



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

Ref No. :

Date : 03.08.2022

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 workshop on "ANIRVEDA-BE STRONG IN HEALTH" on Seminar Hall on 12.08.2022 from 1:00 PM

All students are requested to participate for this programme.

Tam Mandal
Principal
Sundarban Hazi Desarat College
Pathankhali, South 24 Parganas

[Signature]
H.O.D
Department of Physical Education.

VILLAGE & P.O.- PATHANKHALI
P.S.- GOSABA
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Web.- www.hazidesaratcollege.ac.in

A ONE DAY LIFE SKILL WORKSHOP ON ANIRVEDA-BE STRONG IN HEALTH

**Organized by
IQAC, Sundarban Hazi Desarat College
Pathankhali, Gosaba, South 24 parganas**

***Distinguished Speaker
Mrs. Mithu Mondal***

***Venue
Sundarban Hazi Desarat College***

***Date: 12 August 2022
Time: 1:00 PM***





A ONE DAY LIFE SKILL WORKSHOP ON ANIRVEDA-BE STRONG IN HEALTH

PROGRAMME SCHEDULE

Welcome Address	DR. UTTAM KUMAR GURU Co-Ordinator, IQAC Sundarban Hazi Desarat College	1:00-1:15 PM
Inauguration Speech	Mr. SNEHASIS MANNA Dept. of Physical Education Sundarban Hazi Desarat College	1:15-1:30 PM
Keynote Speaker	MRS. MITHU MONDAL Community Health Officer	1:30 - 3:00 PM
Question & Answer Session	Question, Answer/Suggestion from the Participants	3:00-3:30 PM
Vote of Thanks	Mr. SUBRATA SAMANTA Dept. of Education Sundarban Hazi Desarat College	3:00-3:15 PM
Tea and Refreshment		3:15 - 4:00 PM



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A ONE DAY LIFE SKILL WORKSHOP

ON

ANIRVEDA-BE STRONG IN HEALTH

Organized by IQAC of Sundarban Hazi Desarat college

Venue: Sundarban Hazi Desarat College Seminar Hall

Date: 12/08/2022

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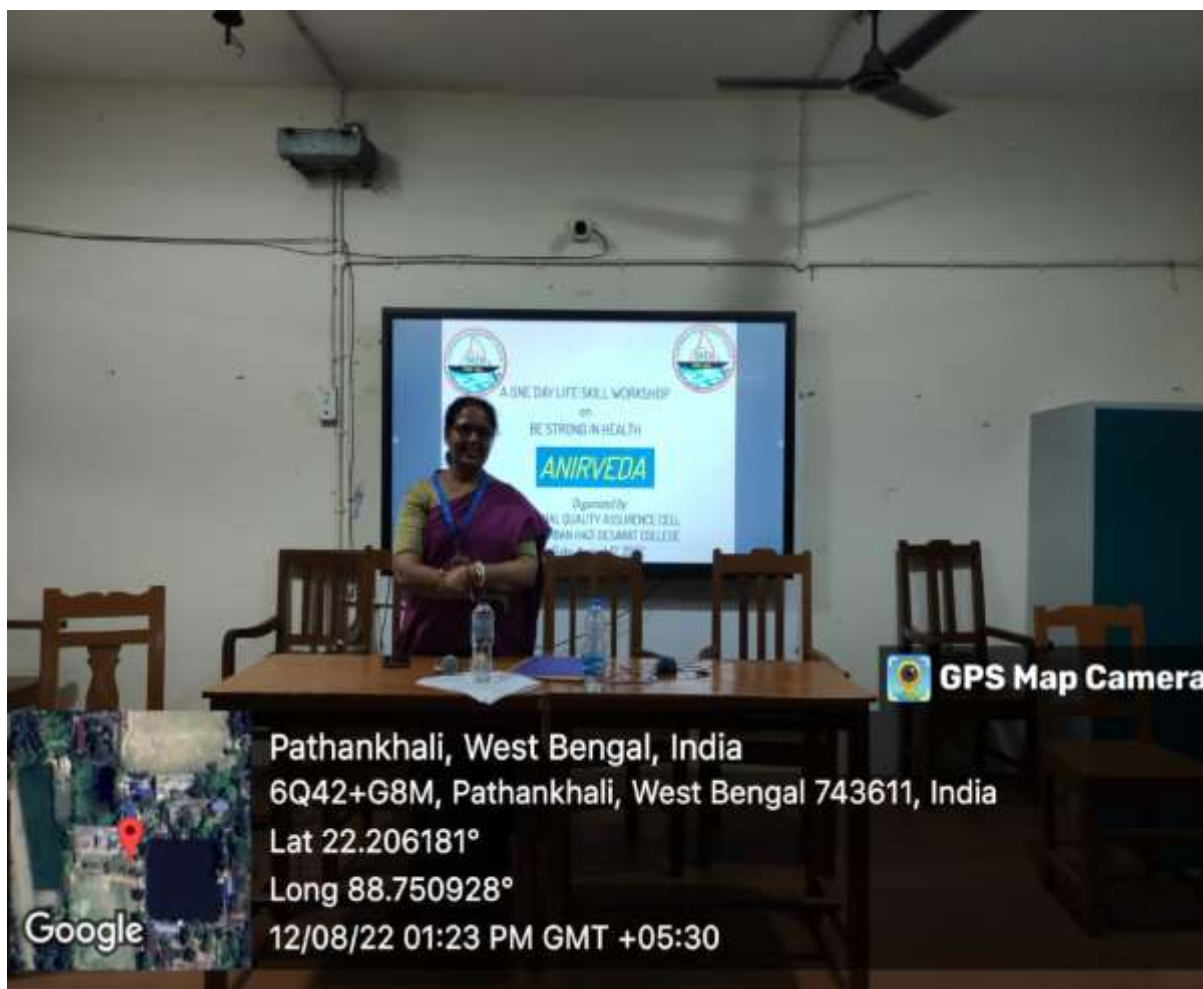


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Mrs. Mondal delivering his lecture

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 **GPS Map Camera**

Google

Pathankhali, West Bengal, India
6Q42+G8M, Pathankhali, West Bengal 743611, India
Lat 22.206181°
Long 88.750928°
12/08/22 01:22 PM GMT +05:30

Speaker delivering her lecture

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Students are listening speaker deliberation

Brief Description: On 12th August 2022, the IQAC of Sundarban Hazi Desarat College organized a one-day life skill workshop titled "Anirveda - Be Strong in Health" at the college seminar hall. The workshop featured distinguished speaker Mithu Mondal, who provided valuable insights on enhancing mental and physical well-being. The sessions covered topics such as stress management, mental resilience, and healthy living, with active participation from the students. The event successfully equipped attendees with practical strategies to maintain a strong and healthy lifestyle.

Number of Students Participated: 74

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SUNDARBAN HAZI DESARAT COLLEGE

WORKSHOP ON "ANIRVEDA-BE STRONG IN HEALTH"

Organized by Department of Physical education

Participants List:

Date - 12.08.22

SL NO	NAME	REG. NO	PHONE NUMBER	SIGNATURE
1	SUJAY NASKAR	522-1111-0307-20	8145054448	Sujay Nas Kar
2	KANKANA MANDAL	522-1212-0411-20	9382198603	Kankana Mandal
3	NABANITA TARAEDAR	522-1212-0027-22	7063076138	Nabata Taraedar
4	PUSPITA MANDAL	522-1212-0145-22	7076777901	puspita Mandal
5	GOPAL PARIYA	522-1111-0359-20	8927083746	Gopal Pariya
6	SNIGDHA SARDAR	522-1212-0008-21	7478182416	Snigdha Sardar
7	SUDIPA MISHRA	522-1211-0455-20	8436181182	Sudipa Mishra
8	TANIYA SEKH	522-1211-0412-21	8945804162	Taniya Sekh
9	SIMA MANDAL	522-1211-0419-21	8509204783	Sima mandal
10	RINARA MANDAL	522-1211-0558-21	9641276301	Rinara Mandal
11	TAHANARA SARDAR	522-1211-0318-20	9083826878	Tahanara Sardar
12	SHAKURUN MOLLA	522-1211-0451-20	9134222131	Shakurun Molla
13	SOHANI SHEIKH	522-1211-0233-22	8910673995	Sohani Shei Kh
14	KALYAN DAS	522-1112-0057-22	7501909395	Kalyan Das
15	UJJWAL RAY MANDAL	522-1112-0478-20	7866401035	Ujjwal Ray Mandal
16	DIPANWITA GAYEN	522-1212-0191-22	6295099025	Dipanjwita Gayen
17	SARMILA NASKAR	522-1212-0317-22	7477895385	Sarmila Naskar
18	AMAR BENIYA	522-1112-0657-20	8670165768	Amar Boniya
19	SHOVAN PATRA	522-1112-0451-20	9883420083	shovan Patra
20	ANKAN MANDAL	522-1111-0350-20	6296523902	Ankan Mandal
21	ANANYA MAITY	522-1211-0685-20	7863910640	Ananya Maity
22	PINKI GAYEN	522-1212-0154-21	7864853417	pinki Gayen
23	SHRABANI DAS	522-1211-0503-21	7557837436	Shrabani Das
24	RUNA SARDAR	522-1211-0076-21	9732863981	Runa Sardar
25	KAMAL KRISHNA ADHIKARY	522-1111-0528-20	8927930523	Kamal Krishna Adhikary
26	SOUMEN HALDER	522-1111-0519-20	8479954492	Soumen Halder
27	KOUSHIK MONDAL	522-1112-0019-22	8016206679	Koushik Mondal
28	ANJALI MONDAL	522-1212-0037-22	7001786420	Anjali Mondal
29	ARIYANKA SARDAR	522-1212-0155-22	6297818329	Anjali Mondal
32	RAJITA BARMAN	522-1211-0312-21	8101321785	Priyanka Sardar
31	BARNALI SARKAR	522-1212-0491-20	7029124581	Barnali Sarkar
32	SARASWATI DAS	522-1212-0112-22	7029614385	Saraswati Das
33	RUNA SARDAR	522-1211-0076-22	9732863981	Runa Sardar
34	RIJIYA LASKAR	522-1211-0013-22	9144664627	Rijiya Laskar
35	MANDIRA RAY	522-1211-0063-21	8670172109	Mondira Ray

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WORKSHOP ON "ANIRVEDA-BE STRONG IN HEALTH"

Organized by Department of Physical education

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SL NO	NAME	REG. NO	PHONE NUMBER	SIGNATURE
36	DIPIKA MISTRY	522-1212-0457-20	9749564981	Dipika Mistry
37	RAIHAN MOLLA	522-1111-0611-20	6296538103	Raihan Molla
38	SHRABONI MONDAL	522-1211-0462-20	9062733463	Shraboni Mondal
39	MANDIRA MONDAL	522-1211-0519-20	8250543871	Mandira Mondal
40	MINAKSHI MONDAL	522-1212-0605-21	9382505136	Minakshi Mondal
41	SALEMA GAZI	522-1211-0571-20	8001286239	Salema Gazi
42	ABHISIT JANA	522-1111-0310-20	6296196712	Abhisit Jana
43	SOMA HOWLY	522-1212-0693-21	6294698271	Soma Howly
44	AYAN DOLUI	522-1111-0619-20	9336638271	Ayan Dolui
45	SUMAN NASKAR	522-1111-0603-21	8388047516	Suman Naskar
46	SIMA SARKAR	522-1211-0474-21	9732476028	Sima Sarkar
47	PROBHATI SARDAR	522-1213-0745-21	7585884206	Probbhati Sardar
48	SUJAN SINGH	522-1113-0674-20	7797917636	Sujan Singh
49	BAISHAKHI MONDAL	522-1211-0505-21	9775164449	Baishakhi Mondal
50	TARA MONI LASKAR	522-1211-0471-21	7432814701	Taranani Laskar
51	SNIGDHA MONDAL	522-1212-0646-20	8514906650	Snigdha Mondal
52	PALLABI MONDAL	522-1211-0481-21	9330781820	Pallabi Mondal
53	AYAN MAITY	522-1111-0744-21	9339666533	Ayan Maity
54	RAMEN MONDAL	522-1112-0653-21	8967189464	Ramen Mondal
55	LILUFA SARDAR	522-1211-0412-21	8145326738	Lilufa Sardar
56	HALIMA MONDAL	522-1211-0575-21	7076619597	Halima Mondal
57	DINANATH SARDAR	522-1111-0589-21	8016984762	Dinanath Sardar
58	CHINMAY MONDAL	522-1111-0631-20	6294961819	Chinmay Mondal
59	MEHBUB ALAM MOLLA	522-1111-0368-21	7407359368	Mehbub Alam Molla
60	PINKI MAJHI	522-1211-0470-21	6296802109	Pinki Majhi
61	POLI PATRA	522-1211-0634-20	8161955568	Poli Patra
62	SAMARTHI KARMAKAR	522-1211-0634-20	9339103633	Samarthi Karmakar
63	YEAMIN LASKAR	522-1111-0466-20	9749060256	Yeamin Laskar
67	SRABANI MONDAL	522-1212-0739-21	9339511313	Srabani Mondal
65	AJOY SARDAR	522-1111-0466-21	7019339160	Ajoy Sardar
66	SUSMITA MISTRY	522-1211-0442-20	9051672803	Susmita Mistry
67	DIPTI MONDAL	522-1214-0508-20	9932628915	Dipti Mondal
68	SOMITA MONDAL	522-1112-0608-21	787240610	Somita Mondal
69	JYOTIRMOY MONDAL	522-1112-0641-21	760269475	Jyotirmoy Mondal
70	DIBYENDU GAYEN	522-1112-0805-21	7602905355	Dibyendu Gayen

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72	Alok Mondal	592-1112-0470-20	6396695430	Alok Mondal
73	Pitam Mandal	592-1112-0612-20	9635100246	Pitam Mandal
74	Poulami Mandal	592-1211-0432-21	747758784	Poulami Mandal
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