



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: info.nahatajnmsm@gmail.com
 Website: www.nahatajnmsm.ac.in
 ESTD: 1985



ISO 9001:2015 and ISO 14001:2015 Certified Institute

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.

S.T.D.- 03215 253267

NAHATA JOGENDRA NATH MONDAL SMRITI MAHAVIDYALAYA
 P.O. Nahata, P.s.- Gopalnagar, Dist. North 24 Parganas.
 PIN- 743290
 ESTD- 1985

From : Principal/ Secretary/ Administrator/
 President/ Teacher- In- Charge

Website:- www.nahatajnmsm.com ::: Email:- info.nahatajnmsm@gmail.com

Ref. No. Date: 19.1.23

This is to certify that the Following activities have been conducted under the Teachers Exchange Programme as per the MoU between Rishi Bankim Chandra College and Nahata Jogendranath Mondal Smriti Mahavidyalaya on 05.12.2022.

Teacher Exchange Programme for the Session 2022-23

Date of the Activity	Nature of the Activity	Participating Faculty and Institute	Host Institute	Topic Covered
06.01.2023	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
19.01.2023	Invited Lecture	Prof. Radharani Ghosh, SACT, Department of physical education, Rishi Bankim Chandra College	Nahata Jogendranath Mondal Smriti Mahavidyalaya	Physical fitness and yoga

Mallep
Principal/Teacher-in- Charge
Rishi Bankim Chandra College

Prasun Biswas
Teacher-in-Charge
Nahata Jogendranath Mondal Smriti Mahavidyalaya

DR. PRASUN BISWAS
Teacher-in-charge
Nahata J.N.M.S. Mahavidyalaya
Nahata, North 24 Pgs., W.B.



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Attendance Sheets

**One day Workshop on
Physical fitness and Yoga**

Date- 19 January 2023, Smart room

Organized by Department of Physical Education and Department of Defence Studies
Nahata Jogendranath Mondal Smriti Mahavidyalaya
In collaboration with Rishi Bankim Chandra College

In association with IQAC, Nahata Jogendranath Mondal Smriti Mahavidyalaya

Attendance sheet

Sl. No.	Name of student	Department/ Semester	Signature
1.	Sourav Mondal	6th	Sourav Mondal
2.	Arif Hossen Biswas	6th	Arif Hossen Biswas
3.	Tomay Roy	6th	Tomay Roy
4.	Bony Bain	6th	Bony Bain
5.	Papam Das	6th	RUPOM DAS
6.	Bishal Gain	6th	Bisal Gain
7.	Nice Mallick	6th	NICE MALLICK
8.	Soumik Sarkar	6th	Soumik Sarkar
9.	Sibu Ghosh	6th	Sibu Ghosh
10.	Rama Mondal	6th	Rama Mondal
11.	Ajoy Sarkar	6th	Ajoy Sarkar
12.	Sagarani Mondal	6th	Sagarani Mondal
13.	Arpita Sarkar	6th	Arpita Sarkar
14.	Anisha Sarkar	6th	Subrata Roy
15.	Subrata Roy	6th	Subrata Roy
16.	Tanira Das	6th	Tanira Das
17.	Nupur Biswas	6th	Nupur Biswas
18.	Rimpa Biswas	6th	Rimpa Biswas
19.	Ankita Poddar	6th	Ankita Poddar
20.	Sandip Das	6th	Sandip Das
21.	Salma Gazi	6th	Salma Gazi
22.	Puja Sarkar	6th	Puja Sarkar
23.	Liza Debnath	6th	Liza Debnath
24.	Puja Sarkar	6th	Puja Sarkar
25.	Sneha Sarkar	6th	Sneha Sarkar
26.	Suman Das	6th	Suman Das
27.	Barnali Debnath	6th	Barnali Debnath
28.	Akash Mati	6th	Akash Mati
29.	Koyel Sarkar	6th	Koyel Sarkar

Nitayendu Mathy
19.01.23