

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



Life skill Enhancement Programme
on

Exercises for Daily Fitness

Session: 2018-2019

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

Date: 28/07/2018

Circular


This is to notify that the Panchakot Mahavidyalaya is going to conduct the following Life skill enhancement programme. The schedule is given below


Programme name	Schedule	Venue	Resource Person
Exercises for daily fitness	04/08/2018	Seminar Hall	Prof. Sandip Kumar Maity

Students can enroll their name to Prof. Joydev Panda, Assistant Professor of Sanskrit department on or before 31/07/2018.

All the students are hereby requested to actively participated in the course/ Programme.

Note: Certificates will be issued to all the participants.


Programme Co-ordinator


Principal

Principal
PANCHAKOT MAHAVIDYALAYA
Sarbari-Neturia-Purulia

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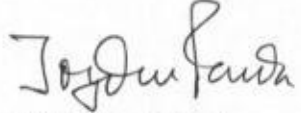
Program Type	Life skill enhancement programme
Organised by	Panchakot Mahavidyalaya
Programme Name	Exercises for daily fitness
Academic Session	2018-2019
Date	04/08/2018
Resource Person	Prof. Sandip Kumar Maity
Programme coordinator	Prof. Joydev Panda

List of Enrolled Students

Sl. No.	Student Name	Roll No.	Reg. No.
1	AJOY HANSDA	119541-1714399	011164
2	MOULI DUTTA	119551-1714508	011280
3	MALLIKA KARMAKAR	119552-1736672	011648
4	PADMA MUDI	119552-1736748	011724
5	KHUSMUDA ANJUM	119551-1714487	011259
6	MOUSUMI MAHATO	119551-1714511	011283
7	LAXMI RAJAK	119351-1814686	011859
8	RUDRADIP CHOWBEY	119351-1814758	011931
9	BHAIRABI TUDU	119352-1837217	012107
10	PABITRA BAURI	119352-1837446	012316
11	PUJA MONDAL	119352-1837498	012388
12	MAHAMAYA MANDAL	119352-1837384	012274
13	MUKESH CHAR	119352-1837426	012316
14	SUDARSHAN TUDU	119352-1837693	012583
15	JIHULAL MURMU	119352-1837319	012209
16	KABITA MANDI	119352-1837335	012225
17	KAMAL MURMU	119352-1837341	012231
18	PUSPA TUDU	119352-1837509	012399
19	RAJEN TUDU	119352-1837526	012416
20	SHABYASACHI TANTUBAI	119352-1837620	012510
21	SATYAJIT CHAKRABORTTY	119351-1814778	011951
22	SANJAY BAURI	119552-1736850	011826
23	SUMANTA BOURI	119552-1736936	011912
24	PARBATI MAHATO	119551-1714529	011301


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25	NANDALAL GHOSH	119552-1736729	011705
26	AKASH NATH	119552-1736469	011445
27	RUPALI BAURI	119551-1714577	011349
28	NEHA BOURI	119552-1736733	011709
29	BUBAI MAJI	119552-1736570	011546
30	PRIYA CHAKRABORTY	119551-1714553	011325
31	RUBI BOURI	119352-1837559	012449
32	ASTOMI ROY	119352-1837179	012069
33	SK SADEK ALI	119352-1837655	012545
34	PRIYA BOURI	119352-1837488	012378
35	SADMONI HANSDA	119352-1837574	012464
36	MAMPI BAURI	119352-1837389	012279
37	NARGIS PARVEEN	119351-1814708	011881
38	BIBEK MANDAL	119352-1837222	012112
39	MILAN MONDAL	119352-1837405	012295
40	APARUPA MAJI	119351-1814624	011797
41	NAMITA SOREN	119351-1814706	011879
42	GOPAL CHAKROBARTTY	119351-1814666	011839
43	ARATI MURMU	119352-1837164	012054
44	SARASWATI MONDAL	119351-1814776	011949
45	KHUSBU MAHATO	119352-1837353	012243
46	AMRIT BAURI	119352-1837148	012038
47	MINATI BASKEY	119352-1837409	012299
48	ARTHA SUTRADHAR	119352-1837168	012058
49	SHUCHISMITA DAS	119351-1814789	011962
50	SUBHADEEP MONDAL	119541-1714419	011184
51	SHIULE MONDAL	119552-1736887	011863
52	RUMA BHANDARY	119552-1736823	011799
53	GOPAL MONDAL	119552-1736608	011584
54	BANDANA BAURI	119552-1736521	011497


Course Coordinator


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Exercises for Daily Fitness

Session: (2018-2019)

List of Participants

Sl. No.	Student Name
1	MOULI DUTTA
2	MALLIKA KARMAKAR
3	PADMA MUDI
4	KHUSMUDA ANJUM
5	MOUSUMI MAHATO
6	LAXMI RAJAK
7	BHAIRABI TUDU
8	PABITRA BAURI
9	PUJA MONDAL
10	MAHAMAYA MANDAL
11	MUKESH CHAR
12	SUDARSHAN TUDU
13	JIHULAL MURMU
14	KABITA MANDI
15	PUSPA TUDU
16	RAJEN TUDU
17	SATYAJIT CHAKRABORTTY
18	SANJAY BAURI
19	SUMANTA BOURI
20	PARBATI MAHATO
21	AKASH NATH
22	RUPALI BAURI
23	NEHA BOURI
24	BUBAI MAJI
25	PRIYA CHAKRABORTY
26	RUBI BOURI
27	ASTOMI ROY
28	SK SADEK ALI
29	PRIYA BOURI
30	SADMONI HANSDA
31	MAMPI BAURI
32	NARGIS PARVEEN
33	BIBEK MANDAL
34	MILAN MONDAL


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35	APARUPA MAJI
36	NAMITA SOREN
37	GOPAL CHAKROBARTTY
38	ARATI MURMU
39	SARASWATI MONDAL
40	KHUSBU MAHATO
41	AMRIT BAURI
42	MINATI BASKEY
43	ARTHA SUTRADHAR
44	SHUCHISMITA DAS
45	SUBHADEEP MONDAL
46	RUMA BHANDARY
47	BANDANA BAURI

Jyoti Paul
Course Coordinator

Sd/-
Principal
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PANCHAKOT MAHAVIDYALAYA

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

NAAC ACCREDITED [Grade-B]

REPORT

Life Skill Enhancement Programme

Organized by: Panchakot Mahavidyalya

Program name: Exercises for daily fitness

Course/Program Duration: 1 day

Academic Year: 2018-2019

Date: 04/08/2018

Resource Person: Prof. Sandip Maity

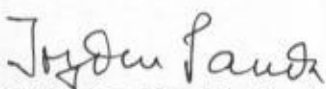
No of Students enrolled: 54

No of Students present: 47

Objectives:

- Propose ways to reduce health problems
- Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
- Access valid and reliable health information, products, and services.
- Analyze the role of individual responsibility in enhancing health.
- Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

Learning Outcome: The participants have acquired knowledge about the benefits of incorporation of exercises in daily routine along with gaining adequate awareness about Initiating independent and responsible personal behavior in physical activity settings.


Programme Co- Ordinator


Principal

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CERTIFICATE OF PARTICIPATION

Session: (2018-2019)

This is to certify that Mr./Ms
reg. No. has actively participated in Exercises for Daily Fitness
Programme organized by Panchakot Mahavidyalaya held on 04/08/2018.

Jyoti Paul

Course Coordinator

Sef

Principal

Principal

PANCHAKOT MAHAVIDYALAYA
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Exercises for Daily Fitness 2018-2019

