



DHRUBA CHAND HALDER COLLEGE

(FORMERLY DAKSHIN BARASAT COLLEGE)

ESTD.-1965

A NAAC Accredited Degree College Affiliated to University of Calcutta

P. O. Dakshin Barasat • Dist. South 24-Parganas • West Bengal • Pin 743372

E-mail : dchcollege@yahoo.com, Website : www.dchcollege.org.

Phone : (03218)-222550 (Prin.) / 223-668 (Off.)

Ref. No. *DCHC/P.E.DG/Addn 2/2021-22*

Date *3/09*.....20*21*

The Department Of Physical Education Has Organized an Add on Course On "Yoga and Meditation ". The Duration of the Course is 30 hours. The Interested Students can enrol Their Names To Prof.Biswajit Majhi on or before 8th September 2021. The course will start from 22th September, 2021 in online mode. The meeting link Shall be Sent to students before schedule Time.

Principal

PRINCIPAL
Dhruba Chand Halder College
P.O.-D. Barasat, P.S.-Jaynagar
Dist-24 Pgs. (S) Pin-743372

Biswajit Majhi

H.O.D

Department of Physical Education

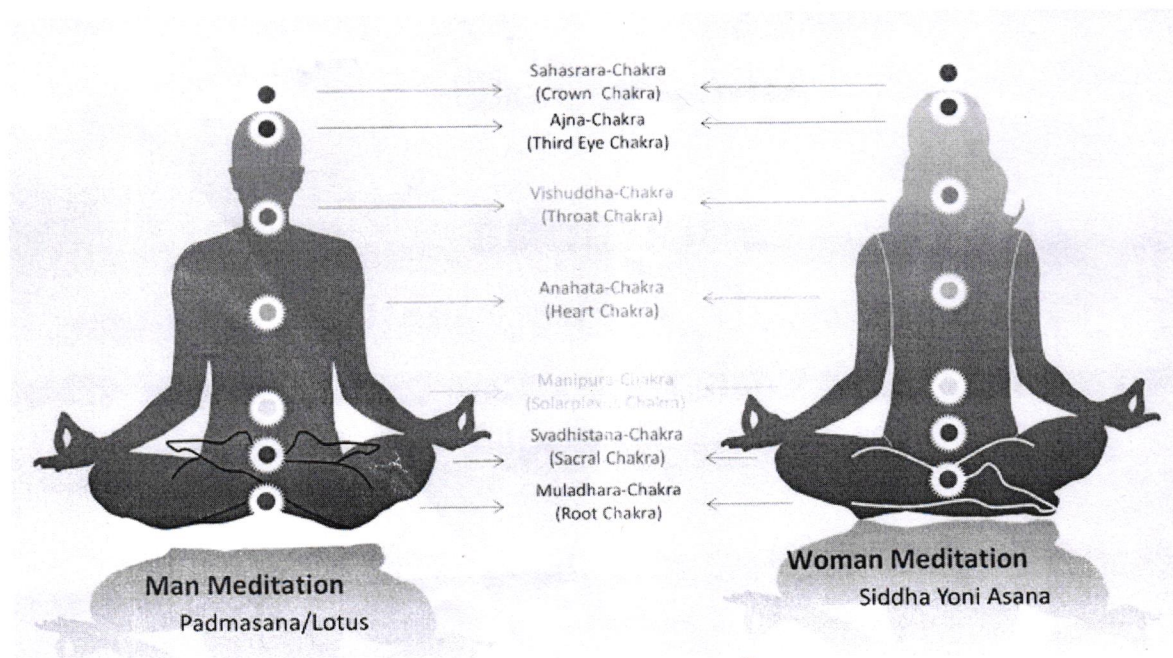
DHRUBA CHAND HALDER COLLEGE

DAKSHIN BARASAT, WEST BENGAL



BROCHURE

SHORT TERM ADD ON COURSE ON YOGA & MEDITATION 2021-2022




PRINCIPAL
Dhruba Chand Halder College
P.O.-D. Barasat, P.S.-Jaynagar
Dist-24 Pgs. (S) Pin-743372

ATTENDANCE SHEET 2021-22

SL NO	NAME OF STUDENT	ATTENDANCE SHEET OF ADD-ON COURSE – 2021-22														
		22/09	23/09	24/09	25/09	27/09	28/09	02/10	03/10	05/10	08/11	10/11	12/11	13/11	14/11	15/11
1.	BANDANA SARDAR	P	P	P	A	P	A	P	P	A	A	P	P	P	A	P
2.	BAPAN BAIRAGI	P	P	A	P	A	P	P	P	P	P	P	A	P	P	P
3.	BAPPA MONDAL	A	P	P	A	P	P	A	A	A	P	P	P	A	P	A
4.	BARSHA HALDER	P	A	P	P	A	P	A	P	P	P	P	P	P	P	P
5.	DEBIK GHOSH CHOUDHURY	P	P	A	P	P	P	P	P	P	A	P	A	P	A	P
6.	GOURHARI PIYADA	A	P	A	P	A	P	A	P	A	A	P	P	P	A	P
7.	HRITHIK NASKAR	A	A	P	P	P	A	P	A	P	P	P	A	P	P	P
8.	INDRAJIT CHAKRABORTY	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A
9.	RIDDHITA ROY	A	P	P	P	A	P	A	A	P	P	P	P	P	P	P
10.	MUNMUN MONDAL	P	P	P	P	P	P	P	P	P	A	P	A	P	A	P
11.	NARGIS KHATUN	P	A	P	A	P	A	P	A	A	A	P	P	P	A	P
12.	NARGIS SK	A	A	A	P	A	A	A	A	P	P	P	A	P	P	P
13.	PALLABI SANKARI	P	A	P	P	P	A	P	P	A	P	P	P	A	P	A
14.	PREETI HALDER	P	P	A	A	A	P	A	P	P	P	P	P	P	P	P
15.	PRITI PRAMANIK	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
16.	PRIYANKA SARDAR	A	A	P	A	A	A	P	A	P	P	P	P	P	P	P
17.	PUJA PRAMANIK	A	A	A	A	P	A	A	A	P	P	A	P	A	P	A
18.	RUMIYA PARVIN	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
19.	JOYDEEP MONDAL	A	A	A	A	A	A	A	A	A	A	A	A	P	A	A

[illegible]

54. SHUVAJIT ROY	P	P	A	A	A	P	A	P	A	P	P	P	P	P	P
55. SOMNATH BHUNIYA	P	P	P	P	P	P	P	P	A	A	P	P	P	A	P
56. SOUMYADIP KHASKEL	A	P	P	P	P	P	A	P	P	P	A	A	A	P	P
57. SOURAV CHATTERJEE	A	A	P	A	P	A	A	A	A	P	P	A	A	A	P
58. SAUVIK DAS	A	P	P	P	P	P	A	P	A	A	A	A	P	A	P
59. PRITM GHSH	P	P	P	P	P	P	P	P	P	A	A	P	A	P	A
60. SAUVIK MONDAL	P	P	A	A	A	P	A	P	A	A	P	A	P	P	P
61. SRIJITA CHATTERJEE	A	A	P	P	P	P	A	A	P	P	P	P	P	P	P
62. SUBHAJIT GHOSH	P	P	P	P	A	P	P	P	A	A	A	A	A	A	A
63. ARIJIT ROY.	A	A	A	A	P	A	A	A	P	P	P	P	P	P	P
64. SUBHASHRI MONDAL	P	P	P	P	P	P	P	P	P	A	P	A	P	A	P
65. SUDAM GAYEN	P	P	A	A	A	P	A	P	P	P	A	P	A	A	A
66. SWAPNA MONDAL	A	P	P	A	P	P	A	P	A	P	P	P	P	P	P
67. ASIFA KHATUN	A	A	A	A	A	P	A	P	A	P	P	A	A	A	A
68. ASIMA MONDAL	P	P	A	A	P	A	P	A	A	A	P	P	P	A	A
69. ASRIN KHATUN	A	A	A	P	A	P	P	P	P	P	P	A	A	A	P
70. AVICK ROY CHOWDHURY	A	P	A	A	A	A	A	A	A	A	A	A	P	A	A
71. AYAN DAS	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P
72. AYAN DEBNATH	A	A	A	A	A	A	P	P	A	A	A	A	A	A	A
73. AYON MONDAL	A	A	A	A	A	A	P	P	P	P	P	A	A	A	A
74. AZAHAR UDDIN LASKAR	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P
75. AZMIRA MONDAL	A	A	A	P	A	P	P	P	P	P	P	A	A	A	P
76. BABAI HALDER	A	A	P	A	A	A	P	P	A	P	A	A	A	P	A
77. CHAMPA DUTTA	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P
78. BANDANA MANNA	P	P	P	P	P	P	A	A	A	A	A	P	P	P	P
79. BANDANA SARDAR	A	P	A	P	A	P	P	P	P	P	P	A	P	A	P
80. BANDANA SARDAR	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P
81. BAPAN BAIRAGI	A	A	P	A	A	A	P	P	A	P	A	A	A	P	A
82. MUSUMI MIDDA	A	A	P	P	A	P	A	P	P	P	P	A	A	P	P
83. BARSHA HALDER	P	P	P	A	A	A	A	A	P	P	P	P	P	P	A
84. TAGAR SARDAR	A	A	P	A	A	A	P	P	A	A	A	A	A	P	A
85. BESPOTI HALDER	A	A	A	A	A	P	A	P	A	P	P	A	A	A	A
86. BHAGYA PANDIT	P	P	A	A	P	A	P	A	A	A	P	P	P	A	A
87. SAGAR ROY	A	A	A	P	A	P	P	P	P	P	P	A	A	A	P

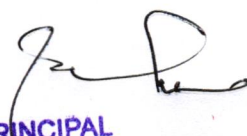
88. BIJAYA SARDAR	A	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A
89. BIKRAM KARMAKAR	P	A	P	P	P	A	P	P	P	P	P	A	A	A	A	P
90. BISHNUPRIYA ADHIKARI	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A
91. PALASH DAS	A	A	A	A	A	A	A	A	P	P	P	P	P	A	A	P
92. BISWAJIT KAYAL	P	P	A	A	P	P	P	P	P	P	P	P	A	A	A	P
93. PRITAM MONDAL	A	A	A	A	P	A	A	P	P	P	P	A	A	A	P	A
94. BISWAJIT ROY	A	A	P	A	A	A	P	P	P	P	P	P	P	P	P	P
95. SURJIT NASAR	P	P	P	P	P	P	P	P	A	A	A	A	A	A	A	P
96. BIUTY SARDAR	P	P	P	P	P	P	A	A	A	A	A	P	P	P	P	P

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Add On Course On Yoga & Meditatin: Reprt & Class Details – 2021-22

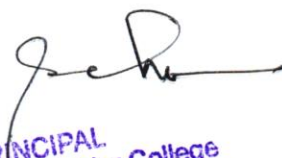
The Department of Physical Education in Dhruba Chand Halder College organized a short term course named as 3 month Add on course on Yoga & Meditation for our students to assure their better future. Al the classes are arranged for 2 hours duration on specified dates with renowned speakers on this field. The coordinators of this course were Prof. Biswajit Majhi & Mintu Sarder This course was started from 22 th September to 15 th November, 2021. and focused its different perspectives and details through 15 valuable classes. Al the interested students from different department participated and successfully completed this Course.

Class	NAME	TOPIC	DATE
01	Ms. Suyasha Sengupta	Yogasana	22/09
02	Ms. Suyasha Sengupta	Yogasana	23/09
03	Ms. Suyasha Sengupta	Yogasana	24/09
04	Ms. Suyasha Sengupta	Yogasana	25/09
05	Ms. Sister Tanusree	Yoga & Meditation	27/09
06	Ms. Sister Tanusree	Yoga & Meditation	28/09
07	Ms. Sister Tanusree	Yoga & Meditation	02/10
08	Ms. Sister Tanusree	Yoga & Meditation	03/10
09	Ms. Sister Tanusree	Yoga & Meditation	05/10
10	Mr. Mintu Sarder	Yoga Theory Class	08/11
11	Mr. Mintu Sarder	Yoga Theory Class	10/11
12	Mr. Mintu Sarder	Yoga Theory Class	12/11
13	Mr. Biplob Roy	Yoga & Kriya	13/11
14	Mr. Biplob Roy	Yoga & Kriya	14/11
15	Mr. Biplob Roy	Yoga & Kriya	15/11


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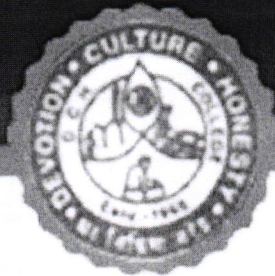
OUTCOME : At the end of the course the student will be able to:-

- Prevent the effects of stress in educators and develop healthy strategies of dealing with the daily work demand.
- Foster participants ability to relax.
- Learn the best practices to improve student's emotional balance, through.
- Practical and experiential activities which can be adapted to any classroom.
- Favor students' search for self-awareness and identity and thus to promote.
- Changes in brain areas associated with attention and decision-making.
- Learn about recent research findings in Education.



PRINCIPAL
Dhruba Chand Haider College
P.O.-D. Barasat, P.S.-Jaynagar
Dist-South 24 Parganas

CERTIFICATE OF PARTICIPATION



DHRUBACHAND HALDER COLLEGE

This is to certify that Smt/Sri **PUJA PRAMANICK** of the **DEPARTMENT OF PHYSICAL EDUCATION** has successfully completed a short course (Six Months) on **YOGA & MEDITATION** conducted by D.C.H College, in the academic session 2021-22.

Ludakshina Dasgupta

Signature , IQAC Coordinator

[Signature]

Signature, Principal

Binayit Majhi Mintu Sarder

Signature , Course
Coordinator

[Signature]
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