

Brochure



Tehatta Sadananda Mahavidyalaya

Govt. Aided General Degree College

Affiliated by the University of Burdwan

Tehatta, Purba Bardhaman

Email: tehatta.sadananda.mahavidyalay@gmail.com • Website: www.collegetsm.net



International Yoga Day Celebration

On 21 June 2021

Time: 11.00 AM to 01.00 PM

Dear Sir / Ma'am,

Please join a Webinar organized by NSS Unit, Tehatta Sadananda Mahavidyalaya in collaboration with IQAC of Tehatta Sadananda Mahavidyalaya.

Topic: Health and Stress Management with Yoga in Pandemic Days

Webinar will be inaugurated by



Sri. Pranab Roy
Honourable President
Tehatta Sadananda Mahavidyalaya
And Eminent Social Worker

Welcome Speech by



Dr. Nilanjan De
Honourable Principal
Tehatta Sadananda Mahavidyalaya



World Fit

Organised by

Abu Toyab Sk

Assistant Professor in History
NSS – Coordinator
Tehatta Sadananda Mahavidyalaya

&

Dr Pritam Das

Assistant Professor in Education,
IQAC Co-ordinator
Tehatta Sadananda Mahavidyalaya

SPEAKER



Mr. Somnath Goswami
Motivational Speaker,
Lecturer,
Vivekananda Mission Asram Training Centre
for the Teaches of the Visually Impaired,
Haldia, Purba Medinipur



Mr. Raja Nandi
Yoga Coach (SAI)
Yoga Therapy (WBCY & N)
M.Sc., PGD (YOGA)

- ◆ Please use headphones or speakers.
- ◆ Sit comfortably in a quiet room on a cushion or a chair.
- ◆ Microphone on mute for the duration.
- ◆ Q&A: raise hands, type a message in a chat box or email:
- ◆ Participants can be removed if there is no discipline.

Regards

Tehatta Sadananda Mahavidyalaya

Virtually Platform:

Registration Link : <https://forms.gle/nNqXWz7mpDdaGulo7>

Joining Link : <https://meet.google.com/ltp-tgoz-znq>

No participation fee charged for this Webinar

For any query say hello to:

Dr. Pritam Das, M : 098320 14343



Nilanjana De
Principal
Tehatta Sadananda Mahavidyalaya
Tehatta, Purba Bardhaman

Organized by	NSS Unit-1 & IQAS, Tehatta Sadananda Mahavidyalaya
Venue	In Online Mode
Date & Time	21.06.21 at 11.00 a.m.
Chief Patron	Dr. Nilanjan De Principal TehattaSadanandaMahavidyalaya
Convenors	Abu Toyab Sk, Assistant Professor in History, NSS Coordinator Tehatta Sadananda Mahavidyalaya. & Dr. Pritam Das, Assistant Professor in Education, IQAS Coordinator Tehatta Sadananda Mahavidyalaya.
Speakers	1. Mr. Somnath Goswami, motivational speaker, Lecturer of Vivekananda Mission Ashram Training Centre, Haldia 2. Mr. Raja Nandi, a Yoga Coach (SAI).
Brief Description of the Awareness Programme	<p>The programme was inaugurated by our respected principal Dr. Nilanjan De at about 11a.m. The programme was coordinated by Dr. Pritam Das, IQAC Coordinator and Abu Toyab Sk, NSS-Coordinator. Somnath Goswami, motivational speaker and Mr. Raja Nandi, a Yoga Coach, was our main guest.</p> <p>At first Mr. S. Goswami explained the importance of Yoga in our daily life and also elaborately discussed how stress-free life was conducted with the help of meditation. At that programme Mr. Raja Nandi, Yoga Coach (SAI) explained the different steps of Yoga and how to do it. He also perfectly presented some yoga which can give our body and</p>

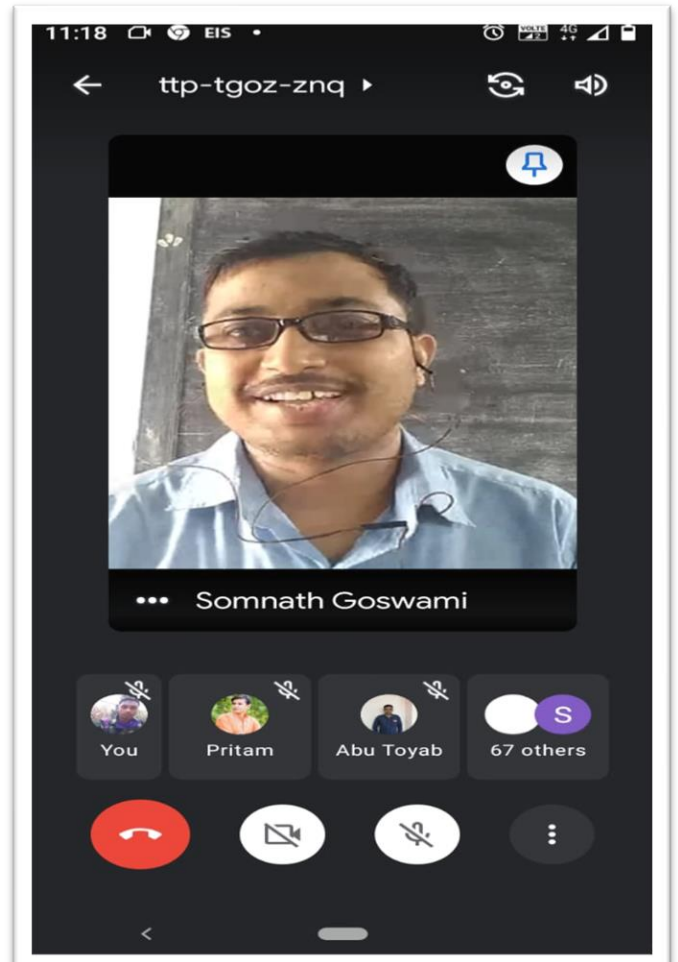


Nilanjan De
Principal
Tehatta Sadananda Mahavidyalaya
Tehatta, Purba Bardhaman

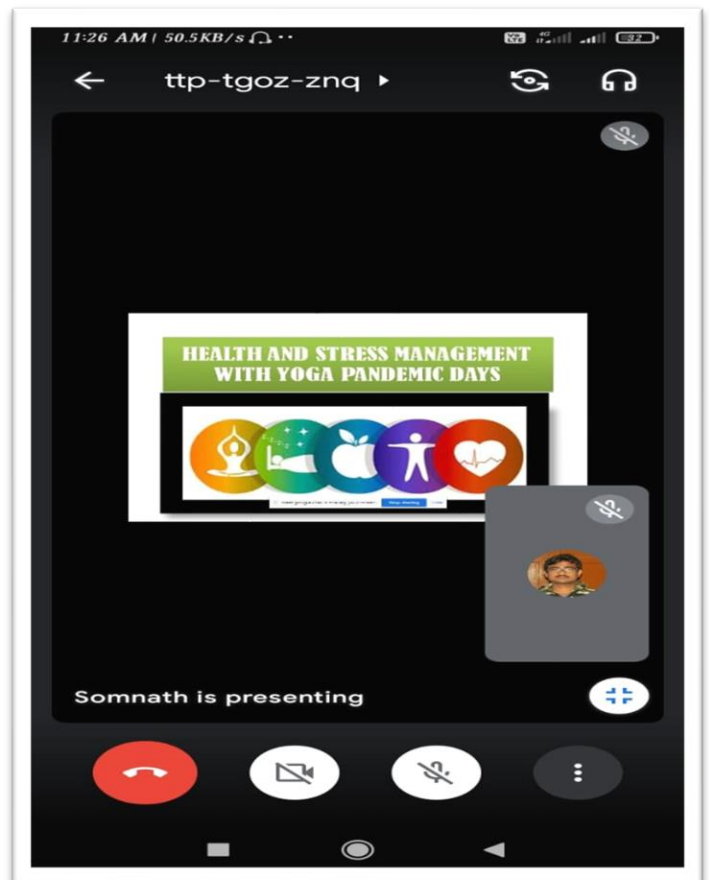
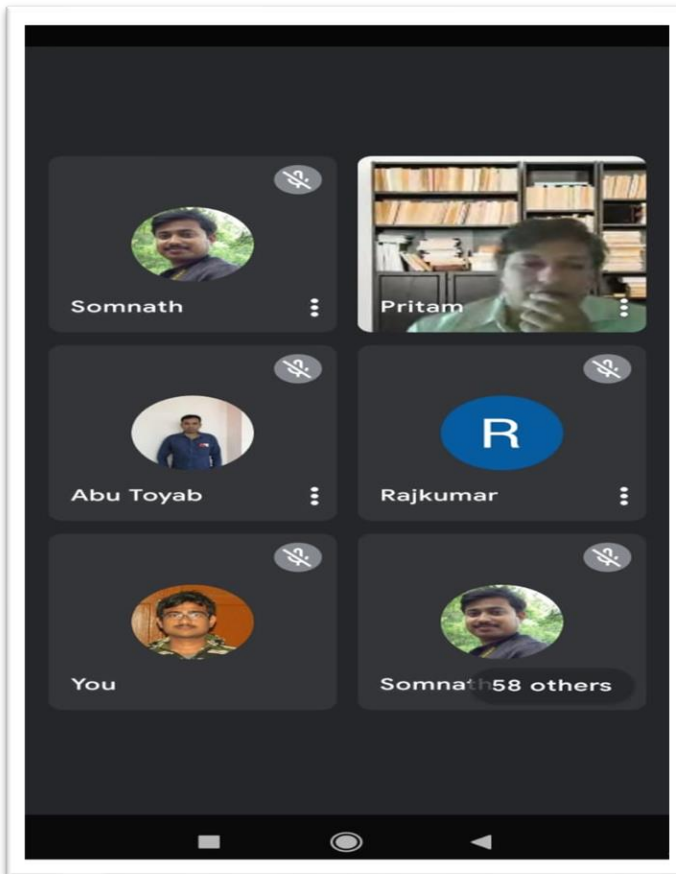
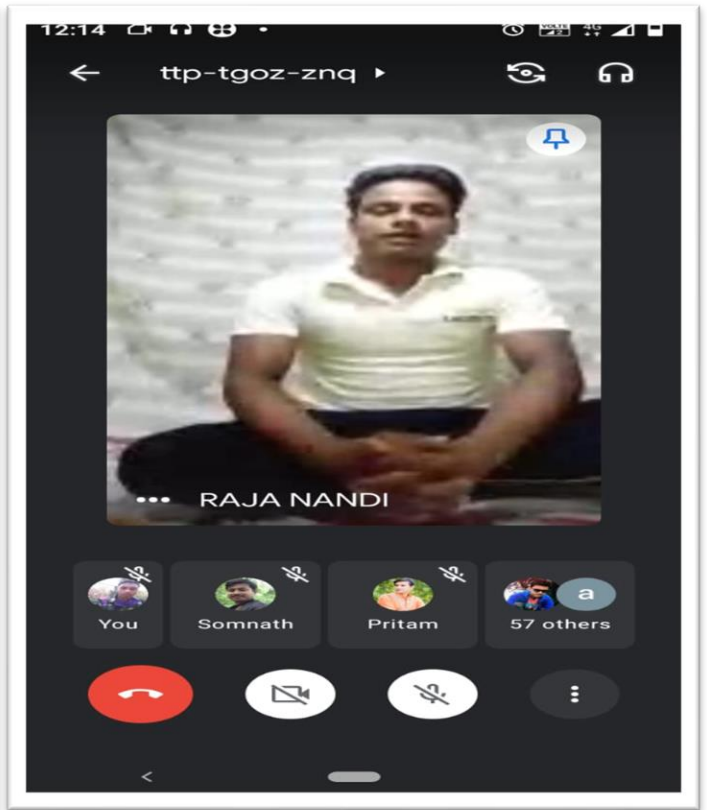
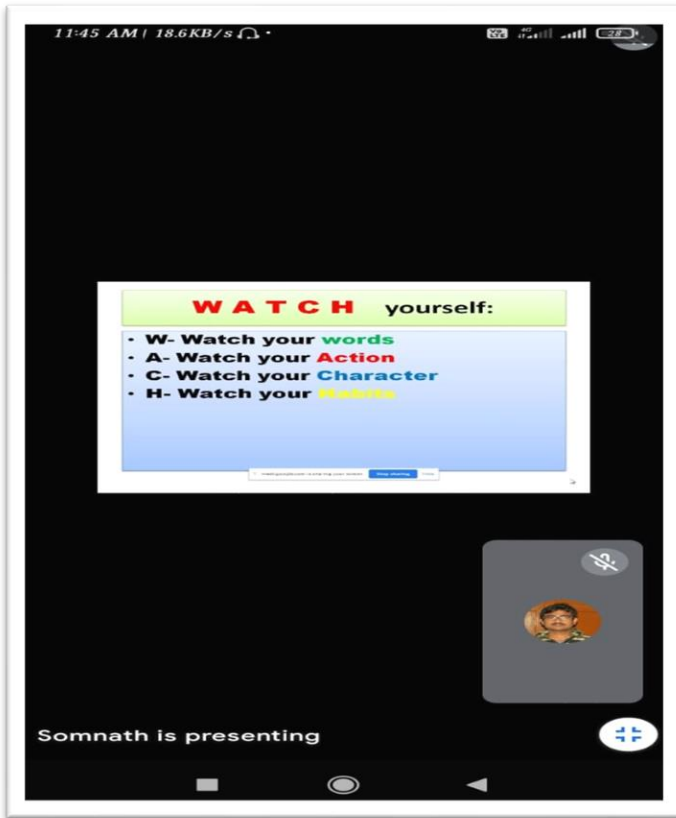
soul perfect peace. Some Students also practiced some yogic feats in their home because of the pandemic situation.

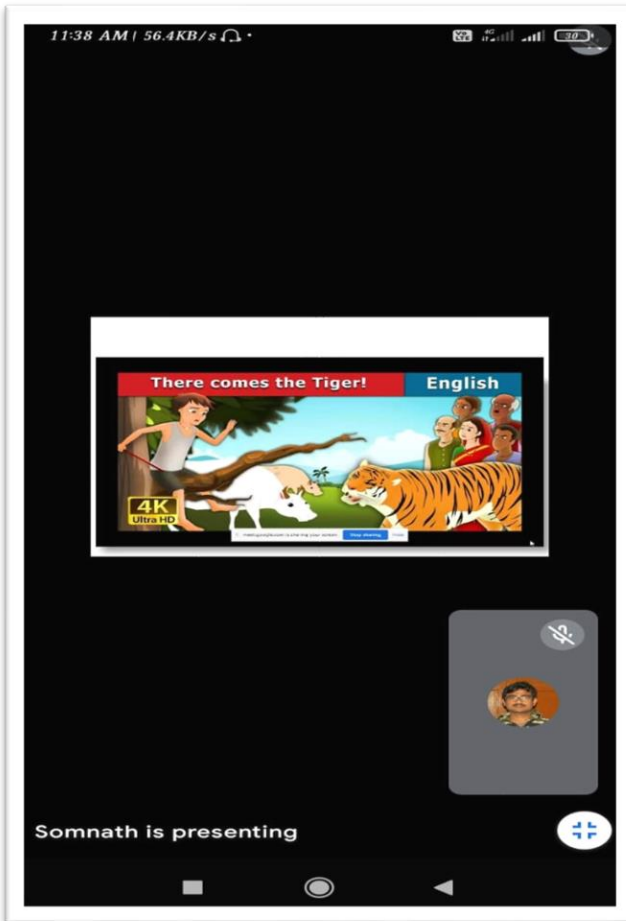
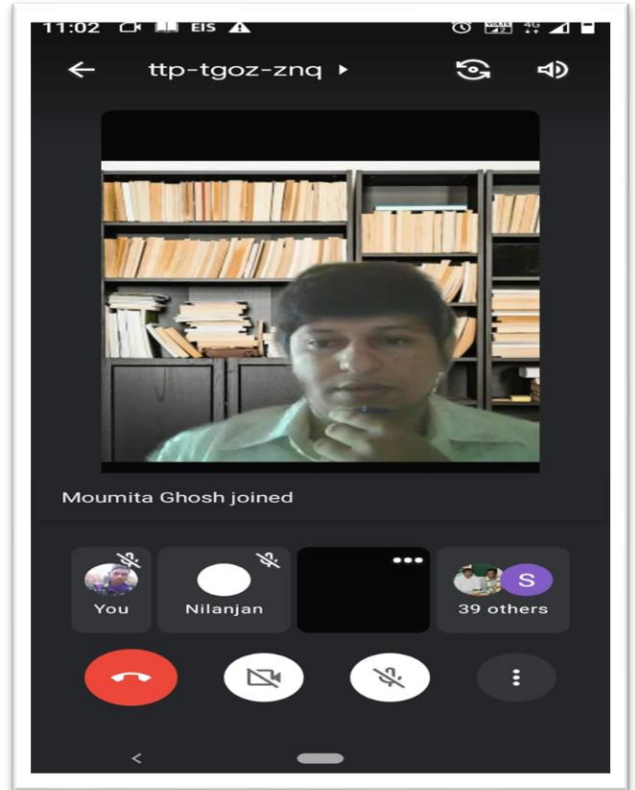
The day was successful in every way. It was really a great day. All the teaching and nonteaching staff, guardians of students also attended the online webinar.

Photographs

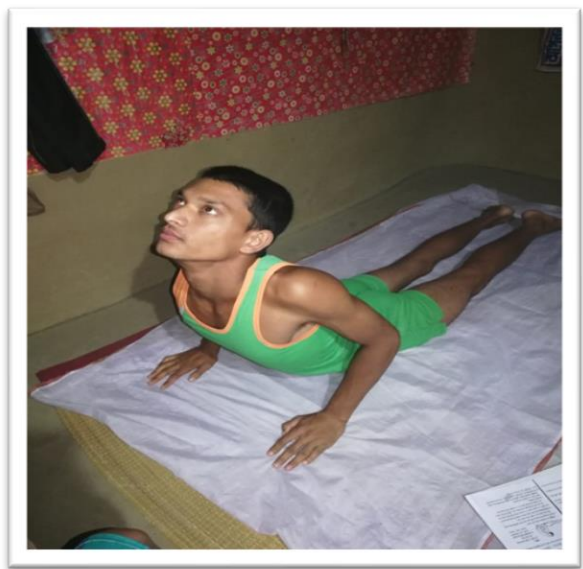
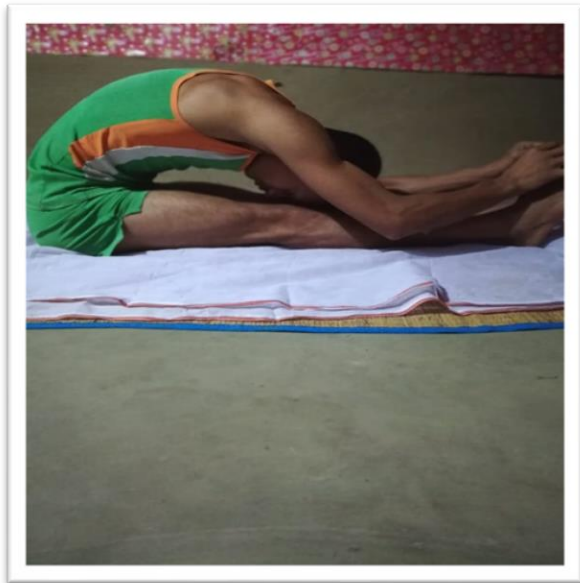


Ujjwal De
Principal
Tehatta Sadananda Mahavidyalaya
Tehatta, Purba Bardhaman





Ujjwal Jaiswal
Principal
Teohatta Sadananda Mahavidyalaya
Teohatta, Purba Bardhaman



Student Attendance

Tehatta Sadananda Mahavidyalaya

The World Yoga Day Celebration

Date: -21.06.21

List of Participants

Sl. No	Name	Designation	Sem/Dept
1	Nasrin Khatun	Student	2 nd Sem
2	Sundari Bag	Student	2 nd Sem
3	Anupama Biswas	Student	2 nd Sem
4	Annesha Ghosh	Student	2 nd Sem
5	Taniya khatun	Student	2 nd Sem
6	Ankita Das	Student	4 th Sem
7	Shilpa Ghosh	Student	4 th Sem
8	Kingshuk Halder	Student	4 th Sem
9	Rimpa Dhara	Student	4 th Sem
10	Dr. Pritam Das	Assist. Prof.	Education
11	Abu Toyab Sk	Assist. Prof	History
12	Anjan Kumar	SACT	Education
13	Aritra Mukherjee	Student	4 th Sem
14	Riya Ghosh	Student	4 th Sem
15	Tiya seikh	Student	4 th Sem
16	Sukanya pal	Student	4 th Sem
17	Anindita Sen	Student	4 th Sem
18	Shrabani Nandy	Student	6 th Sem
19	Rajlakshmi Mondal	Student	6 th Sem
20	Kakuli Khatun	Student	6 th Sem
21	Rajkumar Bhattacharya	Clerck	Non-Teaching Staff
22	Souvik Ghosh	Student	2 nd Sem
23	Sourav Halder	Student	2 nd Sem
24	Anas Siddique	Student	6 th Sem
25	Sudhansu Murmu	Student	2 nd Sem
26	Piyanka Das	Student	4 th Sem
27	Suravita Das	Student	4 th Sem
28	Taufiqua Hasin	Student	2 nd Sem
29	Aparna pal	Student	2 nd Sem
30	Barnali Patra	Student	2 nd Sem

31	Rakesh malick	Student	2 nd Sem
32	Rini Mukherjee	Student	2 nd Sem
33	Kamalesh Soren	Student	2 nd Sem
34	Papiya sultana	Student	2 nd Sem
35	Sabnoor khatun	Student	2 nd Sem
36	Aditi Ghosh	Student	2 nd Sem
37	Priya Pramanik	Student	2 nd Sem
38	Rupsha Ghosh	Student	2 nd Sem
39	Puja Ghosh	Student	2 nd Sem
40	Jharna Mandi	Student	2 nd Sem
41	Suparna Das	Student	2 nd Sem
42	Amina khatun	Student	2 nd Sem
43	Kartick Malik	Student	2 nd Sem
44	Bithi Halder	Student	2 nd Sem
45	Shreyasi Mondal	Student	2 nd Sem
46	Nastia sultana shah	Student	2 nd Sem
47	Somya Banerjee	Student	6 th Sem
48	Subhas Hembrom	Student	6 th Sem
49	Sumit Kumar Nath	Sact	Philosophy
50	Md Sabbir	Student	4 th Sem
51	Nargish Khatun	Student	6 th Sem
52	Nisha karmakar	Student	4 th Sem
53	Shilpa Ghosh	Student	4 th Sem
54	Chaina Khatun	Student	2 nd Sem
55	Labani Ghosh	Student	2 nd Sem
56	Riya Bairagya	Student	2 nd Sem
57	Supriti Ghosh	Student	2 nd Sem
58	Dip Malik	Student	2 nd Sem
59	Radharani Bag	Student	2 nd Sem

Abu Toyab Sk
Programme officer of NSS Unit-1
Tehatta Sadananda Mahavidyalaya

Ullas De
Principal

Tehatta Sadananda Mahavidyalaya

Principal
Tehatta Sadananda Mahavidyalaya
Tehatta, Purba Bardhaman



Ullas De
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