

STD-03215 Ph-253267/9800043510 Nahata Jogendranath Mondal Smriti Mahavidyalaya P.O.- Nahata, North 24 Parganas, PIN-743290 Affiliated to West Bengal State University E-mail: <u>info.nahatajnmsm@gmail.com</u> Website: <u>www.nahatajnmsm.ac.in</u> ESTD: 1985



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ACTIVITY REPORT – 24

Title of the Workshop/Teacher Exchange Programme: Physical Fitness and Yoga Organizing Department/ Committee: Department of Physical Education in collaboration with IQAC

Date of the Activity: 19.01.2023

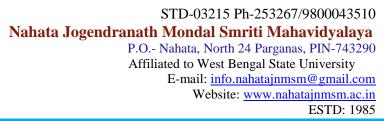
Number of participants: 29

Speaker: Prof. Radharani Ghosh, Department of Physical Education, Rishi Bankim College

Outcome of the Programme: The Speaker had talked about the importance of Physical Fitness and Yoga for the students day to day activity. It was helpful for them to find certain practical examples. Apart from fitness and other activities , this can also help students as a viable job opportunity.

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Programme as Smriti Mahavid	per the Mo iyalaya on 0 Teacho	er Exchange Programme for	andra College and Nal	hata Jogendranath Mondal
Date of the Activity	Nature of the Activity	Participating Faculty and Institute	Host Institute	Topic Covered
	Invited Lecture	Sriparna Datta Associate Professor in English Nahata Jogendranath Mondal Smriti Mahavidyalaya	Rishi Bankim Chandra College	The parallel Hebraic and Hellenic World of Milton's Invocation in Paradise Lost Book I : An Overview
	Invited Lecture	Prof. Radharani Ghosh, SACT, Department of physical education, Rishi Bankim Chandra College	Nahata Jogendranath Mondal Smriti Mahavidyalaya	Physical fitness and yoga
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Allell Principal/Teach		ge	Frien C	
Rishi Bankim C	handra Col	lege Nahata J	ogendranath Mondal S	







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Attendance Sheets

	Physical fitne		
	Date- 19 January	2023, Smart roo	m
	Organized by Department of Physical Edu	cation and Depart	ment of Defence Studies
	Nahata Jogendranath Mo	ndal Smriti Mahav	ridyalaya
	In collaboration with Rish	i Bankim Chandra	College
	In association with IQAC, Nahata Joger	dranath Mondal	Smriti Mahavidyalaya
	Attendar	nce sheet	
SI. No.	Name of student	Department/ Semester	Signature
	Con (Man Jal	6th	Source mondal
2.	Sourcar Mondal Amif Horsen Biswas	tth	Arif Hossen Bisway
3.	Tomay Roy	6th	Tomay Roy
4	Bony Bain	6th	Bony Bain
5.	Rapany Dar	6th	Rupom Dos
67	Bishal Gain	6th	Bisal Gain Nice Maniek
7.	Nice Mallick	6th	
8.	Souming Sarkar	6th	Sounik # Sankay
9.	Siba ghost	6th	
10.	Rama Mondal	6th	Rama Mondal
11.	Ajoy Sankan	676	Sayatam Mondal
12.	Sagatam Monda	6th 6th	Applita Sporkage
13.	Aropita Sarkar Amishe Sarkar	6th	Saboata Roy.
14.	Amsha Sulhai	674	Subrata Roy.
16.	Jania Das	646	Tanéo pas
17.	Nuour Biswas	6th	Nupur Biswon
18.	Rimpa Biswar	6Th	Rimpa Biswoo
19.	Ankita Poddaz	6th	Ankata Podan
20 .	Sandip Das	6th	Sodipa Das
21.	Salme Gazi	6th	Salma Gazi
22.	Prija Sarkar	614	Puta sonkan
23.	liza Debnath	6th	tiza Rapnath
24.	Puja Saskas	611	Prin Saokar
25.	Sneha Sarkar	676	JSNENA Sabkan
26.	Suman Daz	674	Suman Das
27.	Barnali Debrath	· sth	Barnali Debrath
28.	Akash Mati	6 th	Akash Mati
29.		676	Koyz) Sarkan
	Koyel Sarkar.		nogel sankar