

Jatindra-Rajendra Mahavidyalaya



ESTD-1986

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

Date: 23.09.2022

Notice

It is hereby informed to all students of the **Sanskrit Department** of the **2nd, 4th, and 6th semesters**, as well as to all general students of the **Philosophy Department**, that a **Value Added Course on 'Gita: Controlling the Mind'** will be conducted by the Sanskrit Department from **25/11/2022 to 24/12/2022**. All interested students of the mentioned departments are requested to register their names with the teachers of the Sanskrit Department by **22/11/2022**.

Please note that the course will continue until 24/12/2022.

HoD, Sanskrit Department

Signature of the TIC

HoD, Department of Sanskrit
Jatindra-Rajendra Mahavidyalaya
Amtala, Murshidabad

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

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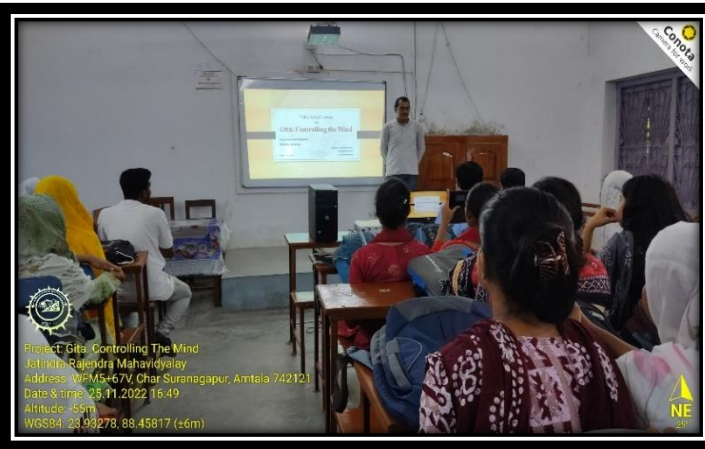
1. Name of Department / Committee / Cell:- Department of Sanskrit
2. Name of the Event :- Gita: Controlling the Mind
3. Duration of the Event :- 25.11.2022 – 24.12.2022
4. Venue of the Event:- College Room No. 13
5. Nature of the Activity:- Programme /Event/ Lecture /Workshop: Life Skill
6. Level of the Activity:- International / National / State / University / College: College
7. Name of the Sponsor / Collaborator, if any:- College
8. Purpose / Aims / Objectives of the event:-

The Bhagavad Gita, a sacred Hindu scripture, indeed emphasizes the importance of controlling the mind as a central theme. Here's a deeper look at its teachings on this topic:

- ✓ **Understanding the Mind** : The Gita describes the mind as both the friend and the enemy of the self. When disciplined and under control, the mind becomes a powerful ally in spiritual growth and life's endeavors.
- ✓ **Yoga of Knowledge and Wisdom**: The Gita teaches various paths to control the mind, including the path of knowledge (Jnana Yoga), where understanding the true nature of the self and the world helps in mastering the mind.
- ✓ **Unity with the Divine**: Ultimately, the Gita teaches that true control over the mind comes from realizing one's unity with the Divine (Bhakti Yoga), where love and devotion to the Supreme help transcend the fluctuations of the mind.

9. Beneficiaries / participants / audience (Type and/or number):- 106 students enrolled.

10. Evidence produced (Lists, Certificates, letters, newspaper cuttings, etc.):- Photographs of the event.



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ATTENDANCE SHEET

Add On / Value Added Course

Dept. Name

Course Name

Session :

Sanskrit

Gita: Controlling the Mind

2022-2023

Sl	Reg no	Student Id	Name	Signature
1	066051	B.A/21/1582	NILA KHATUN	Nila Khatun
2	052074	B.A/22/0326	ABDULLA MONDAL	Abdulla Mondal.
3	051674	B.A/22/0410	MAKSURA KHATUN	ab
4	051934	B.A/22/0450	SALEMA KHATUN	Salema Khatun
5	051562	B.A/22/0455	ANANYA SARKAR	Ananya Sarkar
6	051570	B.A/22/0635	ARPITA GHOSH	Arpita Ghosh
7	052030	B.A/22/0679	SURAIYA KHATUN	Suraiya Khatun
8	052329	B.A/22/0711	NABIN SHAIKH	ab
9	052595	B.A/22/0717	TAUSIF BISWAS	Tausif Biswas
10	051924	B.A/22/0739	SAHINA KHATUN	Sahina Khatun
11	052270	B.A/22/0789	MANAS PRAMANIK	Manas Pramanik
12	052041	B.A/22/0858	TANIYA SULTANA	Taniya Sultana
13	052123	B.A/22/0875	ASARUL SK	ab
14	051898	B.A/22/1023	SABANA KHATUN	Sabana Khatun
15	052460	B.A/22/1032	SAHABUL SK	Sahabul Sk
16	052179	B.A/22/1133	GOLAM MURSHID	Golam Murshid
17	052342	B.A/22/1153	NASIR MONDAL	Nasir Mondal
18	052309	B.A/22/1214	MONIRUL SK	Monirul SK
19	052362	B.A/22/1219	PALLAB GOSWAMI	Pallab Goswami
20	051986	B.A/22/1250	SNIGDHA SINGH	Snigdha Singh
21	051682	B.A/22/1289	MAMPI KHATUN	Mampi Khatun
22	052452	B.A/22/1386	SAGAR SK	Sagar Sk
23	052039	B.A/22/1422	TANIYA KHATUN	Taniya Khatun
24	065903	B.A/21/0490	KOHINUR KHATUN	ab
25	065891	B.A/21/0539	KHADAJA KHATUN	ab
26	065952	B.A/21/0595	MAYA KHATUN	ab
27	066769	B.A/21/0601	MAHARAM SAIKH	Maharam Saikh
28	066427	B.A/21/0602	SUMAIYA SULTANA	Sumaiya Sultana
29	066389	B.A/21/0720	SONALI KHATUN	Sonali Khatun
30	066009	B.A/21/0727	NAJERA KHATUN	ab
31	065783	B.A/21/0729	DISHANI KHATUN	Dishani Khatun.
32	066972	B.A/21/0731	RIAJ SEAKH	Riaj Seakh
33	065826	B.A/21/0749	HASINA KHATUN	Hasina Khatun
34	066049	B.A/21/0762	NAZMA SHAIKH	ab
35	066575	B.A/21/0764	ASADUL MONDAL	Asadul Mondal
36	066086	B.A/21/0834	PUSPITA MONDAL	Puspita Mondal
37	067083	B.A/21/0868	SAMIM BISWAS	Samim Biswas
38	066415	B.A/21/0915	SUBINA KHATUN	Sabina Khatun
39	066982	B.A/21/0945	ROCKY SEAKH	ab
40	065748	B.A/21/0979	BEBILAZIHAR KHATUN	Bebilazihar Khatun.
41	066317	B.A/21/1002	SAMIMA SABNAJ	Samima Sabnaj

Teacher-in-Charge

Jatindra-Rajendra Mahavidyalaya

P.O. Amtala, Murshidabad

Signature of Principal / Teacher-in-charge



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Sl	Reg no	Student Id	Name	Signature
42	066777	B.A/21/1084	MAJIBUR RAHAMAN	Mujibur Rahman
43	066964	B.A/21/1092	RANI DAS BAIRAGYA	Rani Das Bairagya
44	065665	B.A/21/1093	ABEDA KHATUN	ab
45	066449	B.A/21/1272	SUSMITA KHATUN	Susmita Khatun
46	066519	B.A/21/1298	ABUSAMAD SAIKH	Abusamad Saikh
47	066537	B.A/21/1321	ALAMGIR SK	ab
48	066767	B.A/21/1357	MAHABUL SHEIKH	Mahabul Sheikh
49	067145	B.A/21/1367	SOHEL MONDAL	Sohel Mondal
50	066014	B.A/21/1388	NAJMA SULTANA	Najma Sultana
51	066617	B.A/21/1412	BELLAL SK	Bellal SK
52	066781	B.A/21/1413	MANIRUL KARIKAR	Manirul Karikar
53	066170	B.A/21/1415	RINA MANDAL	Rina mandal
54	066368	B.A/21/1447	SIJRATAN KHATUN	ab
55	066629	B.A/21/1460	BITTU MONDAL	BITTU MONDAL
56	065858	B.A/21/1475	JHUMA KHATUN	Jhuma Khatun
57	066949	B.A/21/1476	RAKESH SEAKH	Rakesh Saikh
58	066939	B.A/21/1481	RAJIBUL SAIKH	ab
59	066593	B.A/21/1503	ASIF SK	ASIF SK
60	066023	B.A/21/1518	NARGIS KHATUN	Nargis Khatun
61	066574	B.A/21/1552	ASADUL MONDAL	Asadul Mondal
62	066000	B.A/21/1558	MURSHIDA KHATUN	ab
63	065918	B.A/21/1574	MAHAMUDA KHATUN	Mahamuda Khatun
64	066638	B.A/21/1598	DIPAK PRAMANIK	Dipak Pramanik
65	066895	B.A/21/1623	PINTU MIA	Pintu Mia
66	066517	B.A/21/1625	ABU SUFIAN SK	Abu Sufian SK
67	067048	B.A/21/1655	SAHIN AHAMED	ab
68	066974	B.A/21/1672	RINKU SK	Rinku SK
69	066477	B.A/21/1716	TINA KHATUN	Tina Khatun
70	065731	B.A/21/1727	AYESHA SULTANA	Ayesha Sultana
71	066213	B.A/21/1740	RUMANA KHATUN	Rumana Khatun
72	065950	B.A/21/1780	MASUMA AKTAR	Masuma Aktar
73	066860	B.A/21/1796	NAJBUL SAIKH	Najbul Saikh
74	066065	B.A/21/1836	PALTA BISWAS	Palta Biswas
75	067149	B.A/21/1929	SOHEL SEKH	ab
76	066698	B.A/21/1947	IKBAL SK	Iqbal SK
77	065932	B.A/21/1951	MAMPI GHOSH	Mampi Ghosh
78	066965	B.A/21/1954	RANIT HALDER	Ranit Halder
79	066619	B.A/21/1956	BIDYUT HALDER	Bidyut Halder
80	066150	B.A/21/1997	REXONA KHATUN	Rexona Khatun
81	067055	B.A/21/2092	SAHIN SK	ab
82	058242	B.A/20/0226	SAHINA BISWAS	Sahina Biswas



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Dept. Name
Sanskrit

Course Name
Gita: Controlling the Mind

Session :
2022-2023

Sl	Reg no	Student Id	Name	Signature
83	058292	B.A/20/0243	SARJINA RAHAMAN	✓ Sarjina Rahaman
84	058470	B.A/20/0322	ARIF HOSSAIN	✓ Arif Hossain
85	058343	B.A/20/0351	SONIA KHATUN	Boniya Khatun
86	058599	B.A/20/0377	KAJAL MANDAL	ab
87	058107	B.A/20/0408	PARVINA KHATUN	Kajal Mandal
88	058868	B.A/20/0423	SAMYAJIT SARDAR	Samyajit Sardar
89	058522	B.A/20/0468	DEBOBRATA MANDAL	Debobrata Mandal
90	058330	B.A/20/0509	SOHANA KHATUN	Sohana Khatun
91	058367	B.A/20/0820	SUMANA CHATTERJEE	Sumana Chatterjee
92	058849	B.A/20/0934	SAMIM BISWAS	ab
93	058123	B.A/20/0939	PUJA MONDAL	Samim Biswas
94	058378	B.A/20/0960	SUSMITA HAZRA	✓ Susmita Hazra
95	058396	B.A/20/0963	TANUJA KHATUN	ab
96	058011	B.A/20/0969	MANOSI BISWAS	Manosi Biswas
97	057854	B.A/20/0997	ARPITA MONDAL	✓ Arpita Mandal
98	058529	B.A/20/1022	DIPU PRAMANIK	Dipu Pramanik
99	058499	B.A/20/1091	BAPAN HALDER	✓ Bapan Halder
100	058874	B.A/20/1123	SANJU GHOSH	Sanju Ghosh
101	058797	B.A/20/1262	RUHUL AMIN MONDAL	✓ Ruhul Amin Mandal
102	058577	B.A/20/1265	JAHANGIR SK	ab
103	058032	B.A/20/1275	MODINA KHATUN	Jahangir SK
104	058116	B.A/20/1330	POLI KHATUN	Poli Khatun
105	058078	B.A/20/1335	NAJMIN SULTANA	✓ Najmin Sultana
106	058138	B.A/20/1526	RAJIYA SULTANA	ab

(Signature)

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