

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



Skill Enhancement Programme
on

Yoga vs Gym

Session: 2021-2022

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

Yoga vs Gym
Session: (2021-2022)

Date: 05-04-2022

Circular

All students are informed that Panchakot Mahavidyalaya has planned to conduct a programme on Yoga vs Gym on 13-04-2022 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 12-04-2022.

Note: Certificates will be issued to all the participants.

Suman Kumar Chanda.
Programme Co-ordinator

Sd/-
Principal
Principal
PANCHAKOT MAHAVIDYALAYA
Sarbari • Neturia • Purulia

Panchakot Mahavidyalaya

Sarbari, Neturia, Purulia

Affiliated to Sidho Kanho Birsha University

NAAC Accredited Grade 'B' College

A Life

Skill Development Program

2021-2022

Yoga vs. Gym

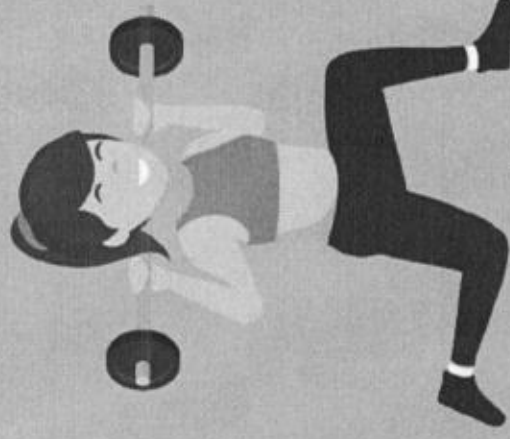
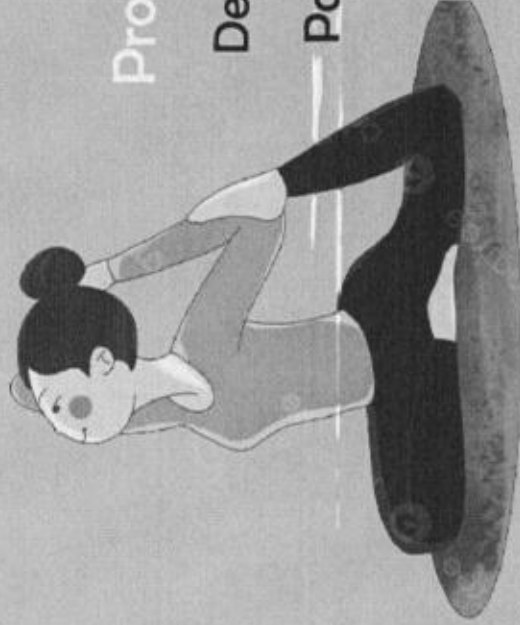
Resource Person:

Prof. Sandip Kumar Maity

Department of Mathematics

Panchakot Mahavidyalaya

13/04/2022



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

Program Type	Life skill enhancement Programme
Organised by	Panchakot Mahavidyalaya
Programme Name	Yoga vs Gym
Academic Session	2021-2022
Date	13-04-2022
Resource Person	Prof. Sandip Maity
Programme coordinator	Prof. Suman Kumar Chanda

List of Enrolled Students

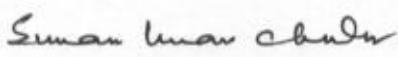
Sl. No.	Student Name	Roll No.	Reg. No.
1	JHUMPA BOURI	119152-2138378	014228
2	LALITA KISKU	119152-2138417	014267
3	PROBAL MUKHERJEE	119151-2115561	013915
4	RAJIB MANDAL	119151-2115573	013927
5	SNEHA JHARAIT	119151-2115618	013972
6	NAMITA MARANDI	119352-2037135	012213
7	PRATIMA KAIBARTA	119352-2037190	012268
8	PRIYANKA BAURI	119352-2037196	012274
9	KALPANA GORAIN	119152-2138387	014237
10	KIRAN MALA TUDU	119152-2138400	014250
11	LATIKA MANDI	119152-2138420	014270
12	TARAPADA MANDI	119151-2115660	014014
13	MONI BOURI	119152-2138467	014317
14	ABHIJIT MUDI	119352-2036854	011932
15	BINATA MONDAL	119351-2014752	011718
16	RICKY BAURI	119152-2138616	014467
17	SANJOY MURMU	119152-2138674	014525
18	SK SEHABAB	119152-2138734	014585
19	SONALI HEMBRAM	119351-2014920	011886
20	SOUMEN KARMAKAR	119152-2138762	014613
21	RAJIB BHANDARY	119352-2037228	012306
22	SANGEETA KUMARI	119151-2115598	013952
23	DOLI BOURI	119351-2014774	011740
24	RAKESH GORAIN	119351-2014871	011837

Suman Kumar Chanda

Saty
 Principal
PANCHAKOT MAHAVIDYALAYA
 Sarbari • Neturia • Purulia

25	RICK MAIKAP	119152-2138615	014466
26	SRIKANTA TUDU	119152-2138776	014627
27	SANATAN BAURI	119352-2037288	012366
28	JITENDRA SOREN	119152-2138379	014229
29	AYAN BHATTACHERJEE	119152-2138247	014097
30	SHANKHA BANERJEE	119152-2138696	014547
31	NITU SOREN	119352-2037152	012230
32	PALLABI MONDAL	119152-2138518	014368
33	PRIYANKA HEMBRAM	119352-2037199	012277
34	RITIKA TANTUBAI	119151-2115581	013935
35	JHULAN MAJEE	119352-2037029	012107
36	HOMA KHATUN	119351-2014781	011747
37	RUPA MUDI	119351-2014884	011850
38	BIDYUT SARKAR	119152-2138278	014128
39	MOUSUMI BOURI	119352-2037125	012203
40	PRASANJIT SOREN	119352-2037183	012261
41	SAGAR BOURI	119152-2138646	014497
42	NIBEDITA BANERJEE	119352-2037142	012220
43	PURNIMAMONDAL	119351-2014866	011832


 Principal
 PANCHAKOT MAHAVIDYALAYA
 Serbari • Neturia • Purulia


 Programme Coordinator

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

Yoga vs Gym
Session: (2021-2022)
List of Participants

Sl. No.	Student Name
1	LALITA KISKU
2	PROBAL MUKHERJEE
3	RAJIB MANDAL
4	SNEHA JHARAIT
5	NAMITA MARANDI
6	PRATIMA KAIBARTA
7	PRIYANKA BAURI
8	KALPANA GORAIN
9	KIRAN MALA TUDU
10	LATIKA MANDI
11	TARAPADA MANDI
12	ABHIJIT MUDI
13	BINATA MONDAL
14	RICKY BAURI
15	SANJOY MURMU
16	SK SEHABAB
17	SONALI HEMBRAM
18	SOUMEN KARMAKAR
19	RAJIB BHANDARY
20	SANGEETA KUMARI
21	RAKESH GORAIN
22	RICK MAIKAP
23	SRIKANTA TUDU
24	SANATAN BAURI
25	JITENDRA SOREN
26	AYAN BHATTACHERJEE
27	SHANKHA BANERJEE
28	NITU SOREN
29	PALLABI MONDAL
30	PRIYANKA HEMBRAM
31	RITIKA TANTUBAI
32	JHULAN MAJEE
33	HOMA KHATUN
34	RUPA MUDI
35	BIDYUT SARKAR
36	PRASANJIT SOREN
37	SAGAR BOURI
38	PURNIMAMONDAL


Principal
PANCHAKOT MAHAVIDYALAYA
Sarbari • Neturia • Purulia


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: Yoga vs Gym

Programme/Program Duration: 1 day

Academic Year: 2021-2022

Date: 13-04-2022

Resource Person: Prof. Sandip Maity

No of Students enrolled: 43

No of Students present: 38

Objectives: The participants will gain knowledge about -

- The basic concepts of yoga and gym
- The health-related fitness components of yoga and gym
- Which will be the right choice for them - yoga or gym

Learning Outcome: The participants have acquired knowledge about the -

- Difference between yoga and gym
- The benefits of yoga and gym
- The way to decide the best path suited for them

Suman Kumar Chandra
Programme Co- Ordinator

Sg
Principal

Principal
PANCHAKOT MAHAVIDYALAYA
Sarbari • Neturia • Purulia



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

CERTIFICATE OF PARTICIPATION

Session: (2021-2022)

This is to certify that Mr./Ms [✓].....**JHUMPA BOURI**.....
reg. No.**014228**..... has participated in the Life Skill Enhancement
Programme on Yoga vs Gym organized by Panchakot Mahavidyalaya held on
13-04-2022.

Suman kumar choudhary

Programme Coordinator

S.K.
Principal
Principal
PANCHAKOT MAHAVIDYALAYA
Sarbari, Neturia, Purulia

Yoga vs Gym 2021-2022

