

Jatindra-Rajendra Mahavidyalaya

ESTD-1986



VILL. + P.O. – AMTALA, P.S. – NOWDA, DIST. – MURSHIDABAD, PIN – 742121

তারিখঃ 20.01.2020

বিজ্ঞপ্তি

এতদ্বারা যতিন্দ্র রাজেন্দ্র মহাবিদ্যালয় এর সমস্ত ছাত্রছাত্রী এবং শিক্ষক ও শিক্ষাকর্মীদের জানানো যাচ্ছে যে, কলেজের N. S. S. সংগঠনের পক্ষ থেকে এবং IQAC এর সহযোগীতায় আগামী ৩০-০১-২০২০ তারিখে কলেজের ৭ নম্বর কক্ষে যোগাসন এর বিষয়ে একটি একদিবসীয় আলোচনা সভার আয়োজন করা হয়েছে। উক্ত সভার প্রধান অতিথি হিসাবে উপস্থিত থাকবেন মুর্শিদাবাদ জেলার একমাত্র মহিলা দ্বারা পরিচালিত মহিলা যোগাসন কেন্দ্র “যোগসুখমা” এর কর্ণধার শ্রীমতী মমতা চৌধুরী মহাশয়া। উক্ত আলোচনা সভায় সকলের উপস্থিতি একান্ত কাম্য।

Programme Officer
N.S.S. Unit-I
J.R. Mahavidyalaya
Amtala, Murshidabad

I.Q.A.C
Coordinator
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad

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NSS Coordinator

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IQAC Coordinator

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TIC

Jatindra-Rajendra Mahavidyalaya

ESTD-1986



VILL. + P.O. – AMTALA, P.S. – NOWDA, DIST. – MURSHIDABAD, PIN – 742121

Date : 20.01.2020

NOTICE

This is to inform all the students, Teaching and Non-Teaching stuffs of Jatindra Rajendra Mahavidyalaya that JRM – NSS unit will organize a “One Day Lecture on Yoga” on 30.01.2020 at room no. 7 in collaboration with IQAC of JRM. The chief guest of that event – Mrs. Mamata Chowdhury, the owner of “YOGASUSHMA”, a renowned organization in Murshidabad District in the field of Yoga.

All of you are requested to present on that day.

Programme Officer
N.S.S. Unit-I
J.R. Mahavidyalaya
Amtala, Murshidabad

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Amtala, Murshidabad

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IQAC Coordinator

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P.O. Amtala, Dist. Murshidabad

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TIC

JATINDRA RAJENDRAMAHAVIDYALAYA

AMTALA, MURSHIDABAD, W.B.

HEALTH AWARENESS PROGRAMME ON

YOGA TRAINING

Organized by:

IQAC & NSS

Honorable Resource Person

SMT. MAMATA CHOWDHURY

Yog Sushma Association, Berhampore

PATRON:

Smt. Geetali Bera
Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya

CONVENOR(S):

Shri. Subhadip Mukherjee
IQAC Coordinator
Jatindra-Rajendra Mahavidyalaya
&
Shri. Manirul Islam
NSS Coordinator
Jatindra-Rajendra Mahavidyalaya

DATE: 30.01.2020

VENUE: ROOM NO. 07

INTERNATIONAL
Yoga Day
21ST JUNE

ABOUT US:

Jatindra-Rajendra Mahavidyalaya, alternatively known as Amtala College, is a government-aided college in the district of Murshidabad. It was established in 1986 by the philanthropic endeavor of Sri. Jayanta Biswas, an influential political leader and the former Assistant Teacher of Amtala High School. With the land provided by Amtala High School, J.R.M. became the only college to be founded in Amtala within a radial distance of 25 kms. The process of establishing this educational institution was furthered by Sri. Guru Prasad Biswas and Sri. Birendranath Biswas. The college was first established with the pioneering vision of imparting higher education to the economically challenged and socially backward people of a not quite well-developed region of West Bengal. While imparting knowledge to the less-privileged section of the society was our fundamental aim, it simultaneously served a corollary objective. It is a well-known fact that this region is predominantly inhabited by the Muslim minority community and women from this domain did not have much access to higher education which constitutes a major role in facilitating their empowerment. Our college has precisely served that purpose by being an instrument of women empowerment ever since its inception.

ABOUT THE SEMINAR:

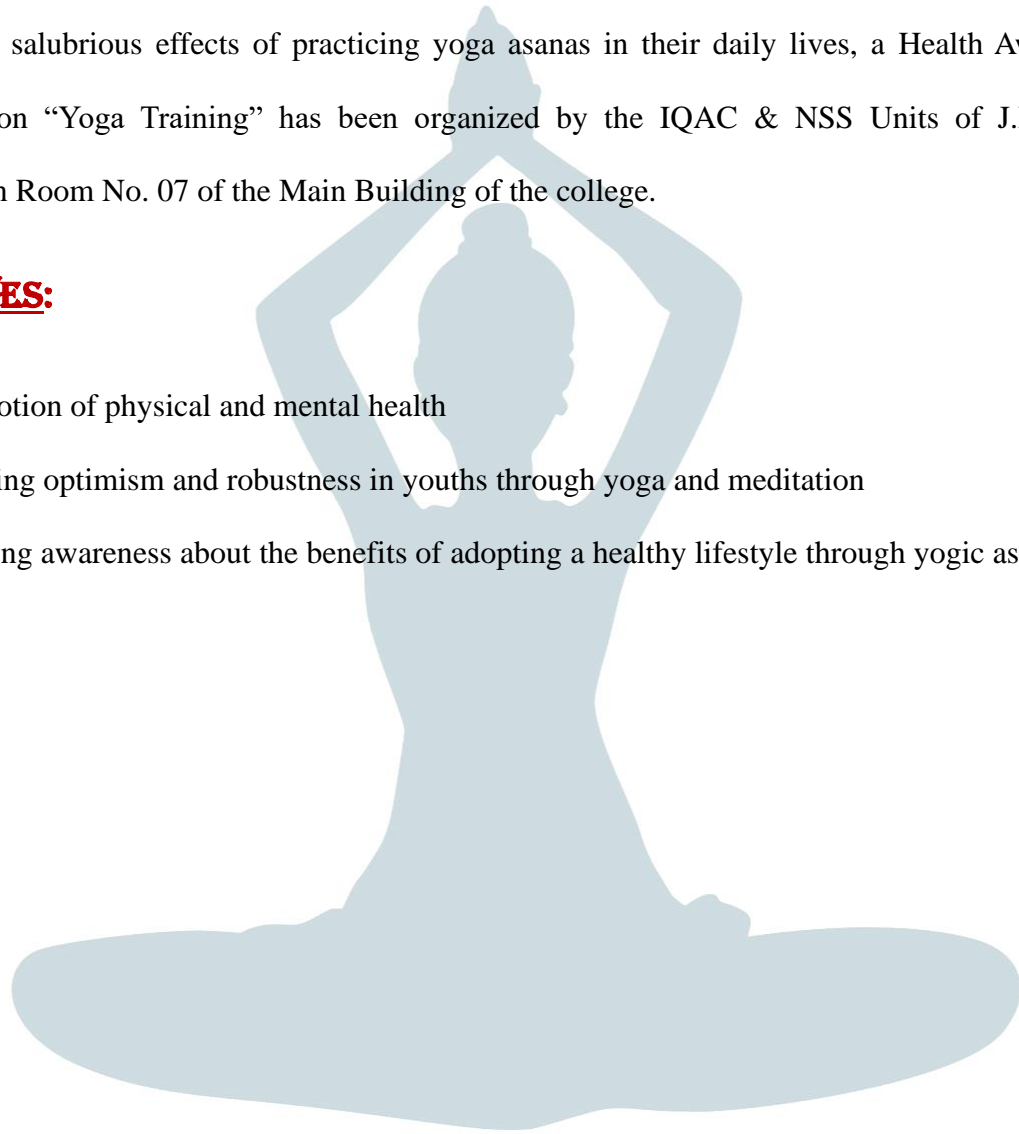
Yoga can be succinctly defined as both the art and science of healthy living. Derived from the Sanskrit root “Yuj”, the word “Yoga” means ‘to join’, ‘to yoke’ or ‘to unite’. As per Yogic scriptures the practice of Yoga leads to the union of our individual consciousness with that of the Supreme Universal Consciousness, thereby effectuating a perfect harmony of mind and body, Man & Nature. The goal of Yoga is evoking self-realization, along with enabling one to attain a state of ‘liberation’ (Moksha) or ‘freedom’ (Kaivalya), overcoming all earthly sufferings and worries. We can trace the

INTERNATIONAL
Yoga Day
21ST JUNE

development of Yoga from historical evidences of Yogic practices since the dawn of civilization. According to popular lore, Lord Shiva is believed to be the first yogi or Adiyogi, and the first Guru or Adi Guru. Because of its immense utility in keeping the somatic and psychic constitutions of human beings in harmony and thereby healthy in this era of cut-throat competition and stress, yoga education is now imparted by many eminent Yoga Institutions worldwide. To make the students aware of the salubrious effects of practicing yoga asanas in their daily lives, a Health Awareness Programme on “Yoga Training” has been organized by the IQAC & NSS Units of J.R.M. on 30.01.2020 in Room No. 07 of the Main Building of the college.

OBJECTIVES:

- Promotion of physical and mental health
- Evoking optimism and robustness in youths through yoga and meditation
- Raising awareness about the benefits of adopting a healthy lifestyle through yogic asanas



INTERNATIONAL
Yoga Day
21ST JUNE

REPORT

The IQAC, in collaboration with the NSS Unit of Jatindra-Rajendra Mahavidyalaya, organized a Health Awareness Programme on “Yoga Training” on 30.01.2020. It was held in Room No. 07 of the Main Building of the college. The Honorable Resource Person of this event was Smt. Mamata Chowdhury of Yog Sushma Association, Berhampore. She was a veteran trainer and instructor who practically taught various yoga asanas like Padmasana or the Lotus Pose, Naukasana or Boat Pose, Adho Mukha Svanasana, Vajrasana or the Thunderbolt Pose, Dhanurasana or the Bow Pose, Kakasana or the Crow Pose, etc. and motivated the students. Under her tutelage the students learned how to enhance their body flexibility and strength; boost their immunity and sleep; and reduce anxiety, stress and vulnerability to a number of psycho-somatic diseases by practising a range of yogic asanas on a regular basis. She also informed the participants, who were 42 in number, about the benefits of meditation hand in hand with yoga in order to lead a happy, healthy and wholesome life.

OUTCOME:

Attendees have reported –

- Significant and positive changes brought about in their overall daily routine by practising yoga and meditation
- Improved quality of life and self-esteem


Programme Officer
N.S.S. Unit-I
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Amtala, Murshidabad

INTERNATIONAL


I.Q.A.C
Coordinator
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad


Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad

SOME PHOTOGRAPHS OF THIS EVENT:



[Handwritten signature]

**Programme Officer
N.S.S. Unit-I
J.R. Mahavidyalaya
Amtala, Murshidabad**

Subhadip Kumarjoo

**I.Q.A.C
Coordinator
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad**

Geelati Bera

**Teacher-in-Charge
Jatindra-Rajendra Mahavidyalaya
P.O. Amtala, Dist. Murshidabad**

INTERNATIONAL

YAD

1ST JUNE

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad - 742121

ATTENDANCE SHEET

Programme Name : LIFE SKILL ENHANCEMENT

Topic : YOGA TRAINING

Resource Person : Smt. Mamata Chowdhury, Yog Sushma Association, Berhampore

Date : 30.01.2020

Venue : Room No. 7

Organized by : IQAC and NSS Unit

Sl. No	SIGNATURE	Tick Mark - ✓			
1	Ayooa Hossain Sarder	Teacher		Student	✓
2	Sabnuo Mandal	Teacher		Student	✓
3	Panthe Mondal	Teacher		Student	✓
4	Koyel Mondal	Teacher		Student	✓
5	Fareza Khatun	Teacher		Student	✓
6	Soma Khatun	Teacher		Student	✓
7	Bisisti Pal	Teacher		Student	✓
8	Mahmud Rahaman Shukh	Teacher		Student	✓
9	Eutekha Khatun	Teacher		Student	✓
10	Subh Das	Teacher		Student	✓
11	Sabana Khatun	Teacher		Student	✓
12	Jhuma Khatun	Teacher		Student	✓
13	Runa Khatun	Teacher		Student	✓
14	Rezia Sultana	Teacher		Student	✓
15	Pinky Mahata	Teacher		Student	✓
16	Seheli Choudhary	Teacher		Student	✓
17	Sumern Sarda	Teacher		Student	
18	Sabina Khatun	Teacher		Student	
19	Asiya Khatun	Teacher		Student	✓
20	Rimi Khatun	Teacher		Student	✓
21	Reya Khatun	Teacher		Student	✓
22	Bebina Khatun	Teacher		Student	✓
23	Fain Khatun	Teacher		Student	
24	Suman Biswas	Teacher		Student	✓
25	Laboni Chowdhury	Teacher		Student	✓

1: Attendance Register

21ST JUNE

JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad - 742121

ATTENDANCE SHEET

Sl. No	SIGNATURE	Tick Mark - ✓		
		Teacher	Student	
26	Mahammad Sy			✓
27	Ritika Sarkar			✓
28	Shrabani Chowdhury			✓
29	Puja Chowdhury			✓
30	Saima Akter Baki			✓
31	Mosimuddin Mural			✓
32	Kamrul Islam			
33	Md. Maudud Hasan Maudud			
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M Islam
Programme Officer
N.S.S. Unit-I
J.R. Mahavidyalaya
Amtala, Murshidabad

2 : Attendance Regis

21ST JUNE