



श्रद्धावान् लभते ज्ञानम्

Heramba Chandra College

Affiliated to the University of Calcutta

NAAC Accredited 2016 (2nd Cycle)

Life Skills (Yoga, Physical Fitness, Health and Hygiene, Self Employment and Entrepreneurial Skills):

List of Life Skills activities, organized by the Heramba Chandra College with supporting documents are given below

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2021-22	A One Day Workshop on How to Stay Fit Organised by Sports Committee in association with IQAC	21.06.2022 to 21.06.2022	104	Mr. Rajib Banerjee , MSC in Yoga, PGD in Yoga, West Bengal, Naturopathy Practitioner, Diploma in Physiotherapy and Mrs. P Banerjee, MSC in Yoga, West Bengal Govt. Topic: Yoga, Naturopathy Practitioner, Physiotherapy
2022-23	Victory Beyond Victory: How Sports Can Shape Your Career Journey	29.08.2022 to 29.08.2022	95	Dr. Rajarshi Kar Assistant Professor, State Institute of Physical Education for Women, Hastings House



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Title of the workshop: A One Day Workshop on
How to Stay Fit Organised by Sports Committee in association with IQAC

Date: 21.06.2022

Time: 12 PM to 5.00 PM

Venue: Auditorium

Resource Persons:

Mr. Rajib Banerjee, MSC in Yoga, PGD in Yoga, West Bengal,
Topic: Yoga Naturopathy Practitioner, Diploma in Physiotherapy

Mrs. Pallabi Banerjee, MSC in Yoga, West Bengal Govt.

Topic: Yoga, Naturopathy Practitioner, Physiotherapy

Convener: Dr. Purabi Barman, Assistant Professor, Department of Political science, Heramba Chandra College

Participants: 104


Objective:

The one-day workshop on "How to Stay Fit," organized by the Sports Committee in association with IQAC, aimed to educate participants on the importance of physical fitness and holistic well-being. Held on June 21, 2022, the workshop was designed to provide practical knowledge and techniques related to yoga, naturopathy, and physiotherapy. With expert resource persons Mr. Rajib Banerjee and Mrs. Pallabi Banerjee, both holding advanced degrees in yoga and naturopathy, the workshop intended to equip attendees with effective fitness routines and wellness practices. The objective was to promote a healthier lifestyle among students and faculty, emphasizing the benefits of regular physical activity, proper nutrition, and mental well-being.

Activity Report:

This workshop, organized by the Sports Committee in collaboration with the Internal Quality Assurance Cell (IQAC), aimed to celebrate the significance of Yoga as a holistic practice for mental and physical well-being. The workshop emphasized the importance of incorporating




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yoga into daily life for enhanced overall health. Certified yoga instructors conducted a practical session, guiding participants through various yoga postures and breathing exercises. Emphasis was placed on the benefits of each posture and its impact on mental and physical well-being. expert speaker discussed the holistic benefits of practicing yoga, emphasizing its positive effects on mental health, stress reduction, and overall fitness. The talk aimed to inspire participants to incorporate yoga into their daily routines. Participants engaged in an interactive discussion about personal experiences with yoga, challenges faced, and the positive changes observed in their well-being. The workshop saw active participation from students, faculty, and staff members. The inclusive nature of the event contributed to a sense of unity and collective well-being. Participants expressed gratitude for the workshop, highlighting the positive impact it had on their awareness of the benefits of yoga. Many shared their intention to integrate yoga into their daily routines for improved physical and mental health. This college level workshop after the pandemic had proved to be successful, aligning with the global celebration while emphasizing the cultural and health-related aspects of yoga. The event served as a platform to promote holistic well-being and fostered a sense of community engagement.

Outcome:

The workshop successfully raised awareness about the importance of staying fit through holistic practices like yoga and naturopathy. Participants gained valuable insights into various fitness routines and wellness techniques that can be easily incorporated into their daily lives. The expert sessions by Mr. Rajib Banerjee and Mrs. Pallabi Banerjee provided practical guidance and demonstrated exercises that helped attendees understand the connection between physical activity and overall health. The workshop fostered a proactive approach to maintaining fitness and well-being, benefiting the 104 participants by encouraging them to adopt healthier lifestyles.




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List of Participants:

A one day workshop on how to stay fit
Organised by the Sports Committee, Heramba Chandra College

Date: 21.06.2022

Participants

Sl. No.	Name	Student /teacher	Department	Signature
1	Sabita Mondal	Teacher	Bengali	Sabita Mondal
2	Reshmi Mitra	Teacher	English Bengali	Reshmi Mitra
3	Ranjan Kumar Auddy	Teacher	English	Ranjan Kumar
4	Santu Mukhopadhyay	Teacher	Pol Sc	Santu Mukherjee
5	Basabdatta Ghosh Choudhury	Teacher	Geography	Basu C
6	Emon Bagchi	Teacher	Geography	Emon Bagchi
7	Bhaswati Bhattacharya	Teacher	Geography	Bhaswati Bhattacharya
8	Moumita Ghosh	Teacher	Geography	M. Ghosh
9	Lopamudra Basu	Teacher	Geography	Lopamudra Basu
10	Saddam Hossain Mondal	Teacher	Economics	Saddam Hossain Mondal
11	Ayanangshu Sarkar	Teacher	Economics	Ayanangshu S.
12	Indrani Mitra	Teacher	Economics	Indrani Mitra
13	Purabi Barman	Teacher	Pol Sc	Purabi Barman
14	Papia Seb Gupta	Teacher	Pol Sc	Papia Seb Gupta
15	Sharmistha Banerjee	Teacher	Pol Sc	Sharmistha Banerjee
16	Lily Law	Teacher	English	Lily Law
17	Amrapali Bose	Teacher	English	A. Bose
18	Sumit Naskar	Teacher	English	Sumit Naskar
19	Sudeshna Basu	Teacher	English	Sudeshna Basu
20	Nababanita Chakrabarti	Teacher	Bengali	Nababanita Chakrabarti
21	Tanushree Hansda	Teacher	Bengali	Tanushree Hansda
22	Madhubanti Shome	Teacher	Bengali	Madhubanti Shome
23	Ishika Ghosh	Teacher	Commerce	Ishika Ghosh
24	Priyanka Banik	Teacher	Commerce	Priyanka Banik
25	Satudruti C. Banerjee	Teacher	Commerce	Satudruti C. Banerjee
26	Subhajit Debnath	Teacher	Commerce	Subhajit Debnath
27	Souvik Mazumder	Teacher	Commerce	Souvik Mazumder
28	Archiman Lahiri	Teacher	Commerce	A. Lahiri
29	Sibashis Dutta	Teacher	Commerce	S. Dutta
30	Leenapriya De	Teacher	Commerce	Leenapriya De
31	Rana Ghosh	Teacher	Commerce	Rana Ghosh
32	Mahua Mukherjee	Teacher	Commerce	Mahua Mukherjee
33	Soumita Chatterjee	Teacher	Commerce	Soumita Chatterjee
34	Sukanta Kundu	Teacher	Commerce	S. Kundu



S. Kundu

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Participants

Sl. No.	Name	Teacher/Student	Department	
35	Achintya Mondal	Teacher	History	<i>[Signature]</i>
36	Raktim Sur	Teacher	History	<i>[Signature]</i>
37	Upama Biswas	Teacher	History	<i>U. Biswas</i>
38	Mahua Roy	Teacher	History	<i>[Signature]</i>
39	Chhaya Banerjee	Teacher	Education	<i>C Banerjee</i>
40	Chinmayee Nanda	Teacher	Education	<i>[Signature]</i>
41	Sanchita Das	Teacher	Education	<i>S. Das</i>
42	Soumi Hazra	Teacher	Education	<i>S. Hazra</i>
43	Pranab kumar Mondal	Teacher	Education	<i>Pranab K. M.</i>
44	Suravi Kar Roy	Teacher	Economics	<i>S. Kar Roy</i>
45	Sweta Lahiri	Teacher	Economics	<i>Sweta Lahiri</i>
46	Susmita Roy Choudhury	Teacher	Economics	<i>Susmita Roy C.</i>
47	Angana Chakrabarty	Teacher	Economics	<i>Angana Ch.</i>
48	Arup Kumar Mallick	Teacher	Mathematics	<i>A. K. Mu</i>
49	Arun Sarkar	Teacher	Mathematics	<i>[Signature]</i>
50	Subhrajit Roy	Teacher	Mathematics	<i>[Signature]</i>
51	Malabika Das	Teacher	Mathematics	<i>[Signature]</i>
52	Dipankar Hazra	Teacher	Mathematics	<i>[Signature]</i>
53	Shinjini Ghosh	Teacher	Statistics	<i>[Signature]</i>
54	Bodhisattwa Bardhan Choudhury	Teacher	Commerce	<i>Bodhu</i>
55	Jayanta Ghosh	Teacher	Commerce	<i>Jayanta G.</i>
56	Paramita Dutta	Teacher	Commerce	<i>Paramit</i>
57	Sarmistha Dasgupta	Teacher	Commerce	<i>S. Dasgupta</i>
58	Abhrapratim Palit	Teacher	Commerce	<i>[Signature]</i>
59	Ranjan Sen Sarma	Teacher	Commerce	<i>Ranjan</i>
60	Sahita Mitra	Teacher	Commerce	<i>S. Mi</i>
61	INDRAJIT DUTTA	Student	Pol Sc	<i>Indrajit</i>
62	JEET KANGSA BANIK	Student	Pol Sc	<i>Jeet Kan</i>
63	MD ZAYAUDDIN	Student	Pol Sc	<i>MD Zay</i>
64	NOORAIN RABBANI	Student	Pol Sc	<i>Noorain</i>
65	PREETHVIRAJ DUTTA	Student	Pol Sc	<i>Preethviraj</i>
66	PRIYANKA JHA	Student	Pol Sc	<i>Priyanka</i>

[Signature]
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Sl. No.	Name	Teacher/ Student	Department	
67	SHUBHRAJIT MONDAL	Student	Commerce	Shubhrajit
68	SNEHASHISH MAL	Student	Commerce	Snehashish
69	SOUMYADEEP PODDAR	Student	Commerce	Soumyadeep
70	SUKUMAR DAS	Student	Commerce	Sukumar
71	SUPRATIM MANNA	Student	Commerce	Supratim
72	SUPRATIM MONDAL	Student	Commerce	Supratim
73	SUSMITA DAS	Student	Commerce	Susmita
74	PRERONA NASKAR	Student	Commerce	Prerona
75	DEEP MONDAL	Student	History	Deep Mondal
76	JOYEETA GAYEN	Student	History	Joyeeta
77	KARABI NASKAR	Student	History	Karabi Naskar
78	NILESH SARDAR	Student	History	Nilesh Sardar
79	PRONABJIT HALDER	Student	History	Pronabjit
80	RUDRA PRASAD PATRA	Student	History	Rudra Prasad
81	SUSHMA SRESTHA	Student	English	Sushma
82	TRIDEEP MURMU	Student	English	Trideep M
83	DEBOJYOTI MONDAL	Student	English	Debojyoti
84	RUMI BHUNIA	Student	English	Rumi Bhunia
85	SATYAKI SARADAR	Student	English	Satyaki
86	JYOTISHKO SEN CHOWDHURY	Student	English	Jyotishko
87	NABILA AHMAD	Student	English	Nabila Ahmad
88	PRITHA DAS	Student	English	Pritha Das
89	SAGNIK GHOSH	Student	English	Sagnik Ghosh
90	SHAAD UZAIR NADIM	Student	English	Shaad Uzair
91	SNEHAL SENGUPTA	Student	English	Snehal Sengupta
92	SULAGNA SAHA	Student	English	Sulagna Saha
93	TRAMBAK BHATTACHERJEE	Student	English	Trambak Bhattacharjee
94	AKASH BISWAS	Student	Geography	Aakash Biswas
95	JIT GHOSH	Student	Geography	Jit Ghosh
96	KANKANA BASU	Student	Geography	Kankana Basu
97	KRISHNANSHUK SAHA	Student	Geography	Krishnanshuk Saha

Purabi Barman



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98	NAFISA ISLAM	Student	Education	Nafisa
99	SOUMYAJIT DEY	Student	Education	Soumyajit
101	SREEJITA CHAKRABORTY	Student	Education	Sreejita
102	RAJIB PAL	Student	Economics	Rajib Pal
103	RITAJA CHOWDHURY	Student	Economics	Ritaja
104	RITAPRIYO SAU	Student	Economics	Ritapriyo



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Speaker: Dr. Rajarshi Kar

Assistant Professor,
State Institute of Physical Education for Women, Hastings House

Topic: *“Victory Beyond Victory:
How Sports Can Shape Your Career
Journey”*





