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(M) 9732269953

# CHANDIDAS MAHAVIDYALAYA



DEPT. OF NCC ( TROOP NO 50/5 )  
NAAC Accredited in 2016


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

Ref. No.....

Date...13.06.19...

## NOTICE

It is notified to all NCC cadets that the International "YOGA DAY" will be celebrated on 21 June 2019 at 8:00 am at our college campus. All cadets are informed to present with their uniform (Track Suit & T-shirt) positively by 7:30 am.

  
13.6.19  
Associate NCC Officer  
Chandidas Mahavidyalaya  
Khutipara Birbhum W.B.

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International Yoga Day Celebration : 21.06.2019

2019-20  
Attendance Sheet : —

24

S.No	Regt. no.	Rank	Name	Remarks
1	WB18SDA198170	Cdt.	Binod Roy	Binod Roy
2	172	"	Kawzar SK	Kawzar SK
3	174	"	Apuraj Rajak	Apuraj Rajak
4	175	"	Sabir Mallick	Sabir Mallick
5	176	"	Abdul Hossain	Abdul Hossain
6	182	"	Alo SK	Alo SK
7	183	"	Sribas Thandaz	Sribas Thandaz
8	185	"	SK Bosir	SK Bosir
9	186	"	Mahadeb Mete	Mahadeb Mete
10	189	"	Arpan Garrai	Arpan Garrai
11	190	"	Saukat Bhandari	Saukat Bhandari
12	192	"	Debasish Mete	Debasish Mete
13	195	"	Rudra Mallick	Rudra Mallick
14	196	"	Tuhin Mondal	Tuhin Mondal
15	CRB18SOP198 211	Cdt.	Sabina Khatun	Sabina Khatun
16	212	"	Pinky chowdhury	Pinky Chowdhury
17	213	"	Jayanti Garrai	Jayanti Garrai
18	214	"	Bansa Das Modak	Bansa Das Modak
19	216	"	Poyel Khatun	Poyel Khatun
20	217	"	Nahsima Sultana	Nahsima Sultana
21	220	"	Mehnazmessakhatun	M. Khatun
22	221	"	Hasina Khatun	Hasina Khatun
23	CRB17SDA198168	Cdt	Pathik Mondal	Pathik Mondal
24	195	"	Samiruddin Ansari	Samiruddin Ansari
25	200	"	Bishnu Ghosh	Bishnu Ghosh
26	202	"	Bakul Majhi	Bakul Majhi
27	205	"	Lakshman Pal	Lakshman Pal
28	207	"	Dinabandhu Pal	Dinabandhu Pal
29	WB17SOP198 208	"	Sumona Samanta	Sumona Samanta
30	216	"	Subarna chowdhury	Subarna Chowdhury

*[Signature]*  
Principal  
Chandidas Mahavidyalaya  
P.O. Khuiutipara, Dt. Birbhum  
(WB)

*[Signature]*  
Associate NCC Officer  
Chandidas Mahavidyalaya  
Khuiutipara, 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 Unit of the college**

4.a)Dt. **21.06.2019** b).Time : **8 am** c).Site/Venue : **College campus**

d) Duration : **3 Hours**

5.No.of students participated : **30 NCC Cadets**

6.No. of beneficiaries : **30 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

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Signed by the Organising Head  
(Prof. Asit Kr. Sadhu)

**Associate NCC Officer**  
**Chandidas Mahavidyalaya**  
**Khulutpara, Birbhum, W.B.**

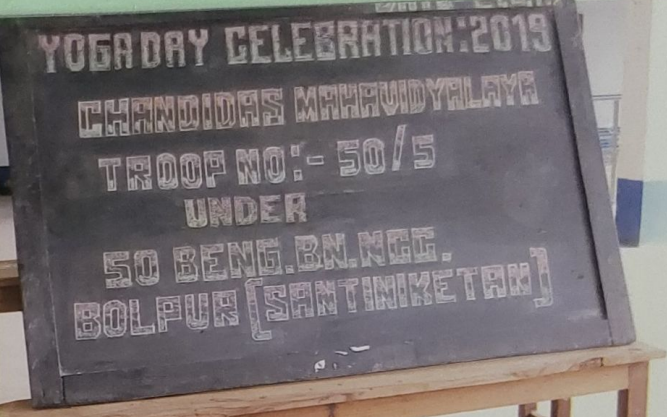
.....  
Signed by the Principal

**Principal**  
**CHANDIDAS MAHAVIDYALAYA**  
**P.O.-Khujutipara**  
**Dist.-Birbhum**

# International Yoga Day Celebration; 21.06.2019.

Troop Year: 2019-2020

International Yoga Day is celebrated at our College Campus in the presence of ANO, PI Staff & Cadets. The no of cadets is equal to 50. NCC 2nd year & 3rd year cadets only participated today. We have also performed today Slogan Competition, article writing except yoga & Yoga-Sans.



*[Signature]*  
Principal  
Chandidas Mahavidyalaya  
10, Khuiutipara, Dt. Birbhum  
(W.B.)

*[Signature]* 21.6.19  
Associate NCC Officer  
Chandidas Mahavidyalaya  
Khuiutipara, Birbhum, W.B.