

# CHANDIDAS MAHAVIDYALAYA

Deptt. Of NCC (TROOP No.- 50/5)

NAAC Accredited in 2011 & 2016

KHUJUTIPARA, DIST.-BIRBHUM, W.B., INDIA-731215

Email- chandidas.ncc@gmail.com, (M) 9732292416

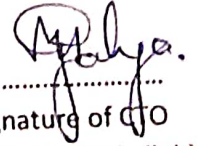


Ref. No.....

Date.....

Date : 14.06.2022

It is here by notified to all NCC Cadets that the "International Yoga Day Celebration" will be celebrated on 21.06.2022 at our College Campus at 8:00 am. All cadets must be present with their full uniform positively by 7.30 am .



Signature of CO  
(Prof. Md Hefjullah)

Care Taker Officer  
Chandidas Mahavidyalaya  
P.O.-Khujutipara, Dist.-Birbhum (W.P)


# CHANDIDAS MAHAVIDYALA

DEPTT. OF NCC (COY - 50/05)

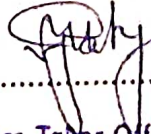
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## YOGA DAY CELEBRATION ON 21.06.2022, ATTENDENCE SHEET

S.L	REGIMENT NUMBER	NAME SIGNATURE	SIGNATURE
1.	WB21SDA198168	Souvik Sadhu	Souvik Sadhu
2.	WB20SWA198172	Puja Sadhu	Puja Sadhu
3.	WB20SWA198217	Farida Yeasmin	Farida Yeasmin
4.	WB20SWA198209	Laila Khatun	Laila Khatun
5.	WB20SDA198168	Nirjhar Pal	Nirjhar Pal
6.	WB20SDA198180	Sakil SK	Sakil SK
7.	WB20SWA198216	Indira Pal	Indira Pal
8.	WB20SWA198221	Priyanka Mandal	Priyanka Mandal
9.	WB21SDA198169	Atanu Mandal	Atanu Mandal
10.	WB21SDA198174	Sandip Adhikari	Sandip Adhikari
11.	..... 175	Souvik Thandar	Souvik Thandar
12.	.... 176	Bishnu Nayak	Bishnu Nayak
13.	..... 181	Sunirman Ghosh	Sunirman Ghosh
14.	..... 183	Alif SK	Alif SK
15.	..... 185	Subhamoy Das	Subhamoy Das
16.	.... 187	Chinmoy Ghosh	Chinmoy Ghosh
17.	... 188	Miz Raj	Miz Raj
18.	... 190	Sumantra Hazra	Sumantra Hazra
19.	... 192	Ramit Garai	Ramit Garai
20.	... 195	Raja Majhi	Raja Majhi
21.	... 196	Bopanta Ghosh	Bopanta Ghosh
22.	... 197	Soumitra Mandal	Soumitra Mandal
23.	... 203	Subhajit Sahani	Subhajit Sahani
24.	WB21SWA198204	Sutapa Karmanar	Sutapa Karmanar

  
21.06.22  
Care Taker Officer  
Chandidas Mahavidyalaya  
P.O.-Khujutipara, Dist.-Birbhum (W.B)

25.	Alumni Cadet	Pinky Choudhary	Pinky Choudhary
26.	u	Binod Roy	Binod Roy
27.	u	Basir SK	Basir SK
28.	u	Nousima Khatun	Nousima Khatun
29.	NCC	Manashi Garai	Manashi Garai
30.		Ashifa Khatun	Ashifa Khatun
31.		Payel Khatun	Payel Khatun
32.		Rana Sardar	Rana Sardar
33.	WB21SWA198205	Fulmati Das	Fulmati Das
34.	.... 207	Runa Khatun	Runa Khatun
35.	.... 208	Amatunnesa Khatun	A. Khatun
36.	.... 209	Meghna Ghosh	Meghna Ghosh
37.	... 210	Akhidan Khatun	Akhidan Khatun
38.	... 211	Trisha Dey	Trisha Dey
39.	... 212	Ayesha Khatun	Ayesha Khatun
40.	WB20SDA198172	Aleul SK	Aleul SK
41.	- ... 178	SK. Abdul Sabir	SK. Abdul Sabir
42.	... 183	Papu Sarkar	Papu Sarkar
43.	... 184	Santanu Das	Santanu Das

  
 21.06.22  
 .....  
 Care Taker Officer  
 SIGNATURE OF ANO/CTO  
 Chandidas Mahavidyalaya  
 P.O.-Khujutipara, Dist.-Birbhum (W.B)

## Report

on

# Yoga training of the student

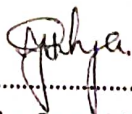
1. Name of the activity/programme : **Yoga**
2. Category of the program : **Physical fitness ( Life skill)**
3. Organising deptt./Body/Office (any outside agency/office which provided skill for the students etc.) : **NCC of the college**
4. a) Dt. **21.06.2022** b).Time : **8 am** c).Site/Venue : **College campus**  
d) Duration : **3 Hours**
5. No.of students participated : **43 NCC Cadets**
6. No. of beneficiaries : **43 NCC Cadets**

7. **A brief discussion** : In view of celebration of International Yoga Day by NCC of the College. They performed this Yoga very sincerely. We think this initiative is very much useful for good health and mind. It can be said that this practice will help us for physical and mental fitness without administering any type of medicine . it is expected that in coming day this Yoga practice will be much attractive for other people of the society.

Hope that this NCC unit will be able to conduct this novel practice in future in this way.

### 8.Outcomes :

- (i) Assess current personal fitness levels
- (ii) Basic skills associated with yoga activities including strength and flexibility, balance and coordination
- (iii) Awareness about Physical and psychological advantages in practicing Yoga.
- (iv) Demonstrate the ability to create and present various yoga activities.
- (v) Understand The philosophy of the Yoga systems.



.....  
Signed by the Organising Head  
(Prof. Md Hefjullah)  
Care Taker Officer  
Chandidas Mahavidyalaya  
P.O.-Khujutipara, Dist.-Birbhum (W.B)



.....  
Signed by the Principal  
Principal  
CHANDIDAS MAHAVIDYALAYA  
P.O.-Khujutipara  
Dist.-Birbhum

CHANDIDAS MAHAVIDYALAYA  
DEPTT. OF NCC (TROOP NO.50/5)

INTERNATIONAL YOGA DAY CELEBRATION, 21.06.2022



INTERNATIONAL YOGA DAY CELEBRATION, 21.06.2022

*[Signature]*  
Care Taker Officer  
Chandidas Mahavidyalaya  
P.O.-Khujutipara, Dist.-Birbhum

*[Signature]*  
Principal  
CHANDIDAS MAHAVIDYALAYA  
P.O.-Khujutipara  
Dist.-Birbhum



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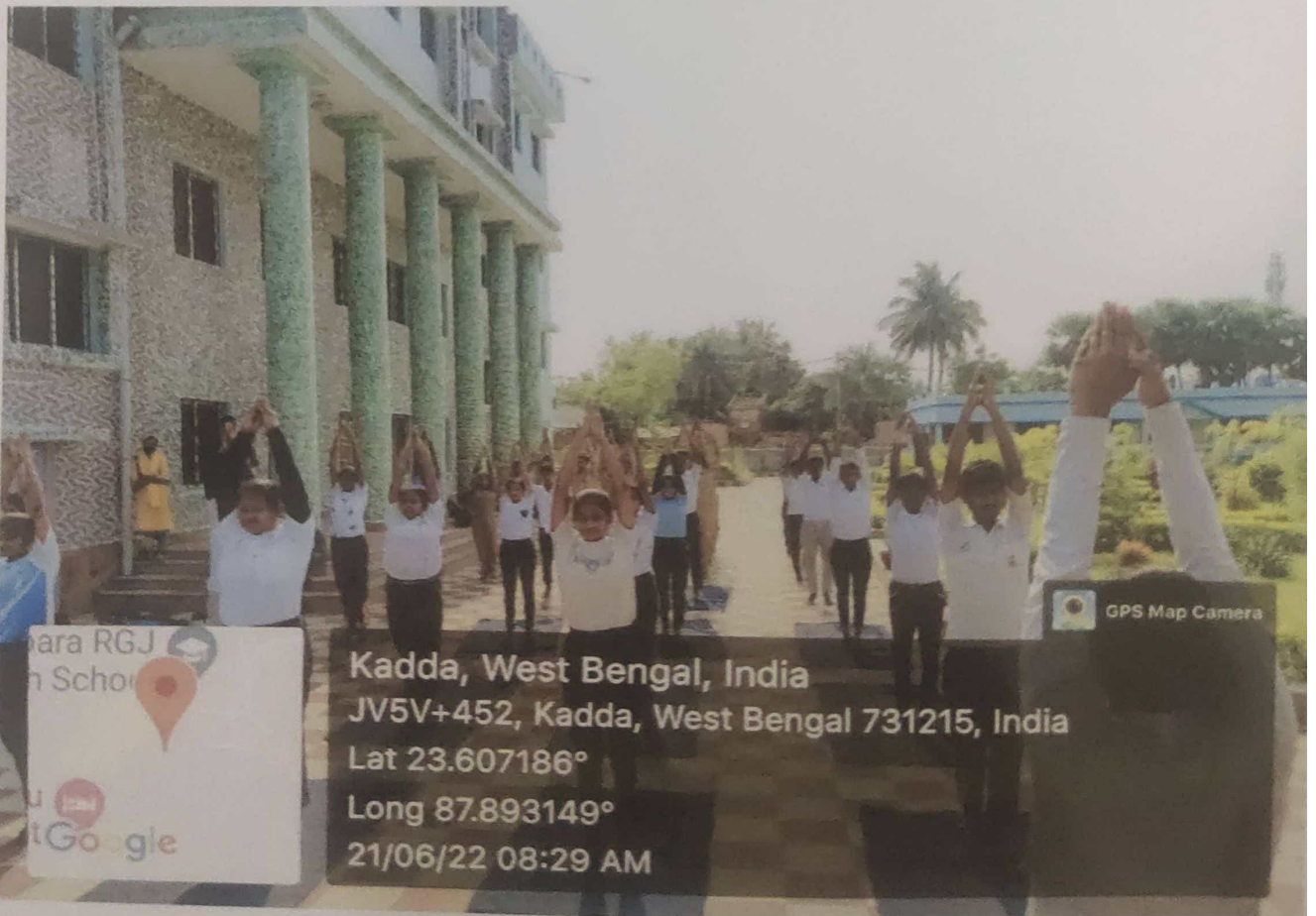


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*Chandidas Mahavidyalaya*  
Care Taker Officer  
P.O.-Khujutipara, Dist.-Birbhum (W.B)



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