



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

NSS UNIT & IQAC, GGDCK-1

Notice

No.33/semi/2023

Date:14.06.2023

It is notified that a seminar on “**Yoga for Mankind**” to celebrate International Yoga Day Celebration, 2023 will be held on 21.06.2023 from 11.30 am onwards.

The eminent speaker Dr. Mousumi Das, Assistant Professor, Department of Philosophy, Rabindra Bharati University, Kolkata will deliver her valuable speech in the seminar.

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

Convener
NSS UNIT, GGDCK-1



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Govt. of West Bengal
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International Yoga Day 2023

Seminar
on
Yoga for Mankind



Chief Guest
Dr. Mousumi Das
Assistant Professor
Department of Philosophy
Rabindra Bharati University, Kolkata

21.06.2023



12:00 p.m.



College Auditorium

Organized by

NSS Unit-I, in association with IQAC, GGDC, Kalna



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Purba Bardhaman

International Yoga Day Celebration, 2023 “Yoga for Mankind”

Date: 21.06.2023

Venue: College Auditorium

Programme Schedule

Time	Event
12:00 p.m.	Felicitation of Speaker
12:05 p.m.	Inaugural Song
12:10 p.m.	Welcome Address by the Chief Petron Prof. (Dr.) Krishnendu Dutta Principal Government General degree College, Kalna-I
12:25 p.m.	Resource Person Dr. Mousumi Das Assistant Professor Department of Philosophy Rabindra Bharati University, Kolkata Lecture on “A critical evaluation of the value of co curricular activities in the educational thoughts of Rabindranath Tagore and Mahatma Gandhi”
01:15 p.m.	Interactive Session
01:25 p.m. to 01:30 p.m.	Vote of Thanks
Tiffin Break	
02:00 p.m. to 03:00 p.m.	Yoga Practice Conducted by Tanmay Mitra



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Programme Name: Seminar on "Yoga for Mankind"

Date: June 21, 2023

Time: 11:30 am

Venue: Seminar Hall


The Seminar on "Yoga for Mankind" was organized to celebrate the International Yoga Day on June 21, 2023. The event aimed to spread awareness about the benefits of yoga for physical, mental, and spiritual well-being. The esteemed speaker, Dr. Mousumi Das, Assistant Professor from the Department of Philosophy at Rabindra Bharati University, Kolkata, delivered an insightful speech, enlightening the audience about the significance of yoga in today's world.

Keynote Speech by Dr. Mousumi Das: Dr. Mousumi Das commenced her speech by expressing gratitude for the opportunity to address the audience. She delved into the profound philosophy behind yoga, tracing its origins and evolution. Dr. Das elucidated on how yoga transcends mere physical exercise, serving as a path to inner peace, self-awareness, and spiritual enlightenment. She shared compelling anecdotes and research findings to underscore the myriad benefits of incorporating yoga into one's daily life. Following Dr. Das's enlightening discourse, an interactive session ensued, allowing attendees to pose questions and share their insights. Participants enthusiastically engaged in discussions, expressing their experiences with yoga and seeking guidance on various aspects of practice.

As the seminar drew to a close, heartfelt gratitude was extended to Dr. Mousumi Das for her illuminating presentation. Attendees were encouraged to continue their journey with yoga and integrate its principles into their lives for enhanced well-being.

The Seminar on "Yoga for Mankind" served as a platform to celebrate the timeless wisdom of yoga and its universal appeal. Through the guidance of Dr. Mousumi Das, participants gained deeper insights into the transformative power of yoga, reaffirming its relevance in fostering holistic health and harmony in the modern world. The event concluded on a note of inspiration, motivating attendees to embrace yoga as a way of life.




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Programme: Yoga for Mankind
Date: 21.06.2023
Venue: Seminar Hall

- 1) Rehana Khatun - Bengali Hons - 21AH1015 - 3rd sem.
- 2) Sikta Ghosh - Bengali Hons - 21AH1019 - 3rd Sem.
- 3) Sahana Pasvin Khatun - Edu-Hons - 22AH4015 - 1st se
- 4) Reshona Khatun - (Edu-Hons) - 22AH4014 - 1st - sem
- 5) Umila Sardar (B.A. Hons) - 22AP1104 - 1st sem.
- 6) Panshali Pan B.A (History Hons.) - 1st Sem
- 7) Soumi Ghosh (B.A. Gen) - 22AP1086 - 1st sem
- 8) Suparna Palua (B.A. Gen) - 22AP1098 - 1st sem.
- 9) Dolly Khatun (Bengali Hons) 21AH1003 - 3rd Sem.
- 10) Pampa Pandit (Bengali Hons) 21AH1021 - 3rd S
- 11) Asma Khatun " 21AH1002 - "
- 12) Saniya Sarkar (Edu. Hons) 22AH4020 - 1st se
- 13) Mausika Mondal (Sans Hons) 22AH3004 - 1st
- 14) Potta Tudu (Sans Hons) 22AH3005 - 1st se.
- 15) Moumita Pal (sans Hons) 22AH3008 - 1st
- 16) Dip Koj (sans - H) 22AH3003 - 1st sem
- 17) Babal Ghosh (B.A. Gen) 22AP1013 - 1st sem
- 18) Lab Kumari Ghosh (B.A. Gen) 22AP1036 - 1st sem
- 19) Kush Kumari Ghosh (B.A. Gen) 22AP1035 - 1st sem
- 20) Akash Biswas (B.A. Gen) 22AP1001 - 1st sem
- 20) Samim Sarkar (His - Hons) 22AH5001 - 1st sem.





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- Hena SK (Edu-Hons) 22AH4004 1st Sem.
- 22) Amina Mondal (Edu-Hons) 22AH4001 1st sem
 - 23) Madhusree Sahaen (Bengali - Hons) 21AH1007 3rd Sem
 - 24) Rupsa Mukherjee (Chemistry Hons) 21SH2002 3rd Sem
 - 25) Indrajit Gupta (Hist HONS B.A. 1st Sem.)
 - 26) Ruma Pramanik (Hist Hons B.A. 1st Sem)
 - 27) Purnalekha Samanta (Bengali-Hons) - 1st Sem
 - 28) Renata Khatoon (Beng. Hons) 22AH013 - 1st sem
 - 29) Mahasina Khatoon (") 22AH1008 - 1st Sem.
 - 30) Parvin Sarkar (") 22AH1010 - 1st Sem.
 - 31) Pallavi Parag (") 22AH1001 - 1st Sem.
 - 32) Nabilya Saha (Beng. Hons) 21AH1008 - 3rd Sem.
 - 33) Samirul S. K (Philosophy Hons) 22AH6002 1st Sem -
 - 34) Anisha Parvin (B.A Gen) 22AP1009 - 1st Sem
 - 35) Anisha Khatoon (B.A. Gen) 22AP1006 1st Sem
 - 36) Masrura Khatoon (B.A. Gen) 22AP1038 - 1st Sem
 - 37) Nuruddin SK (B.A GEN) 20AP/15 - 5th Sem.
 - 38) Ramkanta Biswas (B.A Hons) 21AH1012 3rd Sem
 - 39) Anit Mondal (B.A Gen) 21AP0005 3rd Sem
 - 40) Riksha Banerjee (EDU HONS) 22AH4003 - 1st Sem.
 - 41) Rikha Biswas (Beng Hons) 21AH1014 3rd Sem.
 - 42) Abdullah Munshi (Education Hons) 22AH4019 1st Sem.
 - 43) Taniya Parvin " 1st Sem.
 - 44) Koyel Mondal "
 - 45) Sangata Pramanik (Beng Hons) - 21AH1018 - 3rd Sem

