



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. *DCHC/PEDE/Addn 4/22-23*

Date *02/12*.....20*22*

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 05th December 2022. The course will start from 05th January, 2023 in offline mode 10 am to 12 pm

Principal

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

H.O.D

Department of Physical Education

HEAD
Dept. of Physical Education
Dhruba Chand Halder College
Dakshin Barasat, South 24 Pgs.

DHRUBA CHAND HALDER COLLEGE

DAKSHIN BARASAT, WEST BENGAL



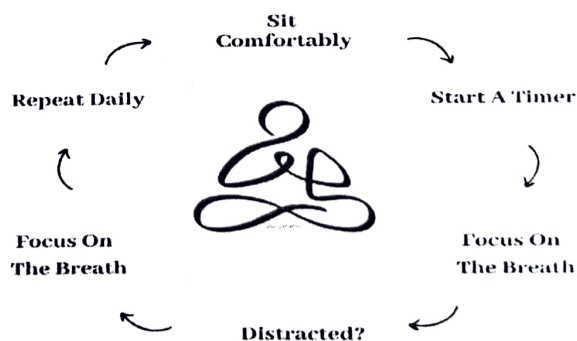
BROCHURE

SHORT TERM ADD ON COURSE ON YOGA & MEDITATION 2022-2023



YOGA

How To Meditate



From the book - Mindfulness: a Guidebook to the Present Moment - Zachary Phillips


MEDITATION

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

Add On Course On Yoga & Meditatin: Reprt & Class Details – 2022-23

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. Al 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 5th January to 15th March, 2023. and focused its different perspectives and details through 15 valuable classes. Al the interested students from different department participated and successfully completed this Course.

Class	NAME	TOPIC	DATE
01	Ms. Susmita Haldar	Yogasana	05/01
02	Ms. Susmita Haldar	Yogasana	09/01
03	Ms. Susmita Haldar	Yogasana	12/01
04	Ms. Susmita Haldar	Yogasana	18/01
05	Ms. Debika Naskar	Yoga & Meditation	24/01
06	Ms. Debika Naskar	Yoga & Meditation	27/01
07	Ms. Debika Naskar	Yoga & Meditation	03/02
08	Ms. Debika Naskar	Yoga & Meditation	08/02
09	Mr. Mintu Sarder	Yoga Theory Class	17/02
10	Mr. Mintu Sarder	Yoga Theory Class	21/02
11	Mr. Mintu Sarder	Yoga Theory Class	24/02
12	Mr. Mintu Sarder	Yoga Theory Class	02/03
13	Mr. Joydeep Mondal	Yoga & Kriya	06/03
14	Mr. Joydeep Mondal	Yoga & Kriya	10/03
15	Mr. Joydeep Mondal	Yoga & Kriya	15/03


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Add-On Course Summary 2022-23

Name of the Course: Yoga & Meditation

Course Coordinators: Biswajit Majhi & Mintu Sarder

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

Resource Person(s): Susmita Haldar, Debika Naskar , Mintu Sarder, Joydeep Mondal.

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 (118 Students taking up the Course & completing the Course):97 students Appeared in the End Courses Exam.

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

