAR	522-1111-0462-19	7029881186	Tarun Sardar
19	NIRMALA GAYEN	522-1212-0157-20	7679537210	Nirmala Gayen
20	SAGAR SARKAR	522-1112-0912-20	9593089590	Sagar Sarkar
21	SAYANI SAMANTA	522-1211-0282-20	7849302662	Sayani Samanta
22	ANAMIKA BERA	522-1211-0185-20	8045806549	Anamika Bera
23	RAHUL PATRA	522-1111-0031-20	7585098714	Rahul Patra
24	SUBHA GAYEN	522-1112-0282-20	9382628634	Subha Gayen
25	SOURV GHUMYA	522-1112-0279-20	9382098676	Sourav Ghumya
26	NITAI PATRA	522-1111-0206-20	6297637764	Nitai Patra
27	PRADIP MISHRA	522-1111-0211-20	8345064134	Pradip Mishra
28	DIPANJAN MONDAL	522-1111-0212-20	6297545103	Dipankar Mondal
29	KUSHIK ROY	522-1114-0225-20	7865071650	Koushik Roy
30	MAHMOJ DAS	522-1111-0232-20	9749051767	Mahmud Das
31	SANTU RAY	522-1111-0603-20	8093525207	Santu Ray
32	JAYASHREE MONDAL	522-1212-0762-21	9927961187	Jayashree Mondal
33	DEBROY	522-1111-0440-21	8635800225	Debaroy Roy
34	MITALI MONDAL	522-1212-0437-20	8382878909	Mitali Mondal
35	KAJAL PIYADA	522-1215-0273-19	9735269465	Kajal Piyada

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LECTURE-CUM WORKSHOP ON YOGA AND WELLNESS

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Participants List:

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SL NO	NAME	REG. NO	PHONE NUMBER	SIGNATURE
36	KRISHNENDU MONDAL	522-1112-0026-20	7047784591	Krishnendu mondal
37	CHAMALI JANA	522-1211-0301-11	8509685197	chamali jana
38	JAYITA GUCHHAIT	522-1211-0005-21	9734499317	Jayita Guchoait
39	RINKU MONDAL	522-1212-0094-20	7609359315	Rinku Mondal
40	NIRMAL ROY	522-1111-0110-21	7318960635	Nirmal Roy
41	TANUJA MOLLA	522-1211-0268-21	9832907122	Tanuja molla
42	DIPIKA KAMILA	522-1211-0284-20	7076353908	Sanchayita Mondal
43	SANCHAYITA BAIDYA	522-1212-0141-19	7297562719	Sachin Halder
44	SARASWATI MANDAL	522-1114-0180-21	7257057575	saraswati mandal
45	SARASWATI MANDAL	522-1212-0063-20	9564719311	Sarwati Shuli
46	BARNALI DHALI	522-1211-0086-21	8908100297	Deepanjana
47	DEEPANJAN PATRA	522-1112-0264-19	629594681	deepanjana patra
48	JAITA NASKAR	522-1212-0189-20	8635325123	Jaeta Naskar
49	SAIKHA MONDAL	522-1212-0701-20	9733945455	Saika Mondal
50	RAKIBUR LASKAR	522-1115-0186-19	9749265290	Rakibur Laskar
51	JYOTIKMOY MONDAL	522-1112-0322	21760495274	Jyotirmoy mondal
52	NANDITA NASKAR	522-1212-0177-20	9734934927	Nandita Naskar
53	SUBHANKAR BHARATI	522-1112-0130-19	8195723617	Shubha Kar Bharti
54	RUSHMITARA MORAL	522-1211-0184-19	6196286917	Rushmitara moral
55	CHANDRA DAS	522-1211-0105-21	7654990627	chandra das
56	FATEMA LASKAR	522-1211-0213-20	9509560156	Fatema Laskar
57	RAKHI DAS	522-1212-0113-21	7478281102	RAKHI DAS
58	ARPIA CHIRI	522-1211-0272-21	7478187115	Arpita Chiri
59	SANDEP CHAYEN	522-1112-0068-21	7076769005	Sanjep Chayen
60	RAHUL ROYTH	522-1112-0236-20	6297886506	Rabul Royth
61	RATNA HAIT	522-1214-0263-21	8509228462	Ratna HAIT
62	JHARNA MISTRY	522-1212-0131-20	8609426075	Jharana mistry
63	SAYANI SAMANTA	522-1211-0707-20	7407902662	Sayani Samanta
64	KAKOLI MAJHA	522-1212-0088-21	8167650966	Kakoli Majha
65	SUBHAJIT MAJHI	522-1111-0090-21	9165161202	Subhajit Majhi
66	SAIKAT JANA	522-1114-0027-21	8167671216	Saikat Jana
67	RAMKRISHNA BASAI	522-1111-0225-19	8944884418	Ramkrishna Basai
68	RAHUL PATRA	522-1111-0034-20	7585007714	Rahul Patra
69	AKLIMA SARDAR	522-1211-0084-21	7908700705	Aklima Sardar
70	LIPIKA DAS	522-1212-0407-19	9898907641	Lipika Das

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72	SOMBITA MISTRY	522-1212-0452-20	9749534981	Sombita Mistry
73	SAMIM GAZI	522-1111-0329-20	8145866886	Samim Gazi
74	ROHIT DEBNATH	522-1111-0636-20	8513877262	Rohit Debnath
75	ITIKANA MISTRY	522-1212-0558-20	743994748	Itikana Mistry
76	SAJAL GAYEN	522-1111-0501-20	9371037742	Sajal Gayen
77	PUJA MANDAL	522-1212-0555-19	7487754118	Puja Mandal
78	INDRANI BHUNIYA	522-1212-0440-21	7699435020	Indrani Bhuniya
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