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CHANDIDAS MAHAVIDYALAYA



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


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

Ref. No.....

Date...14.06.2018

NOTICE

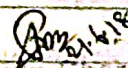
It is notified to all NCC CoTs that the International YOGA DAY will be celebrated on 21 JUNE 2018 at 8:00 am at our College Campus. All CoTs must be present with their uniform (Track suit & T-shirt) positively by 7:30 am.


14.6.18
Associate NCC Officer
Chandidas Mahavidyalaya
Khujutipara, Birbhum, W.B.

YOGA DAY CELEBRATION ; 21 JUNE 2018 :-

; 21 June 2018, Attendance Sheet;

Sl. No.	Regt. No.	Rank	Name	Remarks
1	WPBTSDA 198108	Cdt.	Partik Mondal	Partik Mondal
2	181	"	Saidur Rahman.	Saidur Rahman
3	182	"	Gopal Mete	Gopal Mete
4	184	"	Asim Kumar Hazra	Asim Kumar Hazra
5	182	"	Nil Kumar Pal	Nil Kumar Pal
6	187	"	Pradip Mondal	Pradip Mondal
7	187	"	Santu Kumar Pal	Santu Kumar Pal
8	192	"	Abdur Razzak	Abdur Razzak
9	202	"	Bakul Majhi	Bakul Majhi
10	207	"	Dinabandhu Pal	Dinabandhu Pal
11	WPBTSWA 198208	Cdt.	Sumona Samanta	Sumoni Samanta
12	209	"	Momisha Sinha	manisha Sinha
13	211	"	Saitumera Khatun	Saitumera Khatun
14	213	"	Nasrin Khatun	Nasrin Khatun
15	214	"	Jesmin Khatun	Jesmin Khatun
16	215	"	Hasina Khatun	Hasina Khatun
17	216	"	Subarna Choudhury	Subarna Choudam
18	217	"	Mala Thandar	Mala Thandar
19	WPBTSDA 197901	Cdt.	Molla Sahidul	Molla Sahidul
20	904	"	SK. Sweed Anwar	SK Sweed
21	907	"	Satapam Das	Satapam Das
22	908	"	Saptan Das	Saptan Das
23	912	"	SK. Golam Yusuf.	SK. Golam Yusuf
24	917	"	Apurba Ghosh	Apurba Ghosh
25	920	"	Rabiul Islam	Rabiul Islam
26	929	"	Emranul Haque	Rabiul Emranul Haque
27	942	"	Lalchand SK.	Lalchand SK 31
28	WPBTSWA 198001	Cdt.	Amina Khatun	Amin Khatun
29	009	"	Mousumi Sarkar	Mousumi Sarkar
30	015	"	Sukriona Khatun	Sukriona Khatun
31	017	"	Dal Das.	Dal Das


 Teacher in Charge
 Chandidas Mahavidyalaya
 Khuludpara, Birbhum (W.B.)


 Associate NCC Officer
 Chandidas Mahavidyalaya
 Khuludpara, 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. 21.06.2018 b).Time : 8 am c).Site/Venue : College campus

d)Duration : 3 Hours

5.No.of students participated : 31 NCC Cadets

6.No. of beneficiaries : 31 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 :

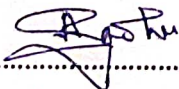
(i) Assess current personal fitness levels

(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

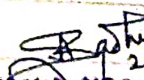
(Prof. Asit Kr. Sadhu)
Associate NCC Officer
Chandidas Mahavidyalaya
Khujutipara, Birbhum



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Signed by the Principal
Teacher - in - Charge
Chandidas Mahavidyalaya
Khujutipara, Birbhum




 Teacher-In-Charge
 Chandidas Mahavidyalaya
 Khujutpara, Birbhum (W.B.)


 Associate NCC Officer
 Chandidas Mahavidyalaya
 Khujutpara, Birbhum (W.B.)

Chandidas Mahavidyalaya
 Khujutpara, Birbhum (W.B.)