



# CHHATNA CHANDIDAS MAHAVIDYALAYA.

ESTD- 2007

(AFFILIATED TO BANKURA UNIVERSITY)

P.O.-CHHATNA • DIST.-BANKURA • W.B. • PIN- 722 132  
www.ccmv.in; e-mail: ccmvoffice@gmail.com; Ph. No.- 9434521209  
Office : 03242-201125; 9475585518; 7001138398; 9614380901; 9933611788

No :

Date .....

## Contents 2018-19 to 2022-23

- 2019-20 ⇒ Yoga for Health and Wellness: Two Days Programme.  
06.12.19 & 07.12.19
- 2021-22 ⇒ Yoga for Health and Wellness: Two Days Pro.  
06.12.21 & 07.12.21. (Post-Pandemic)
- 2022-23 ⇒ Programme on Mental Health  
27.05.23 & 28.05.23.
- Yoga for Health and Wellness: Campaigning  
9<sup>th</sup> & 10<sup>th</sup> February 2023.  
(Post Pandemic)



P. Kundhakar

IQAC Co-ordinator  
Chhatna Chandidas Mahavidyalaya

m Sinha

Dr. Malavika Sinha  
Principal  
Chhatna Chandidas Mahavidyalaya  
Chhatna, Bankura



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Office : 03242-201125; 9475585518; 7001138398; 9614380901; 9933611788

No :

Date ..... 1/12/19 .....

## Notice

All the students of Chhatna Chandidas Mahavidyalaya are hereby asked to attend the two days yoga programme for health and wellness. The programme is going to be organized on 6/12/2019 to 7/12/2019 by the department of Sanskrit.

Mr. Mrinal Kanti Dandapath from PRMS Mahavidyalaya will be our invitee guest. All the students are cordially invited to attend the yoga programme.



P. Kumbhakar

IQAC Co-ordinator  
Chhatna Chandidas Mahavidyalaya

1/12/19

SUJAY SAIN  
Teacher-in-Charge  
Chhatna Chandidas Mahavidyalaya  
Bankura, W.B.



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No :

Date .....

REPORT ON

2019-20

## YOGA FOR HEALTH AND WELLNESS: TWO DAYS PROGRAMME

Organized by: DEPARTMENT OF SANSKRIT

Ms. Riya Pal and Mrs. Mamoni Dutta

Venue: Chhatna Chandidas Mahavidyalaya, Chhatna, Bankura

DATE : 6/12/2019 TO 07/12/2019

Invitee -Guest: Mr. Mrinal Kanti Dndapath, MPed. PRMS Mahavidyalaya, Bankura

### About Programme:

The college first time has arranged the programme related to Well-being and health awareness through Yoga practices.

It is an additional skill-based program for positive self-development and may be useful in future job application and Yoga is being actively promoted by the government of India through Ministry of AYUSH.

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of being healthy living. Yoga is becoming a popular mode of wellness and it can be practiced for self-benefit as well as to help others.



1

## **Aims:**

- The Main aim of yoga is to integrate the body, mind, and thoughts so as to work for good ends
- Yoga will pave the way for an individual to do any action peacefully and perfectly.
- By practicing yoga, the mind will get sharpened and concentration and memory power may develop. Thus, minds could be canalized for thinking the right good thoughts. Then the good and healthy thoughts will develop in the right direction.
- Through systematic and regular Yogic practices, the body may be made healthier and its resistance power to fight against the diseases could be enhanced
- To let students know their rights of good health and healthy life style to completely enjoy the highest standard of physical health
- To make students aware of physical and mental disease and it's solutions through practicing yoga



Programme duration: 12 hours

Programme Outline:

DATE	CONTENTs	DURATION
6/12/2019	Inaugural programme	8:00A.M TO 9:00 A:M
	Practical class about Posture	9:00 A.M TO 10: 00 A.M
	Theory and practical classes (Asanas of all supine posture)	10.45 AM TO 11.45AM
	Theory and practical classes(Asanas of all supine Posture)	1.15 PM 2.15PM
	Theory and practical classes(Asanas of all prone Posture)	2.30 PM TO 3.30PM
	Theory and practical classes(Asanas of all prone posture)	3.45 TO 4.45PM
07/12/2019	Theory and practical classes(Asanas of all sitting posture)	9.30- 11.30
	Theory and practical classes( Asanas of all standing posture)	12.00-1.30 PM
	Theory and practical classes( Pranayama and Meditation)	2.00 -3.30PM
		VALIDICTORY 3.30-4.30 PM

Riya Pal  
Mamoni Dutta



## Outcome:

Students become aware about yogic concepts of disease and remedial measures.

Students realised that proper yoga therapy is unique drugless approach to combat modern psychosomatic disease.

Students trace out the ancient roots of yoga from Indian wisdom.

To enhance the capacities of students for physical and mental well-being through self-help

Riya Pal  
Mamoni Dutta



*msinha*

*✓ P. Kulkarni*

IQAC Co-ordinator  
Chhatna Chandidas Mahavidyalaya

Dr. Malavika Sinha  
Principal  
Chhatna Chandidas Mahavidyalaya  
Chhatna, Bankura

# PARTICIPANTS LIST; FOR DAY 1:06/12/2019

	UID	NAME	SIGNATURE	Phone No
1	18071204001	SHAMPA KUNDU	Shampa Kundu	9641452170
2	18071204002	RIMPA PAL	Rimpa pal	6297040927
3	18071204003	PRATIMA DAS	Pratima Das	
4	18071204004	SARASWATI BAURI	Saraswati Bauri	
5	18071204005	SOMA BAURI	Soma Bauri	
6	18071204006	NILIMA PARAMANIK	Nilima Paramanik	
7	18071204007	PUJA BAURI	Puja Bauri	
8	18071204008	SONALI ROY	Sonali Roy	
9	18071204009	PRAMILA TUDU	Pramila Tudu	
10	18071204010	ARCHANA MURMU	Archana murmu	
11	18071204011	SANAKA HEMBRAM	Sanaka Hembram	6297040927
12	18071204012	NIYATI MANDI	Niyati Mandi	
13	18071204013	SATYABATI MANDI	Satyabati Mandi	8101908607
14	18071204014	PRASANTA BAURI	Prasanta Bauri	
15	18071204015	MANGI TUDU	Mangi tudu	
16	18071204016	SURANJANA KISKU	Suranjana Kisku	
17	18071204017	ASHIM KUMAR HANSDA	Ashim Kumar Hansda	
18	18071204018	KOLESON MURMU	Koleson Murmu	
19	18071208001	BHARATI ROY	Bharati Roy	8250423538
20	18071208002	PARTHA MANDAL	Partha Mandal	6294266682
21	18071208003	RAMESH SINGHABABU	Ramesh Singhbabu	
22	18071209001	SOURAV GHOSH	Sourav Ghosh	9800838771
23	18071209002	RIJU DEY	Riju Dey	8945090275
24	18071209003	SUMAN GHOSH	Suman Ghosh	6295748722
25	18071209004	RAKESH GHOSH	Rakesh Ghosh	
26	18071211001	SANGITA BARAI	Sangita Barai	
27	18071211002	SANOJ MANDAL	Sanoj Mandal	
28	18071211003	SUDIPTA MONDAL	Sudipta Mandal	
29	18071211004	MANSARAM MAL	Mansaram Mal	
30	18071211005	SANJOY MAL	Sanjoy mal	
31	18071211006	DILIP MAL	Dilip Mal	7063022394



Riya Pal 6/12/2019

Mamoni Dutta  
6/12/2019



# PARTICIPANTS LIST; FOR DAY 2:07/12/2019

	UID	NAME		
1	18071204001	SHAMPA KUNDU	Shampa Kundu	9641752170
2	18071204002	RIMPA PAL	Rimpa pal	6297040927
3	18071204003	PRATIMA DAS	Pratima Das	
4	18071204004	SARASWATI BAURI	Saraswati Bauri	
5	18071204005	SOMA BAURI	Soma Bauri	
6	18071204006	NILIMA PARAMANIK	Nilima Paramanik	
7	18071204007	PUJA BAURI	Puja Bauri	
8	18071204008	SONALI ROY	Sonali Roy	
9	18071204009	PRAMILA TUDU	Pramila Tudu	
10	18071204010	ARCHANA MURMU	Archana murmu	
11	18071204011	SANAKA HEMBRAM	Sanaka Hembram	6297040927
12	18071204012	NIYATI MANDI	Niyati Mandi	
13	18071204013	SATYABATI MANDI	Satyabati Mandi	8101908607
14	18071204014	PRASANTA BAURI	Prasanta Bauri	
15	18071204015	MANGI TUDU	Mangi Tudu	
16	18071204016	SURANJANA KISKU	Suranjana Kisku	
		ASHIM KUMAR	Ashim Kumar Hansda	
17	18071204017	HANSDA		
18	18071204018	KOLESON MURMU	Koleson Murmu	
19	18071208001	BHARATI ROY	Bharati Roy	8250423538
20	18071208002	PARTHA MANDAL	Partha Mandal	6294266682
		RAMESH	Ramesh	
21	18071208003	SINGHABABU	Singhababu	
22	18071209001	SOURAV GHOSH	Sourav Ghosh	9800838771
23	18071209002	RIJU DEY	Riju Dey	8945090275
24	18071209003	SUMAN GHOSH	Suman Ghosh	6295748722
25	18071209004	RAKESH GHOSH	Rakesh Ghosh	
26	18071211001	SANGITA BARAI	Sangita Barai	
27	18071211002	SANOJ MANDAL	Sanoj Mandal	
28	18071211003	SUDIPTA MONDAL	Sudipta Mondal	
29	18071211004	MANSARAM MAL	Mansaram Mal	
30	18071211005	SANJOY MAL	Sanjoy mal	
31	18071211006	DILIP MAL	Dilip Mal	7063022399



Total No. of Participants  
✓ P. Kundhakar  
6/12/19 = 31  
7/12/19 = 31

IQAC Co-ordinator  
Chhatra Chandidas Mahavidyalaya

(62) Riju Pal  
7/12/2019  
Mamoni Dutta  
7/12/2019



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PO - CHHATNA • Dist - BANKURA • WB • PIN - 722 132

www.comahavidyalaya.webnode.com e-mail comvoffice@gmail.com Ph No -9475565518

Office 03242-201125 7001138398 9614380901 9933611788

No



Date 1/12/21

## Notice

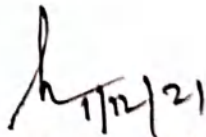
All the students of Chhatna Chandidas Mahavidyalaya are hereby asked to attend the two days yoga programme for health and wellness. The programme is going to be organized on 6/12/2021 to 7/12/2021 by the department of Sanskrit.

Mr. Mrinal Kanti Dandapath from PRMS Mahavidyalaya will be our invitee guest. All the students are cordially invited to attend the yoga programme.



✓ P. Kumbhakar

IQAC Co-ordinator  
Chhatna Chandidas Mahavidyalaya

  
SUJAY SAIN  
Teacher-in-Charge  
Chhatna Chandidas Mahavidyalaya  
Bankura, W.B.



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No :

Date .....



## REPORT ON

### YOGA FOR HEALTH AND WELLNESS: TWO DAYS PROGRAMME 2021-22

Organized by: DEPARTMENT OF SANSKRIT

Ms. Riya Pal and Mrs. Mamoni Dutta

Date: 6/12/2021 and 07/12/2021

Venue : CHHATNA CHANDIDAS MAHAVIDYALAYA, CHHATNA, BANKURA

Invitee Guest: Mr. Mrinal Kanti Dandapath, MPed, PRMS Mahavidyalaya

The human being has two aspects: mental and physical and human being become human resource by the perfect combination of strong physique with healthy mind. As it is rightly said, "A healthy mind in a healthy body", the efforts are made to strengthen the latent force inherent in them by conducting Yoga in college premises.

#### Purpose of Programme:

- The Main aim of yoga is to integrate the body, mind, and thoughts so as to work for good ends
- Yoga will pave the way for an individual to do any action peacefully and perfectly.

- By practicing yoga, the mind will get sharpened and concentration and memory power may develop. Thus, minds could be canalized for thinking the right good thoughts. Then the good and healthy thoughts will develop in the right direction.
- Through systematic and regular Yogic practices, the body may be made healthier and its resistance power to fight against the diseases could be enhanced
- To let students know their rights of good health and healthy life style to completely enjoy the highest standard of physical health
- To make students aware of physical and mental disease and it's solutions through practicing yoga



CHINN CHANDIDAS MAHAVIDYALAYA

Programme duration: 12 hours

Programme Outline:

DATE	CONTENTS	DURATION
6/12/2021	Inaugural programme	8:00A.M TO 9:00 A:M
	Practical class about Posture	9:00 A.M TO 10: 00 A.M
	Theory and practical classes (Asanas of all supine posture)	10.45 AM TO 11.45AM
	Theory and practical classes(Asanas of all supine Posture)	1.15 PM,2.15PM
	Theory and practical classes(Asanas of all prone Posture)	2.30 PM TO 3.30PM
	Theory and practical classes(Asanas of all prone posture)	3.45 TO 4.45PM
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	Theory and practical classes( Pranayama and Meditation)	2.00 -3.30PM
		VALIDICTORY 3.30-4.30 PM



Riya Pal

## Outcomes:

Students become aware about yogic concepts of disease and remedial measures.

Students realised that proper yoga Therapy is unique drugless approach to combat modern psychosomatic disease.

Students trace out the ancient roots of yoga from Indian wisdom.

Yoga is an ancient Indian practice that permits the mind and body to be in conjunction with each other. It incorporates meditation, breathing exercises, and stretches to allow stress reduction, relaxation, and rejuvenation. For College students, Yoga is integral to their physical and mental health. By Yoga, student can be healthy in body and mind and, consequently, excel in his/her academics.



✓  
P. Kumbhakar

IQAC Co-ordinator  
Chhatra Chandidas Mahavidyalaya

Riya Pal

2021-22

7/12/21

Sl No	UID	Students Name	Signature	Remarks
1.	19071103004	ANUSHUA MONDAL	Anushua Mondal	
2.	19071103017	PRIYA ATTA	Priya Atta	
3.	19071104001	ANKITA CHAKRABORTY	Ankita Chakraborty	
4.	19071111025	PIYA BANERJEE	Piya Banerjee	
5.	19071101015	RIMPA MUJI	Rimpa mudi	
6.	1907111019	MOUSUMI RAKSHIT	mousumi Rakshit	
7.	19071101016	RINKU KUNDU	Rinku Kundu	
8.	19071104014	MALA ATHA	Mala Atha	
9.	19041111005	ARARNA GORAI	Ararna Gorai	
10.	19071111020	Mukul Das	Mukul Das	
11.	19071103003	ANKITA MUKHERJEE	Ankita mukherjee	
12.	19071111002	AMITA MURMU	Amita murmu	
13.	19071111027	RAJASARI NAIR	Rajasari Nair	

Sl No	UID	Students Name	Signature	Remarks
14.	19071101012	PUSPITA BANERJEE	Puspita Banerjee	
15	19071104013	SHILPA PARAMANIK	Shilpa Paramanik	
16	19071111018	Mou Das	Mou Das	
17.	19071111031	Riya Maji	Riya Maji	
18	19071101009	PRIYA BAURI	Priya Bauri	
19.	19071111004	ANNESWA PATSA	Anneswa patsa	
20.	19071111029	RITU KUMBHAKAR	Ritu Kumbhakar.	
21	19071111041	TINA TANTUBAY	Tina Tantubay	
22	19071103016	PRIYA ACHARJEE	Priya Acharjee	
23	19071111038	SUKLA CHAND	Sukla Chand	
24	19071104002	ARCHANA MAHATA	Archana Mahata	
25	19071104023	PUJA GOSWAMI	Puja Goswami	
26.	19071104006	BARNALI MONDAL	Barnali Mondal	

LIST OF PARTICIPANTS

Name of Activity:

Sl No	UID	Students Name	Signature	Remarks
27.	19071111003	ANKITA DEY	Ankita Dey	
28.	19071103031	SULAGNA GOSWAMI	Sulagna Goswami	
29.	1907111022	NISHA DUTTA	Nisha .dutta	
30.	19071103019	RAINA BHUI	Raina Bhui	
31	19071104029	SATHI SHIT	Sathi shit	
32	19071103025	SHRABONI NANDI	Shraboni NANDI	
33	19071104007	BINAPANI KUNDU	Binapani Kundu	
34	19071104035	SUKHALATA MURMU	Sukhalata MURMU	
35	19071104037	SUSMITA MAHANTA	Susmita mahanta	
36	19071111015	MAMPI MONDAL	Mampi Mondal	
37	19071111012	ITU DHAK	Itu Dhak	
38	19071111030	RIYA CHOWDHURY	Riya chowdhury	



LIST OF PARTICIPANTS

Name of Activity:

Sl No	UID	Students Name	Signature	Remarks
39	19071101020	SHRABANI PAL	Shrabani Pal	
40	19071111021	Nandita Dasgupta	Nandita Dasgupta	
41	19071111023	PAYEL MONDAL	Payel Mondal	
42	19071110801	Kabita CHATTERJEE	Kabita Chatterjee	
43	190711101010	PUJA DEY	Puja Dey	
44	19071101007	Pampa Dey	8001821096 Pampa Dey	
45	19071110302	SOMA KAR	Soma Kar	
46	19071111008	DEEP MONDAL	DEEP MONDAL	
47	19071104031	SHRABANI KARMAKAR	Shrabani Karமாகার	
48	19071103021	RIMPA BANERJEE	Rimpa Banerjee	
49	19071111033	SHILPA DEY	Shilpa Dey	

Riya Pal  
6/12/2021  
Mamoni Dutta  
6/12/2021

✓ P. Kumbhakar  
IQAC Co-ordinator  
Chhatra Chandika Mahavidyalaya

2021-22

6/12/21

Sl No	UID	Students Name	Signature	Remarks
1.	19071103004	ANUSHUA MONDAL	Anushua Mondal	
2.	19071103017	PRIYA ATTA	Priya Atta	
3.	19071104001	ANKITA CHAKRABORTY	Ankita Chakraborty	
4.	19071111025	PIYA BANERJEE	Piya Banerjee	
5.	19071101015	RIMPA MUDI	Rimpa mudi	
6.	<del>19071101019</del>	MOUSUMI RAKSHIT	Mousumi Rakshit	
7.	19071101016	RINKU KUNDU	Rinku Kundu	
8.	19071104014	MALA ATHA	Mala Atha	
9.	19071111005	APARNA GORAI	Aparna Gorai	
10.	19071111020	Mukul Das	Mukul Das	
11.	19071103003	ANKITA MUKHERJEE	Ankita Mukherjee	
12.	19071111002	AMITA MURMU	Amita Murmu	
13.	19071111027	RAJASHRI NAIR	Rajashri Nair	

LIST OF PARTICIPANTS

Name of Activity:

Sl No	UID	Students Name	Signature	Remarks
14.	19071101012	PUSPITA BANERJEE	Puspita Banerjee	
15.	19071104013	JHUMA PARAMANIK	Jhuma Paramanik	
16	19071111018	Mou Das	Mou Das	
17.	19071111031	Riya Maji	Riya Maji	
18.	19071101009	PRIYA BAURI	Priya Bauri	
19.	19071111004	ANNESWA PATSA	Anneswa Patsa	
20.	19071111029	RIU KUMBHAKAR	Riu Kumbhakar.	
21.	19071111041	TINA TANTUBAY	Tina Tantubay	
22	19071103016	Priya Acharjee	Priya Acharjee	
23	19071111038	SUKLA CHAND	<del>SUKLA</del> Sukla Chand	
24	19071104002	ARCHANA MAHATO	Archana Mahata	
25.	19071104006	BARNALI MONDAL	Barnali Mondal	

LIST OF PARTICIPANTS

Name of Activity:

Sl No	UID	Students Name	Signature	Remarks
26.	19071104023	PUJA GOSWAMI	Puja Goswami	
27.	19071111003	ANKITA DEY	Ankita Dey	
28.	19071103031	SULAGNA GOSWAMI	Sulagna Goswami	
29.	19071111022	NISHA DUTTA	Nisha Dutta	
30.	19071103019	RAINA BHUI	Raina Bhui	
31.	19071104029	SATHI SHIT	Sathi Shit	
32.	19071103025	SHRABONI NANDI	Shraboni Nandi	
33.	19071104007	BINAPANI KUNDU	Binapani Kundu	
34.	19071104035	SUKHALATA MURMU	Sukhalata murmu	
35.	19071104037	SUSMITA MAHANTA	Susmita mahanta	
36.	19071111016	MAMPI MONDAL	Mampi Mondal	
37.	19071111012	ITU DHAK	Itu Dhak	

LIST OF PARTICIPANTS

Name of Activity:

Sl No	UID	Students Name	Signature	Remarks
38	19071111030	RIYA CHOWDHURY	Riya Chowdhury	
39	19071101020	SHRABANI PAL	Shrabani Pal	
40	19071111021	Nandita Dasgupta	9593821412	
41	19071111023	PAYEL MONDAL	payel mondal	
42	19071103011	Kabita CHATTERJEE	Kabita Chatterjee	
43	19071101010	PUJA DEY	P. PUJA DEY	
44	19071101007	PAMPA DEY	Pampa Dey	
45	19071103002	SOMA KAR	Soma Kar	
46	19071111008	DEEP MONDAL	DEEP MONDAL	
47	19071103021	RIMPA BANERJEE	Rimpa Banerjee	
48	19071104031	SHRABANI KARMAKAR	Shrabani Karimakar	
49	19071111033	Shilpa Dey	Shilpa Dey	

Total Students - 49

P. Kusumkar  
IQAC Co-ordinator  
Chhatra Chandras Mahavidyalaya

Riya Pal 7.12.2021

Mamoni Dutta 7.12.2021



# CHHATNA CHANDIDAS MAHAVIDYALAYA.

ESTD- 2007

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Office : 03242-201125; 9475585518; 7001138398; 9614380901; 9933611788

No :

Date .....

## REPORT ON

**Programme on Mental Health  
2022-23**

Organized by: **DEPARTMENT OF SOCIOLOGY**

**Dr. Sujay Sain, Assistant Professor, Department of Sociology**

Venue: CHHATNA CHANDIDAS MAHA VIDYALAYA, CHHATNA,  
BANKURA

Room No. 103

**Date: 27/05/23 and 28/05/2023**

### Programme outline:

- Mental health issues often first appear between the ages of 18 and 24, so colleges are uniquely situated to help these young people. Students from rural back ground and first generation learner sometimes hide these problems.
- Students' mental health can affect their academic performance and social interaction.
- Suicidal thoughts and behaviors can impact the entire campus community.



*P. Kimbhaon*  
21.05.23

**IQAC Co-ordinator**  
**Chhatna Chandidas Mahavidyalaya**

*21/5/23*  
**SUJAY SAIN**  
Teacher-in-Charge  
Chhatna Chandidas Mahavidyalaya  
Bankura, W.B.

Therefore Sociology department of our college, first time has arranged the programme related to mental health. The programme is mainly based on lecture mode and discussion based.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

**Aims:**

**Discuss the Can your mental health change over time?**

**How common are mental illnesses?**



Programme duration: 12 hours

Programme Outline:

DATE	CONTENTs	DURATION
27/05/2023	Inaugural programme	8:00A.M TO 9:00 A:M
	Lucid Presentation About Mental Health	9:00 A.M TO 10: 00 A.M
	Mental Health and Society	10.45 AM TO 11.45AM
	Mental Health and College Life (Education)	1.15 PM 2.15PM
	Mental Health and Media	2.30 PM TO 3.30PM
	Mental Health and Hyper reality	3.45 TO 4.45PM
28/05/2023	Social and Cultural Activities and Mental Health	9.30- 11.30
	Mental Health and Communication	12.00-1.30 PM
	Mental Health and Meditation	2.00 -3.30PM
		VALIDICTORY 3.30-4.30 PM



P. Kumbhakar  
21.05.23

**IQAC Co-ordinator**  
Chhatna Chandidas Mahavidyalaya

21/5/23

**SUJAY SAIN**  
Teacher-In-Charge  
Chhatna Chandidas Mahavidyalaya  
Bankura, W.B.



Outcome:

Having feelings of loneliness or isolation and the way to overcome the loneliness. Feeling lonely in college is a common experience for many students, especially during times of transition or when you're away from your usual support network. Here are some strategies that may help you cope with loneliness in college:

1. **Get Involved:**
2. **Attend Social Events:**
3. **Utilize Campus Resources:**
4. **Practice Self-Care:**
5. **Join NSS.**

Students were attentive throughout the whole session. None came forward with their problem but they realised the first time mental health is equally important as physical health.

P. Kundhary  
21.05.23



**IQAC Co-ordinator**  
Chhatna Chandidas Mahavidyalaya

21/5/23

**SUJAY SAIN**  
Teacher-in-Charge  
Chhatna Chandidas Mahavidyalaya  
Bankura, W.B.

21/5/23

# PARTICIPANTS LIST; FOR DAY 1:27/05/2023

19071103004	ANUSHUA MONDAL	6297792610	Anushua Mondal
19071103017	PRIYA ATTA	8101796956	PRIYA ATTA
19071104001	ANKITA CHAKRABORTY	9679215244	Ankita Chakraborty
19071111025	PIYA BANERJEE	9434653846	Piya Banerjee
19071101015	RIMPA MUDI	6294660047	Rimpa Mudi
19071111019	MOUSUMI RAKSHIT	8101057243	Mousumi Rakshit
19071101016	RINKU KUNDU	8372853829	Rinku Kundu
19071104014	MALA ATHA	7047504724	Mala Atha
19071111005	APARNA GORAI	8101530019	Aparna Gorai
19071111020	MUKUL DAS	7363806936	Mukul Das
19071103003	ANKITA MUKHERJEE	9153948397	Ankita Mukherjee
19071111002	AMITA MURMU	9635724694	Amita Murmu
19071111027	RAJASHRI NAIR	7908389694	Rajashri Nair
19071101012	PUSPITA BANERJEE	8158827012	Puspita Banerjee
19071104013	JHUMA PARAMANIK	7797587420	Jhuma Paramanik
19071111018	MOU DAS	6296697846	Mou Das
19071111031	RIYA MAJI	7031708288	Riya Maji
19071101009	PRIYA BAURI	6294871642	Priya Bauri
19071111004	ANNESWA PATSA	9002365956	Anneswa Patsa
19071111029	RIU KUMBHAKAR	7063657073	Riu Kumbhakar
19071111041	TINA TANTUBAY	9474728789	Tina Tantubay
19071103016	PRIYA ACHARJEE	7872583699	PRIYA ACHARJEE
19071111038	SUKLA CHAND	9647972765	Sukla Chand
19071104002	ARCHANA MAHATO	7585962829	Archana Mahato
19071104006	BARNALI MANDAL	9732722469	Barnali Mandal
19071104023	PUJA GOSWAMI	7430838868	Puja Goswami
19071111003	ANKITA DEY	8145717145	Ankita Dey
19071103031	SULAGNA GOSWAMI	6297253700	Sulagna Goswami
19071111022	NISHA DUTTA	9563618914	Nisha Dutta
19071103019	RAINA BHUI	9434349054	Raina Bhui
19071104029	SATHI SHIT	8372907443	Sathi Shit
19071103025	SHRABONI NANDI	6296846906	Shraboni Nandi
19071104007	BINAPANI KUNDU	8918988735	Binapani Kundu
19071104035	SUKHALATA MURMU	9827578881	Sukhalata Murmu
19071104037	SUSMITA MAHANTA	7679723004	Susmita Mahanta
19071111016	MAMPI MONDAL	9641201891	Mampi Mondal
19071111012	ITU DHAK	7029430537	ITU DHAK
19071111030	RIYA CHOWDHURY	9679134929	Riya Chowdhury
19071101020	SHRABANI PAL	8670935599	Shrabani Pal
19071111021	NANDITA DASGUPTA	9593821412	Nandita Dasgupta
19071111023	PAYEL MONDAL	9932547175	Payel Mondal



19071103011	KABITA CHATTERJEE	8436768658	Kabita Chatterjee
19071101010	PUJA DEY	8617064662	Puja Dey
19071101007	PAMPA DEY	8001821096	Pampa Dey
19071104032	SOMA KAR	7029298764	Soma Kar
19071111008	DEEP MONDAL	8158078191	Deep Mondal
19071103021	RIMPA BANERJEE	9635825795	Rimpa Banerjee
19071104031	SHRABANI KARMAKAR	9002276840	Shrabani Karmaakar
19071111033	SHILPA DEY	8170084349	Shilpa Dey

P. Kumbhakar  
27.05.23

IQAC Co-ordinator  
Chhatra Chandras Mahavidyalaya

27/5/23  
SUJAY SAIN  
Teacher in-Charge  
Chhatra Chandras Mahavidyalaya  
Bankura, W.B.



# PARTICIPANTS LIST; FOR DAY 1:28/05/2023

	UID	NAME	
1	18071204001	SHAMPA KUNDU	Shampa Kundu
2	18071204002	RIMPA PAL	Rimpa Pal
3	18071204003	PRATIMA DAS	Pratima Das
4	18071204004	SARASWATI BAURI	Karaswati Bauri
5	18071204005	SOMA BAURI	Soma Bauri
6	18071204006	NILIMA PARAMANIK	Nilima Paramanik
7	18071204007	PUJA BAURI	Puja Bauri
8	18071204008	SONALI ROY	Sonali Roy
9	18071204009	PRAMILA TUDU	Pramila Tudu
10	18071204010	ARCHANA MURMU	Archana Murmu
11	18071204011	SANAKA HEMBRAM	Sanaka Hembram
12	18071204012	NIYATI MANDI	Niyati Mandi
13	18071204013	SATYABATI MANDI	Satyabati Mandi
14	18071204014	PRASANTA BAURI	Prasanta Bauri
15	18071204015	MANGI TUDU	MANGI TUDU
16	18071204016	SURANJANA KISKU	Suranjana Kisku
17	18071204017	ASHIM KUMAR HANSDA	Ashim Kumar Hansda
18	18071204018	KOLESON MURMU	Koleson Murmu
19	18071208001	BHARATI ROY	Bharati Roy
20	18071208002	PARTHA MANDAL	Partha Mandal
21	18071208003	RAMESH SINGHABABU	Ramesh Singhababu
22	18071209001	SOURAV GHOSH	Sourav Ghosh
13	18071209002	RIJU DEY	Riju Dey
24	18071209003	SUMAN GHOSH	Suman Ghosh
25	18071209004	RAKESH GHOSH	Rakesh Ghosh
26	18071211001	SANGITA BARAI	Sangita Barai
27	18071211002	SANOJ MANDAL	Sanjay Mandal
28	18071211003	SUDIPTA MONDAL	Sudipta Mondal
29	18071211004	MANSARAM MAL	Mansaram Mal
30	18071211005	SANJOY MAL	Sanjoy Mal
31	18071211006	DILIP MAL	DILIP Mal

P. Kumbhakar  
28.05.23  
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Teacher-in-Charge  
Chhatna Chandidas Mahavidyalaya  
Bankura, W.B.



# Chhatna Chandidas Mahavidyalaya Chhatna, Bankura

Lat 23.319095°

Long 86.94256°

**REPORT ON**

**YOGA FOR HEALTH AND WELLNESS: CAMPAIGNING**

**2022-23**

# YOGA FOR HEALTH AND WELLNESS: CAMPAIGNING 2022-23

Organized BY : DEPARTMENT OF SANSKRIT

Teachers: Dr. Riya Pal and Mrs. Mamoni Dutta

- Venue: CHHATNA CHANDIDAS MAHAVIDYALAYA, CHHATNA, BANKURA
- Room No. 103
- Date: 9<sup>th</sup> and 10<sup>th</sup> February 2022

Participants: 75

Invitee Guest: Mr. Mrinal Kanti Dandapath, M.P.Ed, PRMS Mahavidyalaya

Programme out line: Leaflet Distribution and Wall up of Yoga poses poster in College Wall (for continuous mass campaigning)

# YOGA LEAFLETS DISTRUBUTED AMONG STUDENTS



Visual aspect helps to students to maintain the sequences of Yoga posture

# YOGA LEAFLET DISTRUBUTED AMONG STUDENTS



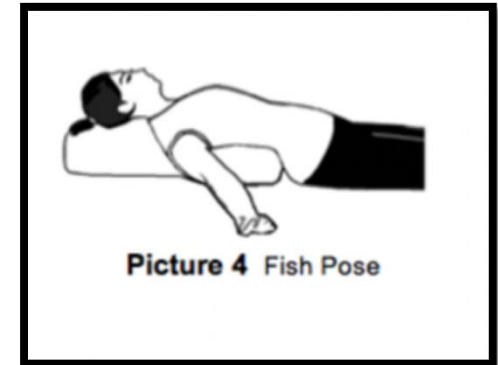
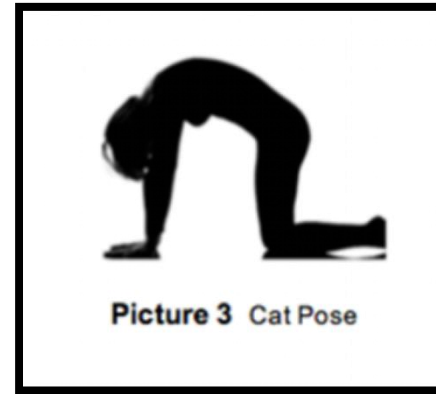
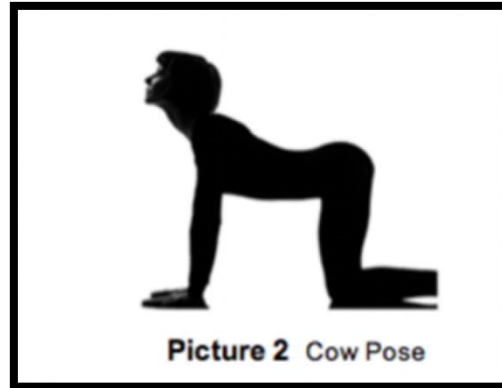
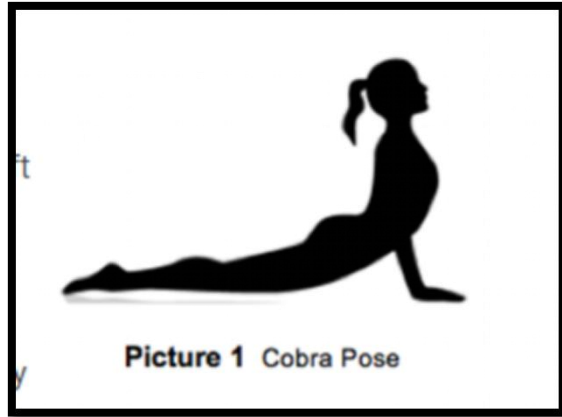
Visual aspect helps to students to maintain the sequences of Yoga posture



# YOGA POSES: WOMEN'S HEALTH



# YOGA EXERCISE AND MENSTRUAL CRAMPS



# OUTCOME

- Leaflet distribution with the yoga classes become more effective impetus to the students.
- The Yoga poses leaflet reaches to the home of the student and it will create a positive vive of health awareness.
- To enhance the capacities of students for physical and mental well-being t
- To develop healthy habits for better health
- The students will be able to demonstrate proficiency at the poses covered in course
- To integrate moral values
- To possess emotional stability



*P. Kumbhakar*

**IQAC Co-ordinator**  
**Chhatna Chandidas Mahavidyalaya**

*Malavika Sinha*

*Principal*  
Chhatna Chandidas Mahavidyalaya  
Chhatna, Bankura

**Chhatna Chandidas Mahavidyalaya**

**YOGA FOR HEALTHAND WELLNESS 06/12/19 TO 07/12/2019**



**Photo No.1**



**Photo No.2**

*P. Kumbhakar*

**IQAC Co-ordinator  
Chhatna Chandidas Mahavidyalaya**

*Marleika Sinha*

**Principal  
Chhatna Chandidas Mahavidyalaya  
Chhatna, Bankura**



**YOGA FOR HEALTHAND WELLNESS 06/12/19 TO 07/12/2019**



**Photo 3**



**Photo 4**



*P. Kumbhakar*

**IQAC Co-ordinator  
Chhatna Chandidas Mahavidyalaya**

*Malavika Sinha*

*Principal  
Chhatna Chandidas Mahavidyalaya  
Chhatna, Bankura*