



DHRUBA CHAND HALDER COLLEGE

(FORMERLY DAKSHIN BARASAT COLLEGE)

ESTD.-1965

A NAAC Accredited Degree College Affiliated to University of Calcutta

P. O. Dakshin Barasat • Dist. South 24-Parganas • West Bengal • Pin 743372

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Ref. No. DC HC / PHY ED / Add on 1 / 2020-21

Date 05/02/2021.....20

Notice

The Department of Physical Education has organized an Add on course on "Yoga and Meditation". The duration of the Course is 30 hours. The Interested students can enrol their names to Prof. Biswajit Majhi on or before 15th February, 2021. The course will start from 24th February, 2021 in online mode. The meeting link shall be sent to students before schedule time.

Principal

PRINCIPAL
Dhruba Chand Halder College
P.O.- D. Barasat, P.S.- Jaynagar
South 24 Parganas, Pin- 743372

H.O.D

Department of Physical Education

CERTIFICATE OF PARTICIPATION



DHRUBACHAND HALDER COLLEGE

This is to certify that Smt/Sri **MUNMUN MONDAL** of the **DEPARTMENT OF PHYSICAL EDUCATION** has successfully completed a short course (Six Months) on **YOGA & MEDITATION** conducted by DCH College, in the academic session 2020-21 .

Ludakshina Dasgupta

Signature , IQAC Coordinator

[Signature]

Signature, Principal

Binajit Mgh *Mintu Sarder*

Signature , Course Coordinator

[Signature]

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South 24 Parganas, Pin- 743372

20.	PARUL DAS	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	A
21.	SAGAR MUKHERJEE	A	P	P	P	A	P	A	P	A	P	P	P	A	P	P	A
22.	TANMOY MONDAL	P	A	A	P	P	P	A	A	A	A	A	A	A	P	A	A
23.	PRITAM HALDER	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P
24.	ARINDAM SHIKARI	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	A
25.	MANTU ROY	A	P	P	P	P	P	A	A	A	A	A	A	A	P	P	P
26.	TARUN MONDAL	A	A	A	A	P	P	A	A	A	A	A	A	A	P	P	A
27.	BRATATI DAY	A	P	A	A	A	A	A	A	A	P	A	P	P	P	P	A
28.	PRIVANKA CHATTERJEE	A	A	P	P	A	A	A	A	P	A	A	A	A	P	P	A
29.	SHREYA HALDER	A	P	A	A	A	A	A	P	A	A	P	P	P	P	P	P
30.	SUVENDU NASKAR	A	A	A	P	A	A	A	A	A	A	A	A	A	A	A	A
31.	TRIVUBAN MONDAL	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A
32.	SANDIP BAIDYA	A	A	A	A	A	A	A	A	A	A	A	A	A	A	P	A
33.	RIVA HALDER	A	A	A	A	A	A	A	A	A	A	P	P	P	P	P	P
34.	TANUSHRI HALDER	P	A	P	P	A	A	P	P	P	P	P	P	P	P	P	P
35.	TRISNA MONDAL	P	P	A	A	A	A	P	P	P	P	P	P	P	P	P	P
36.	SUSMITA SARDAR	A	A	A	A	P	A	A	A	A	A	P	A	P	A	P	A
37.	TUSHAR KANTI DAS	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
38.	TRISHNA KAYAL	P	P	P	P	P	P	P	P	P	P	A	A	A	A	A	A
39.	ANJAN PAL	P	P	A	A	P	A	P	A	P	P	P	P	P	P	P	P
40.	ARPITA SARDAR	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
41.	BIPASA SANPUI	A	A	A	A	P	A	A	A	A	A	P	A	P	A	A	A
42.	CHANDANA CHAKRABORTY	P	P	A	A	P	P	P	P	A	P	P	P	P	P	P	P
43.	MAHUA NASKAR	A	P	P	P	P	A	A	A	A	A	P	P	A	P	A	P
44.	MOUSUMI MISTRY	A	A	A	A	P	A	A	A	A	A	A	A	A	A	P	P
45.	NIKHIL NASKAR	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P
46.	BAPPA GAYEN	A	P	P	P	A	P	A	A	P	A	A	A	A	A	P	P
47.	BIKASH BAYEN	P	P	A	A	A	P	P	A	P	A	A	A	A	P	A	P
48.	GANESH GHOSHAL	A	P	P	P	P	P	A	A	P	A	P	A	P	P	P	P
49.	SUSHANTA DUTTA	A	P	A	A	P	P	P	P	A	P	P	P	P	P	P	P
50.	SARUK ALI MONDAL	P	A	A	A	P	P	A	A	A	A	A	A	A	A	A	A
51.	SAGAR MONDAL	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
52.	SHAMPA NASKAR	A	A	A	A	A	A	A	A	A	A	P	A	P	A	P	P
53.	SHEFALI KAYAL	A	P	P	P	P	P	P	P	P	P	A	P	A	A	A	A

54. SHUVAJIT ROY	P	P	A	A	A	P	A	P	A	P	P	P	P	P	P	P	P	P	P
55. SOMNATH BHUNIYA	P	P	P	P	P	P	P	P	P	A	A	A	P	P	A	P	P	P	P
56. SOUMYADIP KHASKEL	A	P	P	P	P	P	P	P	A	A	P	P	A	A	A	P	P	P	P
57. SOURAV CHATTERJEE	A	A	P	A	A	P	A	A	A	A	A	P	P	P	A	A	A	A	P
58. SAUVIK DAS	A	P	P	P	P	P	P	A	P	P	A	A	A	A	P	A	P	P	P
59. SRABANTI NASKAR	P	P	P	P	P	P	P	P	P	P	P	A	A	P	A	P	P	P	A
60. SAUVIK MONDAL	P	P	A	A	A	A	A	P	A	A	A	A	P	A	P	P	P	P	P
61. SRIJITA CHATTERJEE	A	A	P	P	P	P	A	A	A	A	A	P	P	P	P	P	P	P	P
62. SUBHAJIT GHOSH	P	P	P	P	A	A	P	P	P	P	A	A	A	A	A	A	A	A	A
63. SUBHAS PRAMANIK	A	A	A	A	A	P	A	A	A	A	A	P	P	P	P	P	P	P	P
64. SUBHASHRI MONDAL	P	P	P	P	P	P	P	P	P	P	A	A	P	A	P	A	P	P	P
65. SUDAM GAYEN	P	P	A	A	A	A	A	P	P	P	P	A	A	P	A	A	A	A	A
66. SWAPNA MONDAL	A	P	P	A	A	P	A	A	P	A	P	A	P	P	P	P	P	P	P

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Add On Course on Yoga & Meditation : Report

The Department of Physical Education in Dhruba Chand Halder College organized a short term course named as 6 month Add on course on Yoga & Meditation for our students to assure their better future. All the classes are arranged for 2 hours duration on specified dates with renowned speakers on this field. The coordinators of this course were Prof. Biswajit Majhi. This course was started from 24 th February to 18 th july, 2021. and focused its different perspectives and details through 15 valuable classes. All the intersted students from different department participated and successfully completed this Course.

Class	NAME	TOPIC	DATE
01	Ms. Suyasha Sengupta	Yogasana	24.02.2021
02	Ms. Suyasha Sengupta	Yogasana	26.02.2021
03	Ms. Suyasha Sengupta	Yogasana	28.03.2021
04	Ms. Suyasha Sengupta	Yogasana	02.04.2021
05	Ms. Sister Tanusree	Yoga & Meditation	04.06.2021
06	Ms. Sister Tanusree	Yoga & Meditation	07.06.2021
07	Ms. Sister Tanusree	Yoga & Meditation	08.06.2021
08	Ms. Sister Tanusree	Yoga & Meditation	13.06.2021
09	Ms. Sister Tanusree	Yoga & Meditation	16.06.2021
10	Mr. Mintu Sarder	Yoga Theory Class	21.06.2021
11	Mr. Mintu Sarder	Yoga Theory Class	30.06.2021
12	Mr. Mintu Sarder	Yoga Theory Class	02.07.2021
13	Mr. Biplob Roy	Yoga & Kriya	14.07.2021
14	Mr. Biplob Roy	Yoga & Kriya	16.07.2021
15	Mr. Biplob Roy	Yoga Mantra	18.07.2021

Add-On Course Summary

Name of the Course: Yoga & Meditation

Course Coordinators: Biswajit Majhi & Mintu Sarder

Syllabus: Yoga & Meditation basic, Yoga & kriya, Pranayam.

Resource Person(s): Suyasha Sengupta, Sister Tanusree, Mintu Sarder, Biplob Roy.

Participants: II & VI Semester 2021.

Duration: VI Months.

Focal Theme of the Course: To Enhance Basic Knowledge Yoga & Meditation.

Evaluation: Through Online Yoga & Meditation Can be learned well.

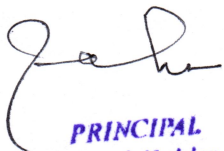
Result Details (No. of Students taking up the Course vs No. of Students completing the Course): 32 students Appeared in the End Courses Exam.

Course Completion Certificate (Any 1 Student Certificate per subject as Sample/Document):



OUTCOME : At the end of the course the student will be able to :-

- Prevent the effects of stress in educators and develop healthy strategies of dealing with the daily work demand.
- Foster participants ability to relax.
- Learn the best practices to improve student's emotional balance, through.
- Practical and experiential activities which can be adapted to any classroom.
- Favor students' search for self-awareness and identity and thus to promote.
- Changes in brain areas associated with attention and decision-making.
- Learn about recent research findings in Education.


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