



# 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. *D.C.H.C./P.E.D.G/Add on 2/2021-22*

Date *5/01* 2022

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 20<sup>th</sup> January 2022.The course will start from 09<sup>th</sup> February 2022 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**  
**Dist-24 Pgs. (S) Pin-743372**

H.O.D

Department of Physical Education

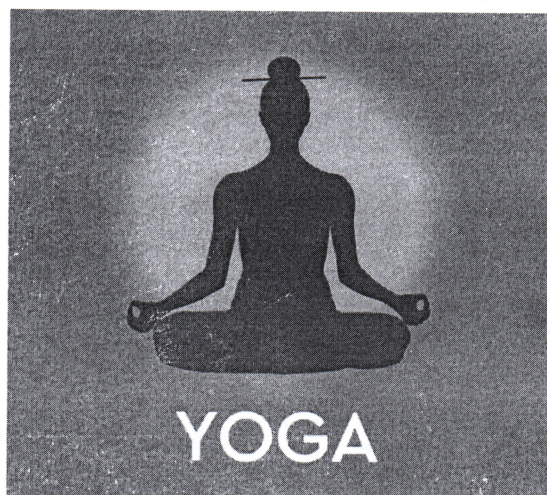
# **DHRUBA CHAND HALDER COLLEGE**

**DAKSHIN BARASAT, WEST BENGAL**



## **BROCHURE**

### **SHORT TERM ADD ON COURSE ON YOGA & MEDITATION 2021-2022**



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P.O.-D. Barasat, P.S.-Jaynagar  
Dist-South 24 Parganas

## Add-On Course Summary 2021-22

**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.**

**Duration: III Months.**

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

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

**Result Details (80 Students taking up the Course & completing the Course): 55 students Appeared in the End Courses Exam.**

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

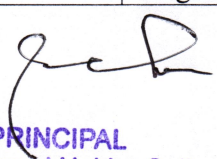


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## Add On Course On Yoga & Meditation: Report & Class Details – 2021-22

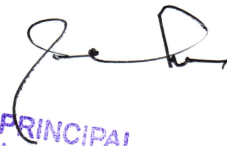
The Department of Physical Education in Dhruba Chand Halder College organized a short term course named as 3 month Add on course on Yoga & Meditation for our students to assure their better future. All the classes are arranged for 2 hours duration on specified dates with renowned speakers on this field. The coordinators of this course were Prof. Biswajit Majhi & Mintu Sarder. This course was started from 9 th February to 5 th April, 2022. and focused its different perspectives and details through 15 valuable classes. All the interested students from different department participated and successfully completed this Course.

| Class | NAME                 | TOPIC             | DATE  |
|-------|----------------------|-------------------|-------|
| 01    | Ms. Suyasha Sengupta | Yogasana          | 09/02 |
| 02    | Ms. Suyasha Sengupta | Yogasana          | 10/02 |
| 03    | Ms. Suyasha Sengupta | Yogasana          | 12/02 |
| 04    | Ms. Suyasha Sengupta | Yogasana          | 14/02 |
| 05    | Ms. Sister Tanusree  | Yoga & Meditation | 19/02 |
| 06    | Ms. Sister Tanusree  | Yoga & Meditation | 22/02 |
| 07    | Ms. Sister Tanusree  | Yoga & Meditation | 26/02 |
| 08    | Ms. Sister Tanusree  | Yoga & Meditation | 28/02 |
| 09    | Ms. Sister Tanusree  | Yoga & Meditation | 06/03 |
| 10    | Mr. Mintu Sarder     | Yoga Theory Class | 15/03 |
| 11    | Mr. Mintu Sarder     | Yoga Theory Class | 20/03 |
| 12    | Mr. Mintu Sarder     | Yoga Theory Class | 25/03 |
| 13    | Mr. Biplob Roy       | Yoga & Kriya      | 01/04 |
| 14    | Mr. Biplob Roy       | Yoga & Kriya      | 2/04  |
| 15    | Mr. Biplob Roy       | Yoga & Kriya      | 05/04 |

  
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## **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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**DHRUBA CHAND HALDER COLLEGE**  
**ADD-ON COURSE ON YOGA & MEDITATION**  
**ORGANISED BY DEPARTMENT OF PHYSICAL EDUCATION**

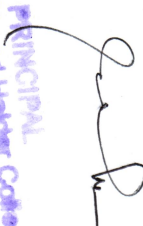
**ATTENDANCE SHEET 2021-22**

| SL NO      NAME OF STUDENT |                    | ATTENDANCE SHEET OF ADD-ON COURSE – 2021-22 |       |       |       |       |       |       |       |       |       |       |       |       |       |       |
|----------------------------|--------------------|---------------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|                            |                    | 09/02                                       | 10/02 | 12/02 | 14/02 | 19/02 | 22/02 | 26/02 | 28/02 | 06/03 | 15/03 | 20/03 | 25/03 | 01/04 | 02/04 | 05/04 |
| 1.                         | BIJOY GHOSE        | P                                           | P     | P     | A     | P     | A     | P     | P     | A     | A     | P     | P     | P     | A     | P     |
| 2.                         | SOMNATH DUTTA      | P                                           | P     | A     | P     | A     | P     | P     | P     | P     | P     | P     | A     | P     | P     | P     |
| 3.                         | SUPRAJIT NASKAR    | A                                           | P     | P     | A     | P     | P     | A     | A     | A     | P     | P     | P     | A     | P     | A     |
| 4.                         | SANTI NATH MONDAL  | P                                           | A     | P     | P     | A     | P     | A     | P     | P     | P     | P     | P     | P     | P     | P     |
| 5.                         | GOPAL NAIYA        | P                                           | P     | A     | P     | P     | P     | P     | P     | P     | A     | P     | A     | P     | A     | P     |
| 6.                         | JAYANTA PRAMANIK   | A                                           | P     | A     | P     | A     | P     | A     | P     | A     | A     | P     | P     | P     | A     | P     |
| 7.                         | JAGANNATE HALDER   | A                                           | A     | P     | P     | P     | A     | P     | A     | P     | P     | P     | A     | P     | P     | P     |
| 8.                         | CHANDRADEB HALDER  | P                                           | P     | P     | A     | P     | P     | P     | P     | A     | P     | P     | P     | A     | P     | A     |
| 9.                         | BASUDEB NASKAR     | A                                           | P     | P     | P     | A     | P     | A     | A     | P     | P     | P     | P     | P     | P     | P     |
| 10.                        | TAPAN SARDAR       | P                                           | P     | P     | P     | P     | P     | P     | P     | P     | A     | P     | A     | P     | A     | P     |
| 11.                        | SAMAS NASKAR       | P                                           | A     | P     | A     | P     | A     | P     | A     | A     | A     | P     | P     | P     | A     | P     |
| 12.                        | MOUMITA DAS        | A                                           | A     | A     | P     | A     | A     | A     | A     | P     | P     | P     | A     | P     | P     | P     |
| 13.                        | ANIMESH MONDAL     | P                                           | A     | P     | P     | P     | A     | P     | P     | A     | P     | P     | P     | A     | P     | A     |
| 14.                        | SUBHANKAR NAIYA    | P                                           | P     | A     | A     | A     | P     | A     | P     | P     | P     | P     | P     | P     | P     | P     |
| 15.                        | DEBASISH HALDER    | P                                           | P     | P     | P     | P     | P     | P     | P     | P     | P     | P     | P     | P     | P     | P     |
| 16.                        | PUSKAR NASKAR      | A                                           | A     | P     | A     | A     | A     | P     | A     | P     | P     | P     | P     | P     | P     | P     |
| 17.                        | PRINKA HALDER      | A                                           | A     | A     | A     | P     | A     | A     | A     | P     | P     | A     | P     | A     | P     | A     |
| 18.                        | DIPARANI NASKAR    | P                                           | P     | P     | P     | P     | P     | P     | P     | P     | P     | P     | P     | P     | P     | P     |
| 19.                        | SUBHAJIT SAHA      | A                                           | A     | A     | A     | A     | A     | A     | A     | A     | A     | A     | A     | P     | A     | A     |
| 20.                        | SAJAL KUMAR MONDAL | P                                           | P     | P     | P     | P     | P     | P     | P     | P     | P     | A     | A     | P     | P     | A     |
| 21.                        | BARNALI DAS        | A                                           | P     | P     | P     | A     | P     | A     | P     | A     | P     | P     | P     | P     | A     | A     |
| 22.                        | SUMANA BIKRAM      | P                                           | A     | A     | P     | P     | A     | P     | A     | A     | A     | A     | A     | P     | A     | A     |

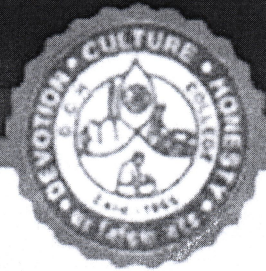
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|-----|---------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 23. | SUDESHNA DUTTA      | A | P | P | P | A | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 24. | SUKALPA NASKAR      | P | P | P | P | A | A | P | P | P | P | P | P | P | P | P | P | P | P |
| 25. | SUSMITA MONDAL      | A | P | P | P | P | P | A | A | A | A | A | A | A | A | A | A | P | A |
| 26. | BIPRIYA NAITYA      | A | A | A | A | A | P | P | A | A | A | P | P | A | P | P | P | P | A |
| 27. | SAMIR PRAMANIK      | A | P | A | A | A | A | A | A | A | P | A | A | A | P | A | P | P | A |
| 28. | ABHISHEK MONDAL     | A | A | P | P | P | A | A | A | A | P | A | A | A | A | A | P | P | A |
| 29. | SHEKHAR MUKHERJEE   | A | P | A | A | A | A | P | A | A | P | A | P | P | P | P | P | P | P |
| 30. | SHRABANI NASKAR     | A | A | A | A | P | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 31. | SURAJIT RUIDAS      | P | P | P | P | A | P | P | P | P | P | P | P | P | P | P | P | P | A |
| 32. | JYATI MONDAL        | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | P | A |
| 33. | BHARAT MANDAL       | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | P | P |
| 34. | NIJAM UDDIN SARDAR  | P | A | A | P | P | A | P | P | P | P | P | P | P | P | P | P | P | P |
| 35. | SHIBU PRAMANICK     | P | P | A | A | A | A | P | A | A | P | P | P | P | P | P | P | P | P |
| 36. | BASUDEB MONDAL      | A | A | A | A | A | P | A | A | A | A | P | P | A | A | P | A | P | A |
| 37. | KALJPADA RUIDAS     | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 38. | SUMIT MONDAL        | P | P | P | P | P | P | P | P | P | P | A | A | A | A | A | A | A | A |
| 39. | SHYAMKRISHNA DAS    | P | P | A | A | P | A | P | A | P | P | P | P | P | P | P | P | P | P |
| 40. | GOBINDA MONDAL      | P | P | P | P | P | P | P | P | P | P | A | P | A | P | P | P | P | P |
| 41. | SANKAR NAITYA       | A | A | A | A | A | P | A | A | A | A | A | A | A | P | A | A | A | A |
| 42. | PRADIP PRAMANIK     | P | P | A | A | A | P | A | A | P | P | P | P | P | P | P | P | P | P |
| 43. | ABDUL ROSIB MOLLA   | A | P | P | P | P | P | A | A | A | A | A | A | P | P | A | A | P | P |
| 44. | RANJAN SARDAR       | A | A | A | A | A | P | A | A | A | A | P | P | A | A | A | A | P | P |
| 45. | LAT PROBIR PRAMANIK | P | P | P | P | P | P | P | P | P | P | P | P | P | P | A | A | P | P |
| 46. | MADHAI NASKAR       | A | P | P | P | P | A | P | A | P | A | A | A | A | A | P | A | P | P |
| 47. | PRIYANATH MUKHERJEE | P | P | P | A | A | A | P | P | A | A | A | A | A | P | A | A | P | A |
| 48. | SHYAMAL NASKAR      | A | P | P | P | P | P | P | A | A | P | A | A | P | P | P | P | P | P |
| 49. | GOBINDA MONDAL      | A | P | A | A | P | P | P | A | A | P | P | P | P | P | P | P | P | P |
| 50. | DIPAK DAS           | P | A | A | A | P | P | A | A | A | A | A | A | A | A | A | A | A | A |
| 51. | SAMARENDRA BIKRAM   | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 52. | HARI DAS KAMAR      | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A | A |
| 53. | UTTAM DEBNATH       | A | P | P | P | P | P | A | A | P | A | A | A | A | A | A | A | A | A |
| 54. | SNNYASI NASKAR      | P | P | A | A | A | A | P | A | P | A | P | P | P | P | P | P | P | P |
| 55. | TAPAN PRAMANIK      | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 56. | RABIN NASKAR        | A | P | P | P | P | P | A | A | P | P | A | A | A | A | A | A | P | P |

|                        |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|------------------------|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 57. WOHAB MOLLA        | A | A | P | A | P | A | A | A | A | A | P | P | A | A | P | P |
| 58. JIT SANPUI         | A | P | P | P | P | P | P | P | P | P | A | A | A | P | A | P |
| 59. RAJU LASCAR        | P | P | P | P | P | P | P | P | P | P | A | A | P | A | P | A |
| 60. SUDESHNA MUKHARJEE | P | P | A | A | A | A | P | A | A | P | A | A | P | P | P | P |
| 61. ABUJAFAR LASCAR    | A | A | P | P | P | P | P | A | A | P | P | P | P | P | A | A |
| 62. RITAM SARDAR       | P | P | P | P | P | A | P | P | P | A | A | A | P | P | P | P |
| 63. SAYAN DAS          | A | A | A | A | A | P | A | A | P | P | P | P | P | P | P | P |
| 64. INDRANI KAMAR      | P | P | P | P | P | P | P | P | P | P | P | A | P | A | A | A |
| 65. SHEFALI DEBNATH    | P | P | A | A | A | A | P | A | P | P | P | P | P | P | P | P |
| 66. KOUSIK NASKAR      | A | P | P | P | A | P | P | A | P | A | P | P | P | A | A | A |
| 67. ATANU PRAMANIK     | A | A | A | A | A | A | P | A | P | A | A | P | P | P | A | A |
| 68. DEBIKA NASKAR      | P | P | P | A | A | P | A | P | P | A | A | P | P | A | A | P |
| 69. MUJIBAR MOLLA      | A | A | A | A | P | A | P | A | A | A | A | A | A | P | A | A |
| 70. BITTU MONDAL       | A | P | A | A | A | A | A | A | A | A | A | A | A | P | A | A |
| 71. CHIRANTAN HALDER   | P | A | A | P | P | P | P | A | P | P | P | P | P | A | P | P |
| 72. KARTICK BAG        | A | A | A | A | A | A | A | P | P | A | A | A | A | A | A | A |
| 73. RAHUL GHARAMI      | A | A | A | A | A | A | A | P | P | P | P | P | P | A | A | A |
| 74. ASHIS NIYA         | P | P | P | A | A | P | P | P | P | P | P | P | P | P | A | P |
| 75. ARJIT DINDA        | A | A | A | A | P | A | P | P | P | P | P | P | P | A | A | P |
| 76. SUKUMAR MAHATO     | A | A | A | P | A | A | A | P | P | P | A | A | A | P | P | A |
| 77. CHIRANTAN HALDER   | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P | P |
| 78. PAYEL HALDER       | P | P | P | P | P | P | P | A | A | A | A | A | A | P | P | P |
| 79. TUHINA KHATUN      | A | P | A | A | P | A | P | P | P | P | P | P | A | A | A | P |
| 80. RUHANA KHATUN      | P | P | P | P | P | P | P | A | A | P | P | P | P | P | P | P |

  
**PRINCIPAL**  
 Dhruva Chand Halder College  
 P.O.-D. Baraset, P.S.-Jajnagar  
 Dist-South 24 Parganas

# CERTIFICATE OF PARTICIPATION



## DHRUBACHAND HALDER COLLEGE

This is to certify that Smt/Sri **BIJOY GHOSH** of the **DEPARTMENT OF PHYSICAL EDUCATION** has successfully completed a short course (Six Months) on **YOGA & MEDITATION** conducted by D.C.H College, in the academic session 2021-22.

*Ludakshin L Gupta*

Signature, IQAC Coordinator

*J. Chatterjee*

Signature, Principal

*Binajit Majhi Mintu Sarder*

Signature, Course  
Coordinator

*J. Chatterjee*  
**PRINCIPAL**  
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