

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



Skill Enhancement Programme
on

YOGA FOR FITNESS

Session: 2018-2019

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

Date: 07/03/2019

Circular

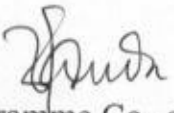
This is to notify that the Panchakot Mahavidyalaya is going to conduct the following skill enhancement programme. The schedule is given below

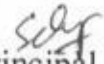
Programme name	Schedule	Venue	Resource Person
Yoga for fitness	15/03/2019	College ground	Prof. Sandip Maity

Students can enroll their name to Prof. Joydev Panda, Assistant Professor of Sanskrit department on or before 12/03/2019.

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

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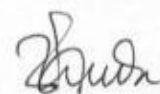
Program Type	Life skill enhancement Programme
Organised by	Panchakot Mahavidyalaya
Programme Name	Yoga for fitness
Academic Session	2018-2019
Date	15/03/2019
Resource Person	Prof. Sandip Maity
Programme coordinator	Prof. Joydev Panda

List of Enrolled Students

Sl. No.	Student Name	Roll No.	Reg. No.
1	SEEMA BOURI	119352-1837618	012508
2	MONALISA BOURI	119351-1814697	011870
3	LAXMIMONI MANDI	119352-1837378	012268
4	NUNITA BESRA	119352-1837444	012334
5	SUMITRA SOREN	119352-1837708	012598
6	SUSMITA BAURI	119352-1837730	012620
7	KIRAN KUIRY	119351-1814678	011851
8	CHHOTU PARAMANIK	119352-1837272	012162
9	SURAJIT HANSDA	119352-1837719	012609
10	ANAL MANDI	119352-1837151	012041
11	ARATI HARI	119352-1837163	012053
12	RITIKA GUPTA	119351-1814753	011926
13	SUJATA BOUFI	119351-1814808	011981
14	RIYA ROY	119341-1814599	011764
15	SURJASEN MURMU	119352-1837723	012613
16	MONIKA SOREN	119352-1837417	012307
17	AMRIT LOCHAN KARMAKAR	119352-1837149	012039
18	BIKRAM HARI	119351-1814641	011814
19	DINESH RAJWAH	119352-1837282	012172
20	SAGAR BOURI	119352-1837575	012465
21	ANUSUYA CHATTERJEE	119352-1837160	012050
22	CHAYA MUKHERJEE	119351-1814651	011824


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23	SATABDI CHAKRABORTY	119551-1714595	011367
24	AJOY BOURI	119552-1736463	011439
25	SURADHANI HEMBRAM	119552-1736944	011920
26	DORA DEY	119552-1736596	011572
27	BULBUL GHOSH	119551-1714466	011238
28	AYAN BHATTACHARYA	119552-1736508	011484
29	ARABINDA MANDI	119551-1714440	011212
30	PAPIYA LAYEK	119551-1714527	011299
31	PUJA RAJWAR	119551-1714549	011321
32	ARIJIT SARKAR	119551-1714442	011214
33	SUBHAJEET BANERJEE	119551-1714622	011394
34	KANCHAN BAURI	119352-1837343	012233
35	SAILENDRA MURAH	119352-1837582	012472
36	TAPAS GORAIN	119352-1837742	012632



Course Coordinator

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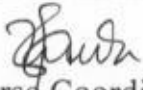
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Yoga for Fitness
Session: (2018-2019)
List of Participants

Sl. No.	Student Name
1	SEEMA BOURI
2	MONALISA BOURI
3	LAXMIMONI MANDI
4	NUNITA BESRA
5	SUMITRA SOREN
6	SUSMITA BAURI
7	KIRAN KUIRY
8	CHHOTU PARAMANIK
9	SURAJIT HANSDA
10	ANAL MANDI
11	ARATI HARI
12	RITIKA GUPTA
13	SUJATA BOURI
14	RIYA ROY
15	SURJASEN MURMU
16	MONIKA SOREN
17	AMRIT LOCHAN KARMAKAR
18	BIKRAM HARI
19	DINESH RAJWAR
20	SAGAR BOURI
21	ANUSUYA CHATTERJEE
22	CHAYA MUKHERJEE
23	SATABDI CHAKRABORTY
24	AJOY BOURI
25	SURADHANI HEMBRAM
26	DORA DEY
27	BULBUL GHOSH
28	AYAN BHATTACHARYA
29	ARABINDA MANDI
30	PAPIYA LAYEK
31	PUJA RAJWAR
32	ARIJIT SARKAR
33	SUBHAJEET BANERJEE


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34	KANCHAN BAURI
35	SILENDRA MURAH
36	TAPAS GORAIN


Course Coordinator


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PANCHAKOT MAHAVIDYALAYA

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

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REPORT

LIFE SKILL ENHANCEMENT PROGRAM

Organized by: Panchakot Mahavidyalya

Program name: YOGA FOR FITNESS

Course/Program Duration: 1 day

Academic Year: 2018-2019

Date: 15/03/2019

Resource Person: Prof. Sandip Maity

No of Students enrolled: 36

No of Students present: 36

Objectives:

The course will help participants –

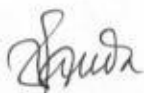
- Learn basic skills associated with yoga activities including strength and flexibility, balance and coordination.
- Understand the health-related fitness components of yoga
- Assess current personal fitness levels
- Improve personal fitness through participation in yoga, muscular, strength, and muscular endurance activities
- Demonstrate an understanding of health problems associated with inadequate fitness levels


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Learning Outcome:

The participants have acquired knowledge about -

- the traditional Indian Yoga systems
- the philosophy of the Yoga systems
- the essential elements of a yogic life style
- the concept of health and disease and their remedies through yoga practice
- the regular and rigorous practice (sadhana) of yoga that would make them disciplined and knowledgeable



Programme Co- Ordinator



Principal

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CERTIFICATE OF PARTICIPATION
Session: (2018-2019)

This is to certify that Mr./Ms
Reg. No. has participated in the Life Skill Enhancement
Programme on Yoga for Fitness organized by Panchakot Mahavidyalaya held on
15/03/2019.

Course Coordinator

Principal

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Yoga for Fitness 2018-2019

