

PANCHAKOT MAHAVIDYALAYA
SARBARI, NETURIA, PURULIA
Affiliated to Sidho Kanho Birsha University, Purulia
NAAC ACCREDITED [GRADE B]



Skill Enhancement Programme
on

Benefits of Yoga and Meditation

Session: 2021-2022

PANCHAKOT MAHAVIDYALAYA
SARBARI, NETURIA, PURULIA
Affiliated to Sidho Kanho Birsha University, Purulia
NAAC Accredited [Grade B]

Benefits of Yoga and Meditation
Session: (2021-2022)

Date:02-12-2021

Circular

All students are informed that Panchakot Mahavidyalaya has planned to conduct a programme on Benefits of Yoga and Meditation on 10-12-2021 in our seminar Hall at 1:30 p.m.

Students are enrolled their names to Prof. Suman Kumar Chanda, Assistant Professor of computer Science Department on or before 09-12-2021.

Note: Certificates will be issued to all the participants.

Suman Kumar Chanda
Programme Co-ordinator

Sd/-
Principal

Sd/-
Principal
PANCHAKOT MAHAVIDYALAYA
Sarbari • Neturia • Purulia



Panchakot Mahavidyalaya

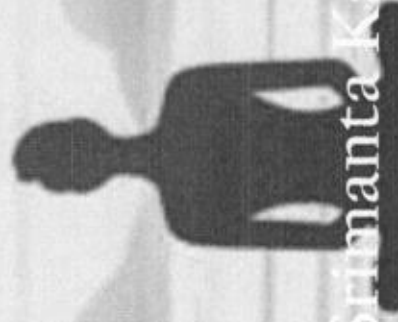
Sarbari, Neturia, Purulia

Affiliated to Sidho Kanho Birsha University

NAAC Accredited Grade 'B' College

Benefits of Yoga and Meditation

A Life Skill Enhancement Initiative



Speaker: Prof. Srimanta Kanji

Department of Botany

Panchakot Mahavidyalaya

Date: 10.12.2021

Time: 12:30 pm

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Program Type	Life skill enhancement Programme
Organised by	Panchakot Mahavidyalaya
Programme Name	Benefits of Yoga and Meditation
Academic Session	2021-2022
Date	10-12-2021
Resource Person	Prof. Srimanta Kanji
Programme coordinator	Prof. Suman Kumar Chanda

List of Enrolled Students

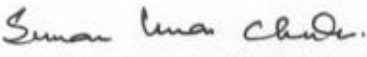
Sl. No.	Student Name	Roll No.	Reg. No.
1	RAHUL MONDAL	119151-2115569	013923
2	ATAS BAURI	119352-2036910	011988
3	MUNMUN BHANDARI	119152-2138482	014332
4	SHILPA DUTTA	119152-2138704	014555
5	SATYAM BASKI	119352-2037307	012385
6	RAJU GOPE	119352-2037232	012310
7	IRFAN ANSARY	119152-2138366	014216
8	PRASANTA BOURI	119152-2138539	014390
9	GULABSA KHATOON	119351-2014779	011745
10	PRIYANKA RAJWAR	119351-2014858	011824
11	TANMAY MANDAL	119351-2014949	011915
12	BABUNATH TUDU	119152-2138253	014103
13	JAMUNA BOURI	119152-2138369	014219
14	MANIKA HEMBRAM	119152-2138448	014298
15	SALANEGAR KHATUN	119152-2138656	014507
16	SUBHAJIT NATH	119152-2138784	014635
17	UTTAM MURMU	119152-2138866	014717
18	SUPARNA HANSDA	119152-2138825	014676
19	GOURAB BHADRA	119151-2115490	013844
20	PURNIMA BESRA	119152-2138576	014427
21	SONAY CHAKRABORTTY	119351-2014922	011888
22	SK ARBAZ	119152-2138719	014570
23	RIYA MONDAL	119351-2014877	011843
24	APARNA GORAI	119151-2115448	013802

Suman Kumar Chanda

Chy
 Principal
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25	KABITA MAHATO	119151-2115498	013852
26	PINKI BOURI	119352-2037177	012255
27	JYOTSNA MANDAL	119152-2138383	014233
28	SAHADAT ANSARY	119351-2014893	011859
29	AKASH MAHATO	119152-2138190	014040
30	SUPRIYA BHANDARI	119152-2138827	014678
31	YEASMINA KHATUN	119152-2138870	014721
32	HEMANTA PARAMANIK	119352-2037013	012091
33	SATHI CHAKRABORTY	119352-2037303	012381
34	SUBHADRA MONDAL	119352-2037380	012458
35	ANJAN SOREN	119152-2138215	014065
36	BULTI MONDAL	119152-2138307	014157
37	JHUMPA BOURI	119152-2138378	014228
38	LALITA KISKU	119152-2138417	014267
39	PROBAL MUKHERJEE	119151-2115561	013915
40	RAJIB MANDAL	119151-2115573	013927
41	SNEHA JHARAIT	119151-2115618	013972
42	NAMITA MARANDI	119352-2037135	012213
43	PRATIMA KAIBARTA	119352-2037190	012268
44	PRIYANKA BAURI	119352-2037196	012274
45	KALPANA GO'RAIN	119152-2138387	014237
46	KIRAN MALA TUDU	119152-2138400	014250
47	LATIKA MANOI	119152-2138420	014270


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 Programme Coordinator

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Benefits of yoga and Meditation

List of Participants

Sl. No.	Student Name
1	RAHUL MONDAL
2	ATAS BAURI
3	MUNMUN BHANDARI
4	SHILPA DUTTA
5	RAJU GOPE
6	PRASANTA BOURI
7	GULABSA KHATOON
8	PRIYANKA RAJWAR
9	TANMAY MANDAL
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36	PRATIMA KAIBARTA
37	KALPANA GORAIN
38	KIRAN MALA TUDU
39	LATIKA MANDI

Saty
 Principal
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Suman Uma Choudhary
 Programme Coordinator

PANCHAKOT MAHAVIDYALAYA

SARBARI, P. O. NETURIA, DIST PURULIA, 723121 (WB)

NAAC ACCREDITED [Grade-B]

REPORT

LIFE SKILL ENHANCEMENT PROGRAM

Organized by: Panchakot Mahavidyalya

Program name: Benefits of Yoga and Meditation

Programme/Program Duration: 1 day

Academic Year: 2021-2022

Date: 10-12-2021

Resource Person: Prof. Srimanta Kanji

No of Students enrolled: 47

No of Students present: 39

Objectives: The course will help participants –

- Learn basic skills associated with yoga activities including strength and flexibility, balance and coordination.
- Understand the health-related fitness components of yoga and meditation
- Assess current personal fitness levels
- Improve personal fitness through participation in yoga, muscular, strength, and muscular endurance activities
- Start meditation from level one and continue practicing it

Learning Outcome: The participants have acquired knowledge about -

- the traditional Indian Yoga systems
- the essential elements of a yogic life style
- the concept of health and disease and their remedies through yoga practice
- the benefits of meditation

Suman Uma Choudhary
Programme Co- Ordinators

Satyajit
Principal

Principal
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CERTIFICATE OF PARTICIPATION

Session: (2021-2022)

This is to certify that Mr./Ms. RAHUL MONDAL.....
reg. No. 013223..... has participated in the Life Skill Enhancement
Programme on Benefits of Yoga and Meditation organized by Panchakot
Mahavidyalaya held on 10-12-2021.

Suman Kumar Chandra

Programme Coordinator

Sd/-

Principal

Principal
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