



Government of West Bengal  
**Government General Degree College, Kalna I**  
Muragacha, Medgachi, Purba Bardhaman-713405  
Website : [www.ggdck.ac.in](http://www.ggdck.ac.in), E-mail : [govt.collegekalna1@gmail.com](mailto:govt.collegekalna1@gmail.com)  
*Office of the Principal*

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**NSS Unit, GGDC Kalna-1**

**Notice**

**No.21/semi/2022**

**Date:14.06.2022**

The seminar “**Yoga for healthy life**” will be held on 21.06.2022 from 11.30 am onwards to celebrate International Yoga Day, 2022.

Dr. Surajit Nandi, Sport Officer, Dept. of Sports Board, The University of Burdwan will deliver his speech on “Yoga for Healthy Life” in the seminar.

All students and faculty members are requested to be present in the seminar.


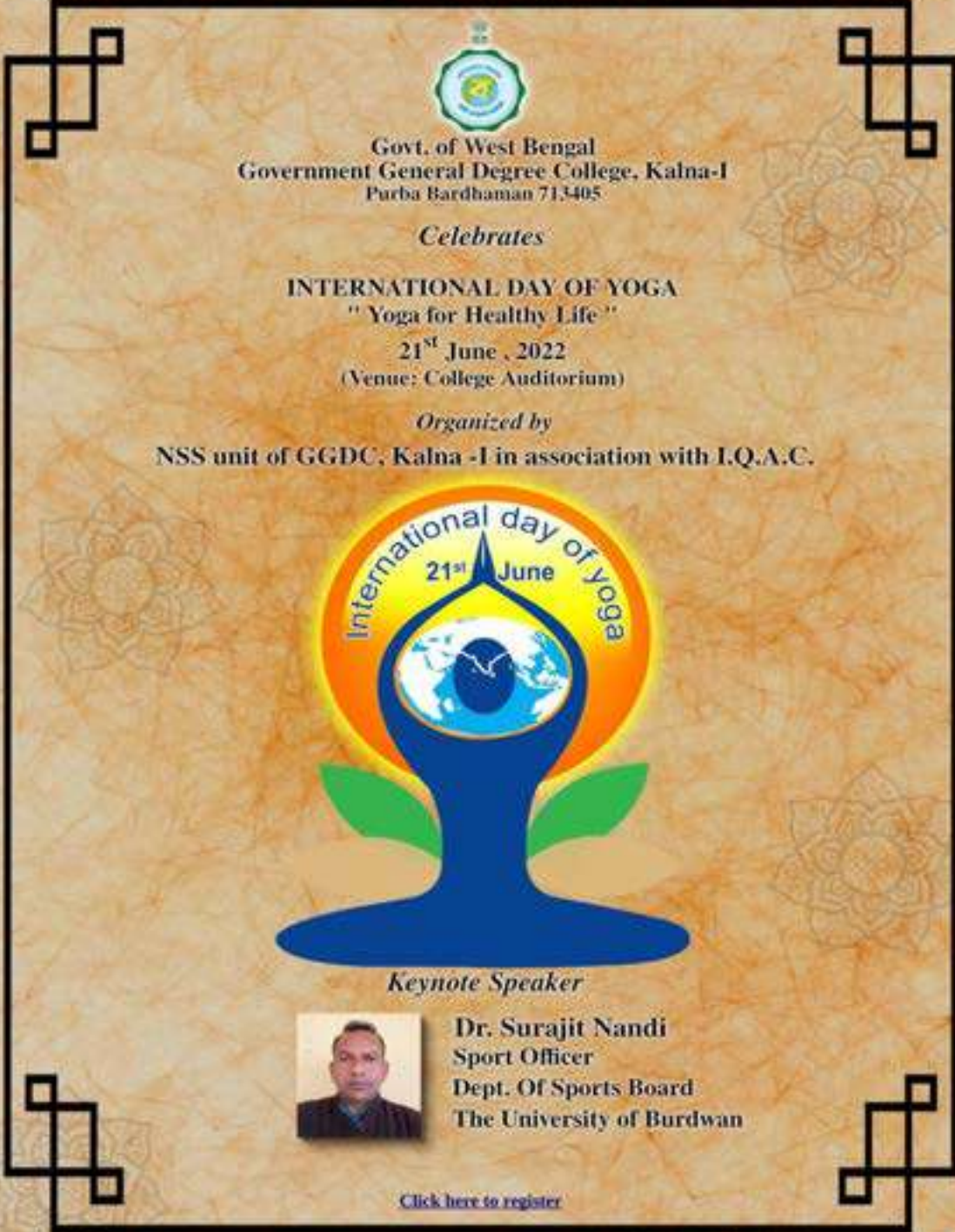
**Convener**  
Dr. Subrata Das  
**NSS Unit, GGDC Kalna-1**



**Principal**  
Government General Degree College  
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Govt. of West Bengal  
Government General Degree College, Kalna-I  
Purba Bardhaman 713405


*Celebrates*

**INTERNATIONAL DAY OF YOGA**  
"Yoga for Healthy Life"  
21<sup>st</sup> June, 2022  
(Venue: College Auditorium)

*Organized by*  
NSS unit of GGDC, Kalna -I in association with I.Q.A.C.



*Keynote Speaker*



**Dr. Surajit Nandi**  
Sport Officer  
Dept. Of Sports Board  
The University of Burdwan

[Click here to register.](#)



*Dr.*  
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Government General Degree College  
Kalna-I

## Celebration of International Yoga Day, 2022

Seminar on "Yoga for healthy life"

Organised by Government General Degree College, Kalna-I

### Programme Schedule

<b>Phase-I</b>		
12:00 pm - 12:05 pm	Opening Song	Ms Neetu Chettri, Assistant Professor, Dept. of Education
12:05 pm-12:20 pm	Welcome Address	Professor (Dr.) Krishnendu Dutta, Principal, GGDC, Kalna-1
12:20 pm-01:00 pm	Keynote Address	Dr. Surajit Nandi, Sports Officer, Sports Board, University of Burdwan
01:00 pm - 01:05 pm	Vote of Thanks	Dr. Ralchi Bhattacharya, T.C.S. GGDC, Kalna-1
<b>Phase-II (Room No. 101)</b>		
01:10 pm-01:45 pm	Yoga Practice	Tanmoy Mitra, Assistant Professor, Dept. of Mathematics



*Dm.*  
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## REPORT on the Seminar: Yoga for Healthy Life


Government General Degree College, Kalna-I commemorated International Day of Yoga on 21st June 2022 in association with NSS Unit & IQAC. The topic of the seminar was “Yoga for Healthy Life”.

Our Principal of GGDCK-I, inaugurated the programme and delivered his speech highlighting the importance of Yoga in our daily life.

On this auspicious occasion Dr.Surojit Nandi, Sport Officer, Department of Sports Board, Burdwan University delivered his lecture on the importance of yoga and utility of yoga in future.

In the second session our students were involved in some practical aspects of Yoga and practiced ‘Yoga’ under the proficient guidance and supervision of Dr.Tanmoy Mitra, Assistant Professor, GGDCK-I.



  
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National Service Scheme  
Government General Degree College, Kalna-I  
Event: Seminar on "Yoga for healthy life"  
Date: 21.06.2022  
Place: College (Yoga) p-2019

Sl. No.	Name	Designation	Department	Sem	Signature with Date	Remarks
✓ 1	Imrooz Molla	English (H)	English	II	Imrooz Molla 21/6/22	
✓ 2	Sudipta Dasgupta	English (H)	English	II	Sudipta Dasgupta 21/6/22	
✓ 3	Jyotsna Ghosh	Sanskrit (B)	Sanskrit	IV	Jyotsna Ghosh 21/6/22	
✓ 4	Nabul Sarkar	Hons	Hindani	7I	Nabul Sarkar 21/6/22	
✓ 5	Amrita Sarkar	B.A (Gen)		II	Amrita Sarkar 21/6/22	
✓ 6	Rupam Ghosh	B.A (Gen)		II	Rupam Ghosh 21/6/22	
✓ 7	Sukanta Biswas	B.Sc (Hon)	Physics	13	Sukanta Biswas 21/6/22	
✓ 8	Sohal Mallik	B.A (Gen)		II	Sohal Mallik 21/6/22	
✓ 9	Debabrata Nath	B.A (Gen)		IV	Debabrata Nath 21/6/22	
✓ 10	Chaitanya	B.A (Gen)		(14)	Chaitanya 21/6/22	
✓ 11	Shikharjit Das	Hist (Hons)		II	Shikharjit Das 21/6/22	
✓ 12	Sambodit Das	Hist (Hons)	History	II	Sambodit Das 21/6/22	
✓ 13	Ayan Paul	Edu (Hons)	Education	II	Ayan Paul 21/6/22	
✓ 14	Russoy Dasgupta	B.A (Gen)		II	Russoy Dasgupta 21/6/22	
✓ 15	Abhishek	B.A (Hons)	Engl. St.	II	Abhishek 21/6/22	
✓ 16	Rohit Mandal	B.Sc (Hons)	Chemistry	II	Rohit Mandal 21/6/22	
✓ 17	Rohit Mandal	B.A (Gen)		2nd	Rohit Mandal 21/6/22	
✓ 18	Nandini Khaitan	B.A (Hons)	Education	4th	Nandini Khaitan 21/6/22	
✓ 19	Rachana Sengupta	B.A (Hons)	Education	2nd	Rachana Sengupta 21/6/22	
✓ 20	Sunandini Khaitan	B.A (Gen)		4th	Sunandini Khaitan 21/6/22	
✓ 21	Nirupama Khaitan	B.A (Gen)		4th	Nirupama Khaitan 21/6/22	
✓ 22	Manojit Das	B.A (Gen)		4th	Manojit Das 21/6/22	
✓ 23	Yashika Khaitan	B.A (Gen)		4th	Yashika Khaitan 21/6/22	
✓ 24	Samina Khaitan	B.A (Gen)		2nd	Samina Khaitan 21/6/22	
✓ 25	Kulsooma Khaitan	Edu Hons	Education	2nd	Kulsooma Khaitan 21/6/22	
✓ 26	Prashanta Khaitan	B.A (Gen)		2nd	Prashanta Khaitan 21/6/22	
✓ 27	Smriti Khaitan	B.A (Gen)		2nd	Smriti Khaitan 21/6/22	
✓ 28	Lami Hossain	B.A (Gen)		2nd	Lami Hossain 21/6/22	
✓ 29	Rupam Khaitan	Chem Hons	Chemistry	2nd	Rupam Khaitan 21/6/22	
✓ 30	Kayal Das	Chem Hons	Chemistry	2nd	Kayal Das 21/6/22	
✓ 31	Revana Khaitan	Bengali Hons	Bengali	2nd	Revana Khaitan 21/6/22	
✓ 32	Purbina Khaitan	B.A (Gen)		2nd	Purbina Khaitan 21/6/22	
✓ 33	Debashree Khaitan	Philosophy Hons		II	Debashree Khaitan 21/6/22	
✓ 34	Sohal Ghosh	B.A (Gen)		II	Sohal Ghosh 21/6/22	



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**National Service Scheme**  
Government General Degree College, Kalna-1

Event : Seminar on "Yoga for healthy Life"  
Date : 2/6/22  
Place : 204.

Sl	Name	Designation	Department	Sem	Signature with Date	Remarks
35	Magninashdan	B.A. Gen		2nd	Magninashdan	
36	Arpita Khator	B.A. Gen		2nd	Arpita Khator	
37	Rimpa Jon	B.A (Hons)	Bengali	2nd	Rimpa Jon 21/06/22	
38	Subrata Dhara	Edu (Hons)	Education	2nd	Subrata Dhara	
39	Aisham Biswas	B.A (Hons)	Education	2nd	Aisham Biswas 21.06.22	
40	Rupam Saha	B.A (Hons)	Bengali	2nd	Rupam Saha 21.06.22	
41	Shovom Ghosh	B.A Gen	Bengali	2nd	Shovom Ghosh	
42	Ramtanu Biswas	B.A (Hons)	Bengali	2nd	Ramtanu Biswas 21.06.22	
43	Suchata Nath	B.A (Hons)	Bengali	2nd	Suchata Nath 21.6.22	
44	Sangita Pramanik	B.A (Hons)	Bengali	2nd	Sangita Pramanik 21.06.22	
45	Mamita Mukherjee	B.A (Hons)	Bengali	2nd	Mamita Mukherjee 21.6.22	
46	Ranveer Khator	B.A (Hons)	Philosophy	2nd	Ranveer Khator 21.6.22	
47	Ankita Ghosh	B.A (Gen)		2nd	Ankita Ghosh 21.6.22	
48	Soraja Khator	B.A (Gen)		2nd	Soraja Khator 21.6.22	
49	Sr Sahaswaz Misra	B.A (Hons)	Education	2nd	Sr Sahaswaz Misra	
50	Dilraj Hossain	B.A (Hons)	Education	2nd	Dilraj Hossain	
51	Basir Ahmed	B.A (Hons)	English	2nd	Basir Ahmed	



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