

# **DHRUBA CHAND HALDER COLLEGE**

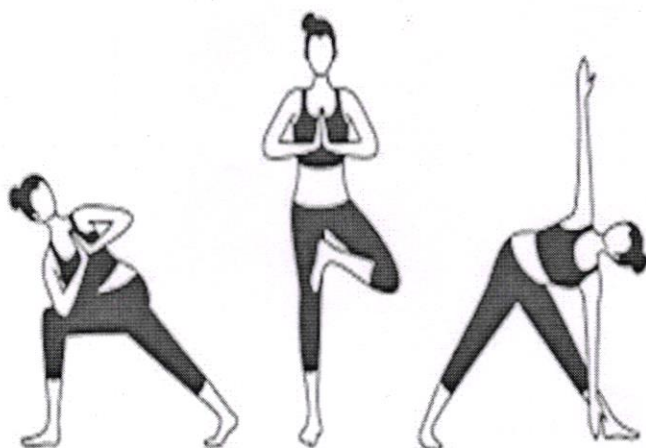
**DAKSHIN BARASAT, WEST BENGAL**



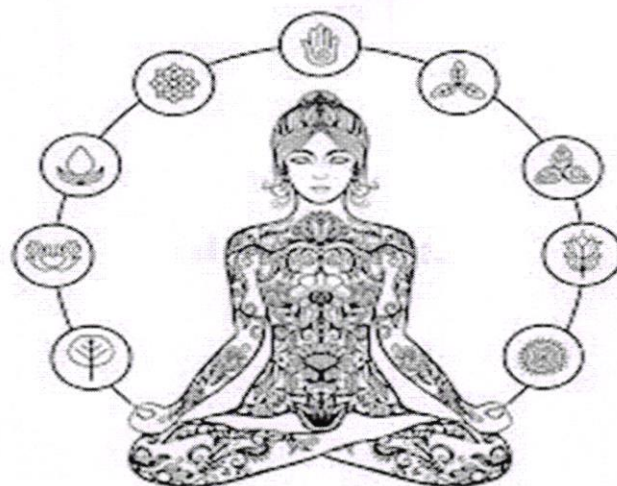
## **BROCHURE**

**SHORT TERM ADD ON COURSE ON YOGA & MEDITATION**

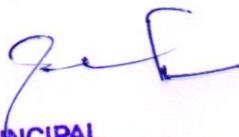
**2023-2024**



**YOGA**



**MEDITATION**

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



# 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

E-mail : dchcollege@yahoo.com, Website : www.dchcollege.org.

Phone : (03218)-222550 (Prin.) / 223-668 (Off.)

Ref. No. DCHC/PEDE/Add on/1/2023-24

Date 16/01/2024

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 10<sup>th</sup> February 2024. The course will start from 16<sup>th</sup> February, 2024 in offline mode 10 am to 12 pm In Auditorium Hall.

Principal

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

H.O.D

Department of Physical Education

**HEAD**  
Dept. of Physical Education  
Dhruba Chand Halder College  
Dakshin Barasat.



# Add-On Course Summary 2023-24

Name of the Course: Yoga & Meditation

Course Coordinators: Biswajit Majhi & Mintu Sarder.

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

Resource Persons : Debanshu Acharya, Sornali Charaborty, Smriti Haldar, Mintu Sarder.

Participants: I, III & V Semester.

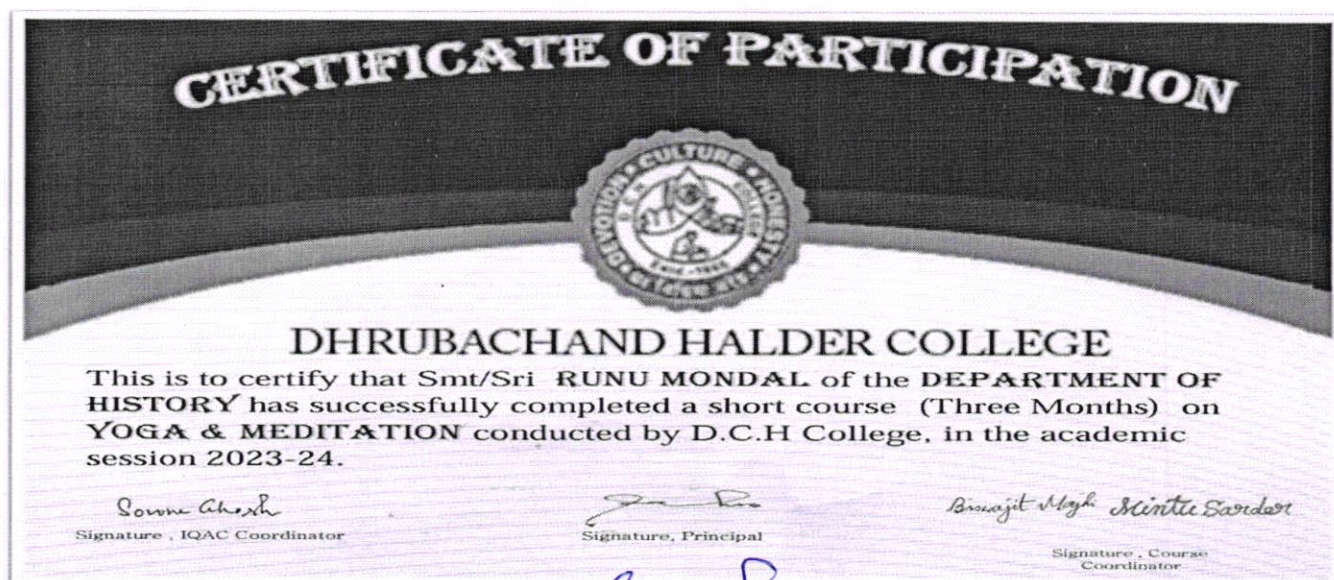
Duration: III Months.

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

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

Result Details:(192 Students taking up the Course & completing the Course):183 students Appeared in the End Courses Exam.

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




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



## Add On Course On Yoga & Meditation: Report & Class Details - 2023-2024

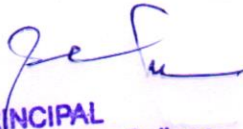
The Department of Physical Education in Dhruba Chand Halder College organized a short term course named as 3 month Add on course on Yoga & Meditation for our students to assure their better future. All the classes are arranged for 2 hours duration on specified dates with renowned speakers on this field. The coordinators of this course were Prof. Biswajit Majhi & Mintu Sarder. This course was started from 16 February to 10th April, 2024, 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    | Mr. Debanshu Acharya   | Yoga & Kriya      | 16/02 |
| 02    | Mr. Debanshu Acharya   | Yoga & Kriya      | 19/02 |
| 03    | Mr. Debanshu Acharya   | Yoga & Kriya      | 22/02 |
| 04    | Mr. Debanshu Acharya   | Yoga & Kriya      | 27/02 |
| 05    | Mr. Debanshu Acharya   | Yoga & Kriya      | 04/03 |
| 06    | Ms. Sornali Charaborty | Yogasana          | 08/03 |
| 07    | Ms. Sornali Charaborty | Yogasana          | 13/03 |
| 08    | Ms. Sornali Charaborty | Yogasana          | 16/03 |
| 09    | Ms. Smriti Haldar      | Yogasana          | 19/03 |
| 10    | Ms. Smriti Haldar      | Yogasana          | 23/03 |
| 11    | Ms. Smriti Haldar      | Yogasana          | 27/03 |
| 12    | Ms. Smriti Haldar      | Yogasana          | 02/04 |
| 13    | Mr. Mintu Sarder       | Yoga Theory Class | 05/04 |
| 14    | Mr. Mintu Sarder       | Yoga Theory Class | 08/04 |
| 15    | Mr. Mintu Sarder       | Yoga Theory Class | 10/04 |

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

**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.

  
**PRINCIPAL**  
Dhruba Chand Halder College  
P.O.-D. Barasat, P.S.-Jaynagar  
Dist-South 24 Pargana