



NARAJOLE RAJ COLLEGE
(NAAC Accredited B Grade Govt. – Aided College)
NARAJOLE: PASCHIM MEDINIPUR: PIN-721211



CONSTITUTION OF YOGA CENTRE

(w.e.f. June 21, 2022)

- * Dr. Ranajit Kumar Khalua. – Vice Principal and Chaiman, Yoga Centre.
- * Prof. Bholanath Mahato. – Assistant Professor, Dept. of Philosophy, Convenor of this Yoga Centre.
- * Dr. Atanu Nanda. - Assistant Professor, Dept. of Physical Education as Member.
- * Prof. Nandita Bhakat - Assistant Professor, Dept. of Botany as Member.
- * Prof. Partha Kumar Manna. –State Aided College Teacher ,Dept. of Physical Education as Member.
- * Prof. Singray Tudu. - Assistant Professor, Dept. of Philosophy as Member.
- * Dr. Rabindranath Maity. –State Aided College Teacher, Dept. of Sanskrit as Member.
- * Dr. Uttam Kumar Singha – State Aided College Teacher ,Dept. of Sanskrit as Member.
- * Prof. Bilas Samanta. –State Aided College Teacher ,Dept. of History as Member.
- * Prof. Prasenjit Senapati. –State Aided College Teacher ,Dept. of Political Science as Member.
- * Prof. Supen Sarkar. - Assistant Professor, Dept. of Political Science as Member.
- * Dr. Sukamal Maity. – State Aided College Teacher ,Dept. of Geography as Member.
- * Prof. Tumpa Jana. - Assistant Professor, Dept. of Sanskrit as Member.

A Value – added Course on Yoga & Meditation : This Value – added Course on Yoga & Meditation is carried out through Offline Mode by the Yoga Centre of the Narajole Raj College .

A Syllabus was assigned to them .The classes of this course were taken from 21.06.2022 to 20.09.2022 through offline mode.

Fifty students (50) were enrolled . In this context it is good to state that The Physical Education Foundation of India (PEFI) , West Bengal Chapter extends its collaboration with the Yoga Centre , Narajole Raj College in the academic session 2022-2023.

Details of the experts / Yoga Trainers :

1 .Name : Prof. Bholanath Mahato.

Designation: Assistant Professor.(Philosophy)

Qualification: M.A. in Philosophy.

Professional qualification: The Art of Living Teacher.

Other qualification: UGC-NET.

2. Name: Prof.Nandita Bhakat.

Designation: Assistant Professor.(Botany)

Qualification: M.Sc. in Botany.

Professional qualification: B.Ed.

Other qualification: W.B.SET.

3. Name : Dr. Atanu Nanda.

Designation: Assistant Professor.(Physical Education)

Qualification: M.A. , Ph.D.

Other qualification: Short term Course in Yoga.

Learning Outcome & necessity of the course:

* Students can easily learn different types of Yoga, Meditation and Pranayama.

*To culture a habit of regular Yoga and Meditation practice.

*To increase the body flexibility as well as mental peace.

*To make the students aware towards the benefits of Yoga and Meditation.

* Right way to think for something or someone.

*How to be motivated by one's own self.

* How to remove the pessimistic aspects of life.

* How to utilize the present moment.

Prof. Bholanath Mahato.

Convenor, Yoga Centre.

Narajole Raj College.



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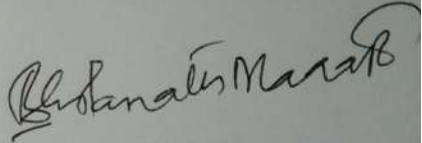
Yoga Centre

Registered candidates of VAC on Yoga & Meditation

Roll no.	Name
01.	Panchanan Jana.
02.	Prasenjit Das.
03.	Rebati Dolai.
04.	Supriya Samanta.
05.	Pinki Dolai.
06.	Manas Bera.
07.	Puja Jana.
08.	Mamoni Mondal.
09.	Bhuban Hait.
10.	Papiya Maji.
11.	Tithi Patra.
12.	Somali Paramanik.
13.	Manju Dhara.
14.	Asit Jana.
15.	Partha Bagra.
16.	Akash Maji.
17.	Malay Rana.
18.	Titli Chakraborty.
19.	Debika Roy.
20.	Rajesh Hait.
21.	Ananya Mondal.
22.	Mandira Dolai.
23.	Manjushri Khatua.
24.	Sumi Pathak.
25.	Payel Pattanayak.
26.	Manisha Shee.
27.	Piyali Pattanayak
28.	Tapasi Mandal.
29.	Moumita Sabud.
30.	Puja Mandal.
31.	Anjali Khanra.
32.	Molina Patra.
33.	Rimpa Pal.
34.	Krishna Adhikary.
35.	Susmita Maity.
36.	Suman Jana.
37.	Tulsi Poria.
38.	Papiya Dolai.
39.	Madhumita Dhara.
40.	Basanti Santra.
41.	Paramita Ghorai.
42.	Sampa Jana.

43. Bijoy Mondal.
44. Madhumita Samanta.
45. Sujit Kundu.
46. Priyanka Pramanik.
47. Pinki Chowdhury.
48. Baishakhi Dolai.
49. Soumen Jana.
50. Surajit Dal.

N.B : Classes will be held in room no.S-6.


Convenor
Yoga Centre
NarajoleRaj College



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Yoga Centre

Tentative course schedule for VAC on Yoga & Meditation

Date	Time	Topic	Name of the trainer/trainers.
21/06/2022.	9:00-10:00	Introduction of Yoga & Meditation & Benefits.	Prof.Bholanath Mahato. Prof.Nandita Bhakat Dr. Atanu Nanda.
22/07/2022	9:00-10:00	Free hand excercises & Benefits.	Prof.Bholanath Mahato.
23/07/2022	9:00-10:00	Free hand excercises & Benefits. 2	Prof.Bholanath Mahato.
28/07/2022	9:00-10:00	Surya Namaskar & Benefits.	Prof.Bholanath Mahato.
29/07/2022	9:00-10:00	Surya Namaskar & Benefits.2	Prof.Bholanath Mahato.
04/08/2022	9:00-10:00	The relation between yoga & meditation along with benefits.	Prof.Bholanath Mahato.
05/08/2022	9:00-10:00	Important of meditation.	Prof.Bholanath Mahato.
06/08/2022	9:00-10:00	Bajrasana,Vastrika Pranayama & its benefits Vastrika.	Prof.Bholanath Mahato.
08/08/2022	9:00-10:00	Gorurasana, Gomukhasana & benafits.	Dr. Atanu Nanda.
10/08/2022	9:00-10:00	Padmasana , Vujangasana & its benefits.	Prof. Nandita Bhakat
12/08/2022	9:00-10:00	Salvasana, Brikshasana & its benefits.	Prof.Bholanath Mahato.
13/08/2022	9:00-10:00	Meditation for Inner peace.	Prof.Bholanath Mahato.
17/08/2022	9:00-10:00	Bajrasana,Ushtrasana & benefits.	Prof.Nandita Bhakat
20/08/2022	9:00-10:00	AstangaYoga: yama,niyam,asana & benefits.	Prof.Bholanath Mahato.
22/08/2022	9:00-10:00	Pranayam, Pratyahar, Dharana &benefits.	Prof.Bholanath Mahato.
25/08/2022	9:00-10:00	Bhadrasana ,Dhanurasana& benefits.	Dr. Atanu Nanda.
26/08/2022	9:00-10:00	Dhyana,Samadhi & benefits	Prof.Bholanath Mahato.

27/08/2022	9:00-10:00	Free hand excercises & benefits	Prof.Nandita Bhakat.
29/08/2022	9:00-10:00	Anulom - Bilom & benefits.	Prof.Bholanath Mahato.
30/08/2022	9:00-10:00	The benefits Vastrika.	Prof.Bholanath Mahato.
01/09/2022	9:00-10:00	Sarbangasana,Paschimasana & benefits.	Prof.Nandita Bhakat .
02/09/2022	9:00-10:00	Bhadrasana ,Dhanurasana& benefits.(2)	Dr. Atanu Nanda.
03/09/2022	9:00-10:00	Halasana,Padahasana & benefits.	Dr. Atanu Nanda.
09/09/2022	9:00-10:00	Sarbangasana,Paschimasana & benefits.(2)	Prof.Nandita Bhakat
10/09/2022	9:00-10:00	Halasana,Padahasana & benefits.(2)	Dr. Atanu Nanda.
12/09/2022	9:00-10:00	Gorurasana, Gomukhasana & benafits.(2)	Dr. Atanu Nanda.
13/09/2022	9:00-10:00	Free hand excercises & benefits(2)	Prof.Nandita Bhakat
17/09/2022	9:00-10:00	Padmasana , Vujangasana & its benefits.	Dr. Atanu Nanda.
19/09/2022	9:00-10:00	Padmasana , Vujangasana & its benefits.(2)	Prof.Nandita Bhakat
20/09/2022	9:00-10:00	Bajrasana,Ushtrasana & benefits.	Prof.Nandita Bhakat

N.B : Classes will be held in room no.S-6.

Bholanath Mahato

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Yoga Centre
NarajoleRaj College

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Yoga Centre
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Narajole, PIN: 721211



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Value Added Course on Yoga and Meditation

Syllabus for VAC on Yoga & Meditation

Part A: Yoga

1. Yoga and its important. 3 Classes.)
2. Free hand exercises . 3 Classes.)
3. Surya Namaskar . 3 Classes)
4. Padmasana and Bhujangasana. 2 Classes)
5. Salvasana and Brikhasana. 2 Classes)
6. Bajrasana and Ushtrasana, Padahasnasana. 2 Classes)
7. Gorudasana and Gamukhasana. 2 Classes)
8. Vadrasana and Dhanurasana. 2 Classes)
9. Dhanurasana and Halasana . 2 Classes)
10. Sarbangan and Paschimatanasana. 2 Classes)

Part B: Asatantga Yoga (3 Classes)

The eight limbs of yoga are yama (abstinences), niyam (observances), asana (yoga postures), pranayama (breath control), pratyahara (withdrawl of senses), dharana (concentration), dhyana (meditation) and samadhi (absorbtion).

Part C: Meditation

Prayer through mantra chanting. 1 Class.

Meditation for inner peace (1 Class)

Anulom-Bilom (1 Class)

Vastrika (1 Class.)

Pragya Paramita Mondel,

Signature of the IQAC Coordinator
Narajole Raj College

CO-ORDINATOR,
IQAC
NARAJOLE RAJ COLLEGE
NARAJOLE, PASCHIM MEDINIPUR

Signature of the External Expert
With designation & affiliation

Secretary
PEFI, West Bengal Chapter India

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Estd.-1966

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04.	Supriya Samanta.
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13.	Manju Dhara.
14.	Asit Jana.
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28.	Tapasi Mandal.
29.	Moumita Sabud.
30.	Puja Mandal.
31.	Anjali Khanra.
32.	Molina Patra.
33.	Rimpa Pal.
34.	Krishna Adhikary.
35.	Susmita Maity.

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ATTENDANCE OF PUPILS
 OF June N

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05.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
06.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
07.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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35.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

No. Present daily	...
No. Absent daily	...
TOTAL	...

SREEMA TRADERS, 45 Beniatola Lane, Kolkata-9 Ph.22193865

Hindus - Muslims - Others -
 No. of Free Students - No. of % Free Students -

No. of working days during the M
 Average Daily Attendance
 Percentage of Attendance during the M

The President

Governing Body

Narajole Raj College

Through:

The Vice Principal

Narajole Raj College

&

IQAC Coordinator

Narajole Raj College

Sub: Approval of syllabus of Value Added Course on YOGA AND MEDITATION

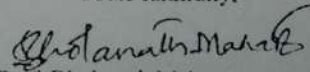
Sir,

With reference to the proposal of the Value Added Course on YOGA AND MEDITATION submitted to the IQAC by the YOGA CENTRE, Narajole Raj College on 16/06/2022 and the meeting held on 18/06/2022 of the BOS constituted for the approval of the syllabus, I do kindly inform you that the course syllabus has been approved by our External Expert, PROF.(DR)DEBA PRASAD SAHU, PRINCIPAL, SEVA BHARATI MAHAVIDYALAYA, JHARGRAM, WEST BENGAL (via Meeting Resolution No. 02 dt.18/06/2022. The ratification of the syllabus is duly attested and acknowledged below by our External Expert for the purpose of authentication and documentation.

I would, therefore, request you to consider the relevant documents attached herewith and to facilitate the introduction of the course in the next semester.

Thanking you,

Yours faithfully,

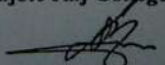

(Prof. Bholanath Mahato)

Assistant Professor

Department of Philosophy

Narajole Raj College

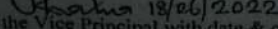
The syllabus of the Value Added Course on YOGA AND MEDITATION is hereby approved at the meeting of the BOS held on 18/06/2022 at Narajole Raj College.

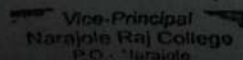

Signature of the External Expert with date

Designation & Affiliation

Secretary
PEFI, West Bengal Chapter India

Forwarded by:


1) Signature of the Vice Principal with date & official seal


Vice-Principal
Narajole Raj College
P.O. Narajole



Physical Education Foundation of India

National Sports Promotion Organisation

Recognised by

Ministry of Youth Affairs & Sports (Government of India)

West Bengal Chapter

4154/28.08.2008

MEMBERS

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Sarban Biswas

Vice-President

Shrenu Pradhan
Anur Mukhopadhyay
Anshankar Chatterjee
Adesh Ranjan Pan
Swajit Bala

Secretary

Deba Prasad Sahu

Joint Secretary

Dr. Sumalya Roy
Mr. Prasun Chatterjee

Treasurer

Mr. Subhadip Pal

Program Director

Dr. Mahesh S Khetmalis
Dr. Michael B Dhan
Dr. Bidya Roy

Ref. No.:

Date:

To
The Vice Principal
Narajole Raj College
Narajole, Paschim Medinipur
West Bengal, India

From
Dr. Deba Prasad Sahu
Secretary
PEFI, West Bengal Chapter
India

Sub: Collaboration between Narajole Raj College and the Physical Education Foundation of India (PEFI), West Bengal Chapter.

Sir,

I gladly inform you that as discussed in the BOS convened by you on 18.06.2022, the Physical Education Foundation of India (PEFI), West Bengal Chapter extends its collaboration with the Yoga Centre, Narajole Raj College, to offer the Value-Added Course on Yoga and Meditation in Narajole Raj College from June to December 2022 in the academic session 2022-23. I hope that this collaboration will benefit the students and will add value to the course.

Thank you.

Secretary
PEFI, West Bengal Chapter India



Observation of **INTERNATIONAL YOGA DAY** 21st June, 2022



Theme : Yoga for Humanity

Inauguration of Value Added Course on YOGA & MEDITATION

Conducted by:

Yoga Cell & Dept. of Physical Education, Narajole Raj College.

In Collaboration with PEFI (W.B.)

Venue : Seminar Hall (Narajole Raj College, Narajole, Paschim Medinipur), Time : 10.a.m.

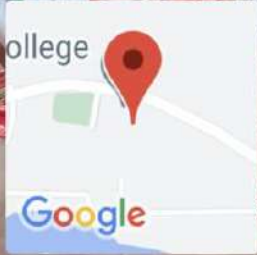
Under the guidance of IQAC, Narajole Raj College



GPS Map Camera



Kismat Narajole, West Bengal, India
HJ83+RHR, Keshpur-Daspur Rd, Kismat Narajole,
West Bengal 721232, India
Lat 22.566381°
Long 87.604256°
22/07/22 01:20 PM



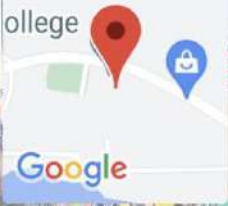
Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566183°

Long 87.604468°

21/06/22 11:10 AM



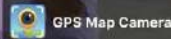
Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566252°

Long 87.604428°

21/06/22 10:53 AM





Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566253°

Long 87.604495°

21/06/22 10:51 AM



GPS Map Camera



Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566272°

Long 87.604559°

21/06/22 10:51 AM



GPS Map Camera



Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566178°

Long 87.604406°

21/06/22 10:46 AM





Observation of
INTERNATIONAL YOGA DAY
21st June, 2022
Theme: Yoga for Humanity
Inauguration of Value Added Course on YOGA MEDITATION
Conducted by
The College of Panchajanya, Narajole
In Collaboration with IYAC, New Delhi
www.iyac.org
Under the guidance of IOAC, New Delhi

GPS Map Camera



Kismat Narajole, West Bengal, India
HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India
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Long 87.604541°
21/06/22 10:51 AM



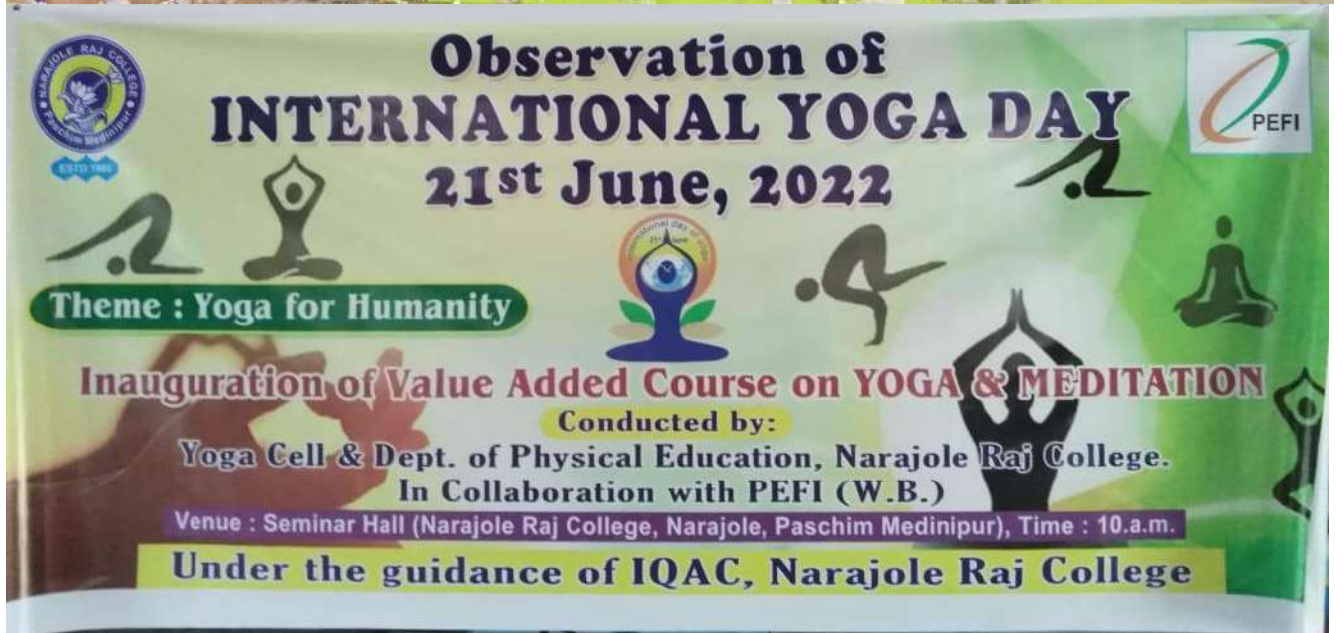
Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566233°

Long 87.604447°

21/06/22 11:12 AM



Observation of INTERNATIONAL YOGA DAY 21st June, 2022

Theme : Yoga for Humanity

Inauguration of Value Added Course on **YOGA & MEDITATION**

Conducted by:

Yoga Cell & Dept. of Physical Education, Narajole Raj College.

In Collaboration with PEFI (W.B.)

Venue : Seminar Hall (Narajole Raj College, Narajole, Paschim Medinipur), Time : 10.a.m.

Under the guidance of IQAC, Narajole Raj College



Kismat Narajole, West Bengal, India

HJ83+J97, Kismat Narajole, West Bengal 721232, India

Lat 22.566455°

Long 87.60386°

22/07/22 01:11 PM





NARAJOLE RAJ COLLEGE
(NAAC Accredited B Grade Govt. – Aided College)
NARAJOLE: PASCHIM MEDINIPUR: PIN-721211
E-mail: narajolerajcollege@rediffmail.com
Website: <http://www.narajolerajcollege.ac.in>



Summary report of nutrition and its importance in life

As declared by the Govt. of West Bengal, Narajole Raj College observed students' week from 1st January to 7th January, 2022. Green Club of our college arranged a webinar on 7th January, 2022 on 'awareness and counselling about nutrition and its importance in life'. A brief report is enumerated below: -

Rationale of the webinar- The webinar was conducted to create awareness amongst the students and faculties as also counsel them as to the nutrition and its importance in human life.

Plan of work- The honourable members decided to invite a resource person having profound knowledge in Nutrition science to make aware of the participants and counsel them about the importance of nutrition in day-to-day human life.

Schedule of the webinar- The members of Green Club decided to hold the webinar on 7th January, 2022 and invited Mrs. Poulami Mandal as speaker.

List and brief bio-data of the speaker- The Green Club invited only Mrs. Poulami Mandal, consultant dietician, former dietician of Peerless Hospital, Kolkata.

Theme address by Convenor, Green Club- Convenor, Prof. Arpita Chakraborty in her speech highlighted the awareness amongst students and counsel them about the importance of taking nutritious food to maintain good health and habit. She also stressed and advised the students to take Indian Traditional food, in spite of taking fast-food which are now-a-days available in every place, and every corner of the society.

Outcome of the webinar- Mrs. Poulami Mandal, consultant dietician, former dietician of Peerless Hospital, Kolkata discussed in detail- what is nutrition, which are the nutritious foods to be taken when the techniques to maintain good health and habit. She also told that costly foods are not always nutritious. Sometimes the low-cost foods which are available in our country are very nutritious to maintain good health and habit.

Students' feedback- The students' become very glad and expressed thanks to the main speaker and others who spoke in the webinar on 7th January, 2022.



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Selected Photograph



Observance of **Students' Week 2022**

Day 7, 07.01.2022

Time: 12 noon – 1 p.m.



Awareness and Counselling about Nutrition and its Importance in Life

Resource Person

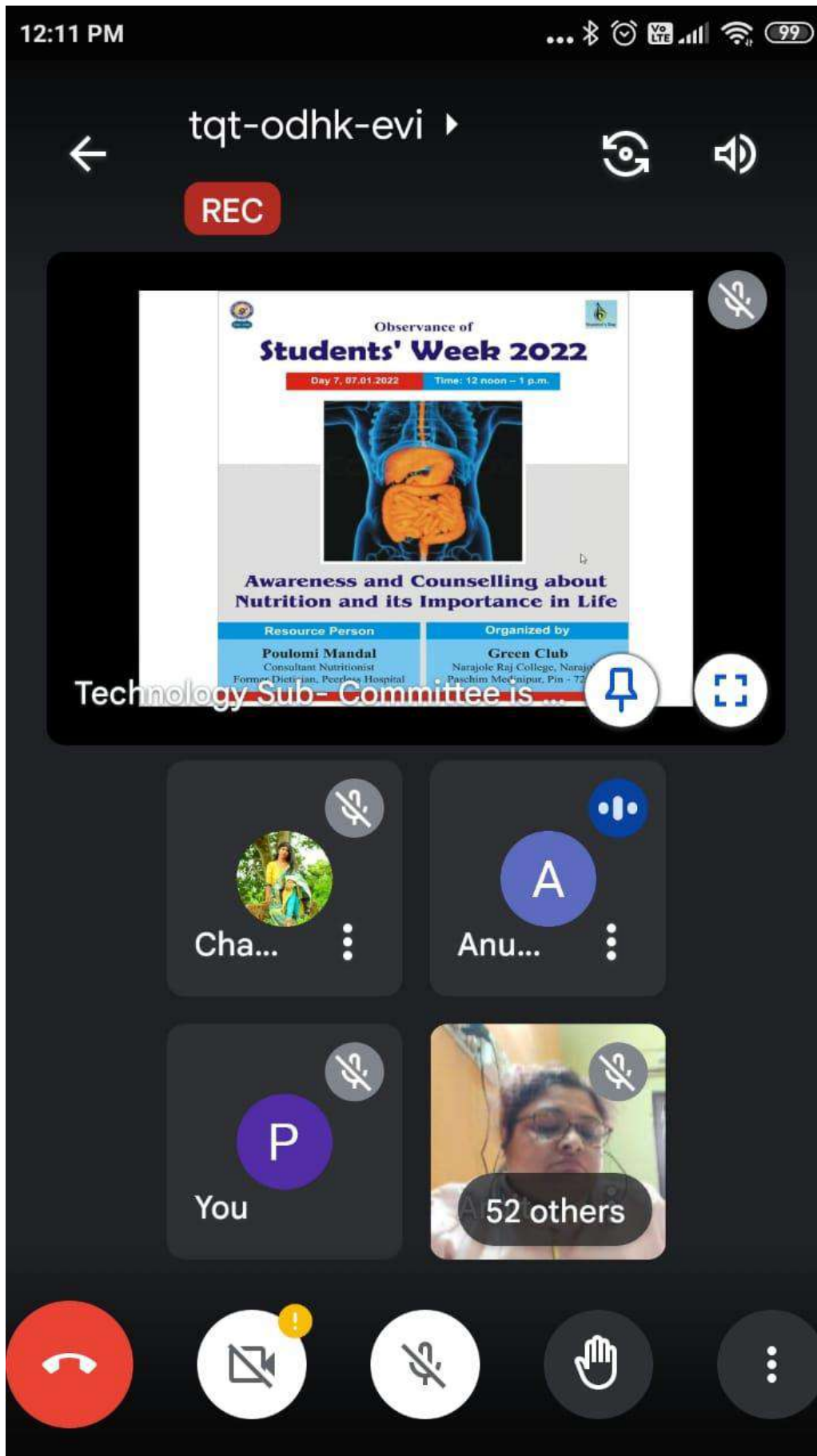
Poulomi Mandal
Consultant Nutritionist
Former Dietician, Peerless Hospital

Organized by

Green Club
Narajole Raj College, Narajole,
Paschim Medinipur, Pin - 721211

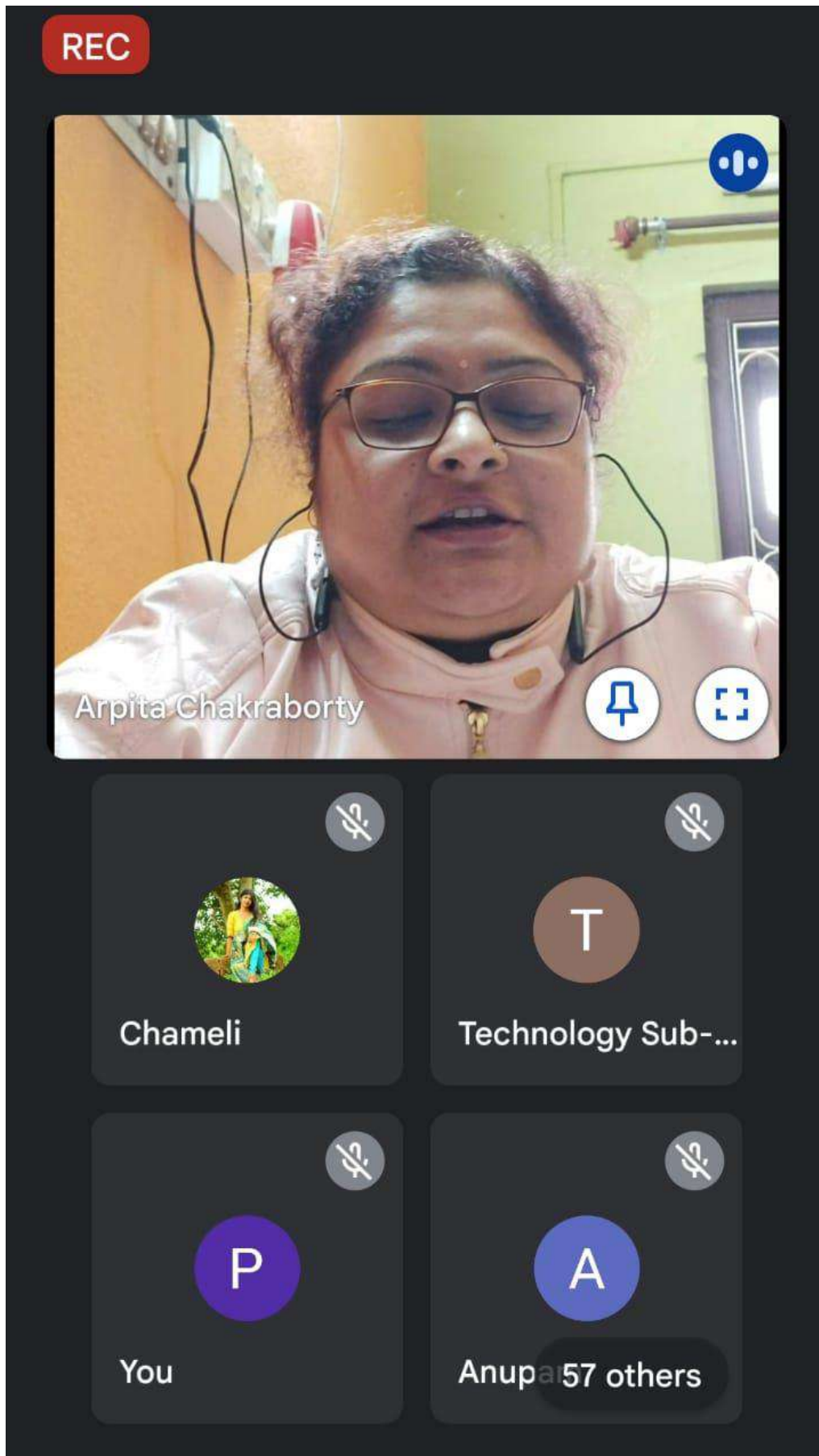


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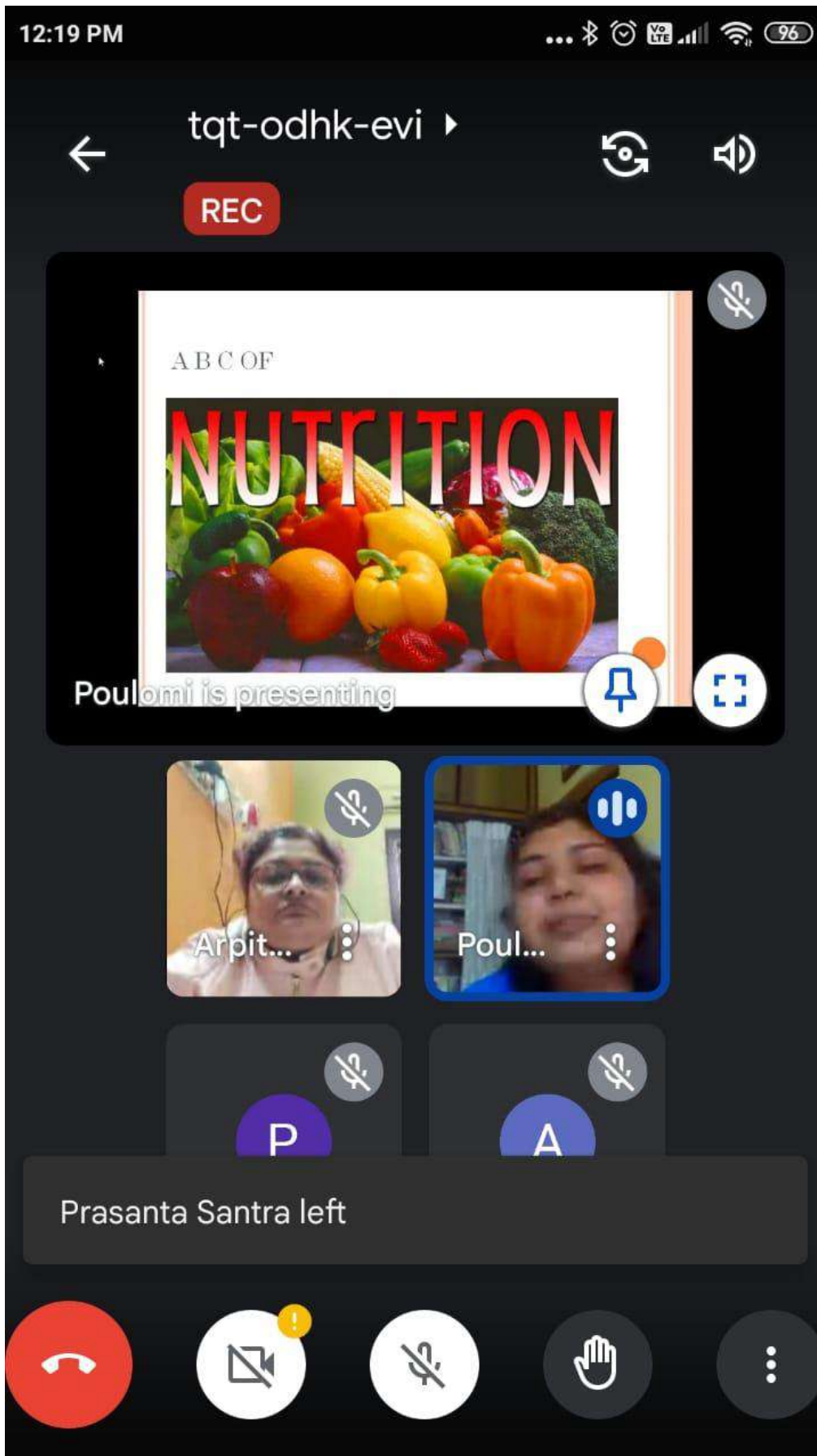


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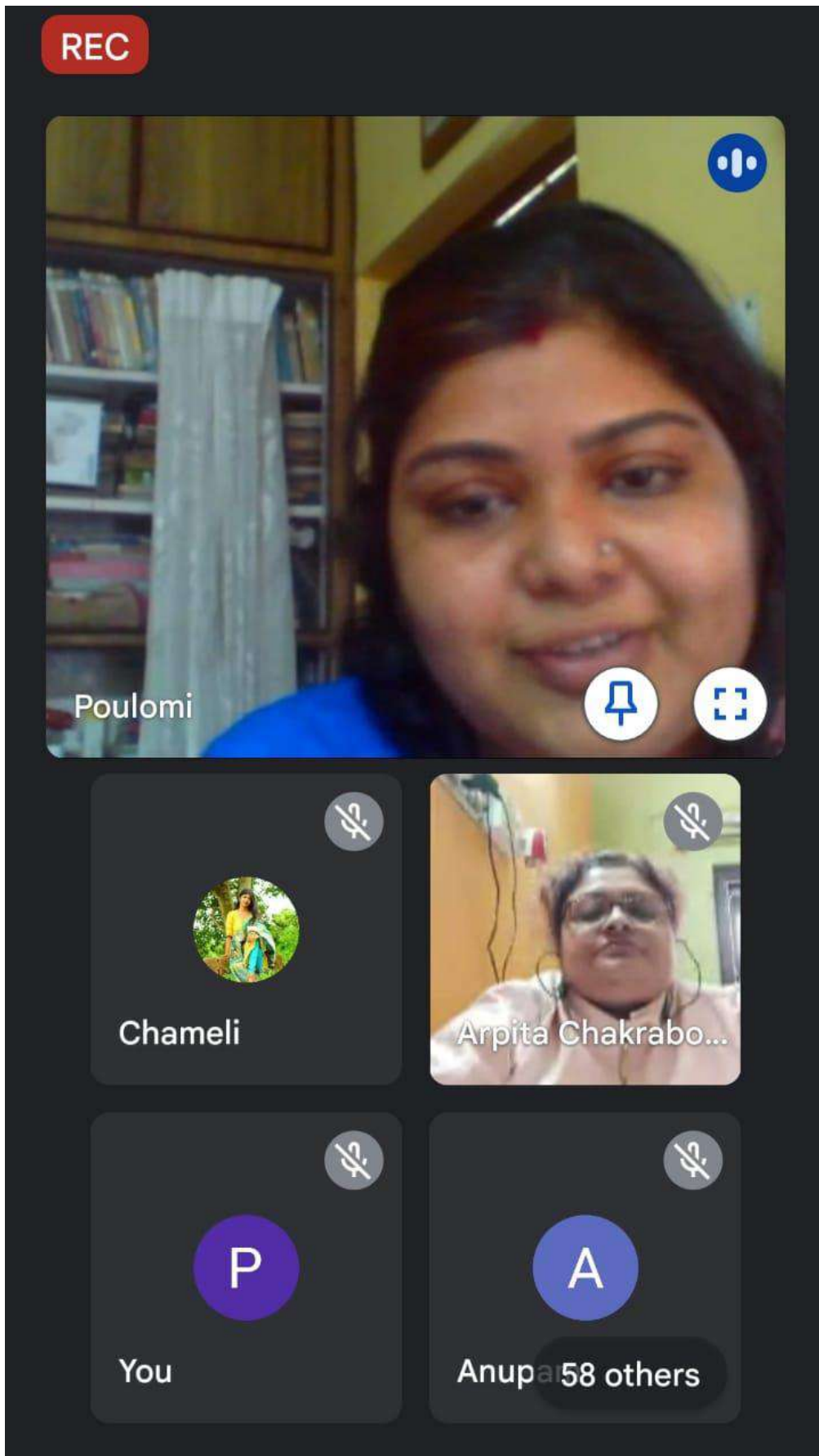


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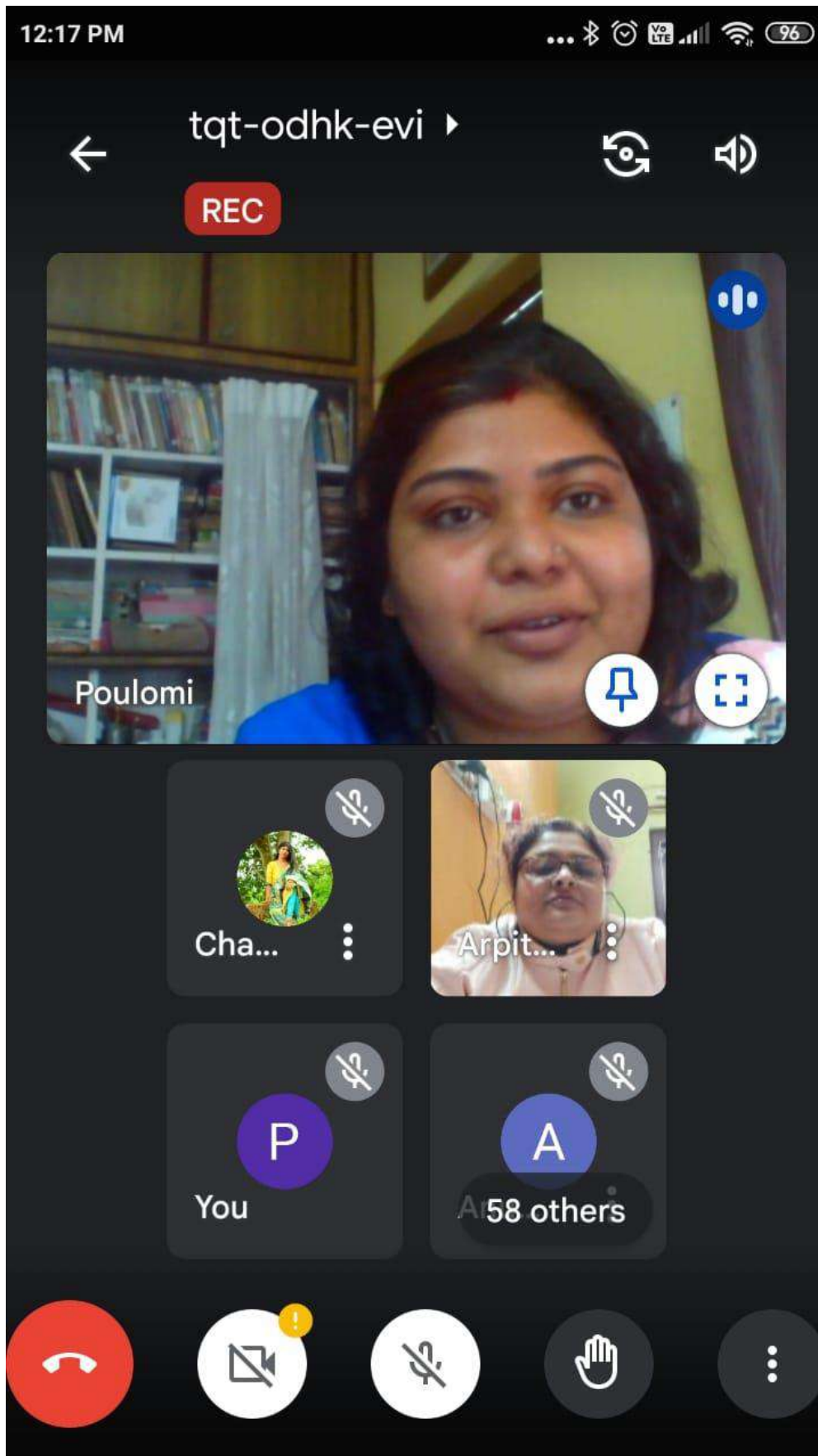


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12:45 PM


tqt-odhk-evi

REC

VITAMIN C



- Food Sources:
 - Citrus fruits, strawberries, kiwi, broccoli, tomatoes, and potatoes.
- Function in the Body:
 - Helps heal wounds.
 - Helps maintain healthy bones, teeth, and blood vessels.
 - Helps body fight infection.



Poulomi is presenting

Arpit...

Poul...

You

At 49 others

Phone, Mute, Video Off, Hand, More

A Value – added Course on Yoga & Meditation : This Value – added Course on Yoga & Meditation is carried out through Offline Mode by the Yoga Centre of the Narajole Raj College .

A Syllabus was assigned to them .The classes of this course were taken from 21.06.2022 to 20.09.2022 through offline mode.

Fifty students (50) were enrolled . In this context it is good to state that The Physical Education Foundation of India (PEFI) , West Bengal Chapter extends its collaboration with the Yoga Centre , Narajole Raj College in the academic session 2022-2023.

Details of the experts / Yoga Trainers :

1 .Name : Prof. Bholanath Mahato.

Designation: Assistant Professor.(Philosophy)

Qualification: M.A. in Philosophy.

Professional qualification: The Art of Living Teacher.

Other qualification: UGC-NET.

2. Name: Prof.Nandita Bhakat.

Designation: Assistant Professor.(Botany)

Qualification: M.Sc. in Botany.

Professional qualification: B.Ed.

Other qualification: W.B.SET.

3. Name : Dr. Atanu Nanda.

Designation: Assistant Professor.(Physical Education)

Qualification: M.A. , Ph.D.

Other qualification: Short term Course in Yoga.

Learning Outcome & necessity of the course:

- * Students can easily learn different types of Yoga, Meditation and Pranayama.
- *To culture a habit of regular Yoga and Meditation practice.
- *To increase the body flexibility as well as mental peace.
- *To make the students aware towards the benefits of Yoga and Meditation.
- * Right way to think for something or someone.
- *How to be motivated by one's own self.
- * How to remove the pessimistic aspects of life.
- * How to utilize the present moment.

Prof. Bholanath Mahato.

Convenor, Yoga Centre.

Narajole Raj College.



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(NAAC Accredited B Grade Government Aided College)
NARAJOLE: PASCHIM MEDINIPUR: PIN-721211



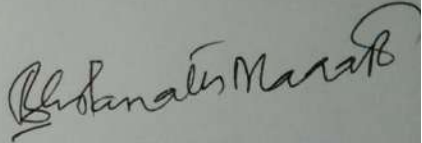
Yoga Centre

Registered candidates of VAC on Yoga & Meditation

Roll no.	Name
01.	Panchanan Jana.
02.	Prasenjit Das.
03.	Rebati Dolai.
04.	Supriya Samanta.
05.	Pinki Dolai.
06.	Manas Bera.
07.	Puja Jana.
08.	Mamoni Mondal.
09.	Bhuban Hait.
10.	Papiya Maji.
11.	Tithi Patra.
12.	Somali Paramanik.
13.	Manju Dhara.
14.	Asit Jana.
15.	Partha Bagra.
16.	Akash Maji.
17.	Malay Rana.
18.	Titli Chakraborty.
19.	Debika Roy.
20.	Rajesh Hait.
21.	Ananya Mondal.
22.	Mandira Dolai.
23.	Manjushri Khatua.
24.	Sumi Pathak.
25.	Payel Pattanayak.
26.	Manisha Shee.
27.	Piyali Pattanayak
28.	Tapasi Mandal.
29.	Moumita Sabud.
30.	Puja Mandal.
31.	Anjali Khanra.
32.	Molina Patra.
33.	Rimpa Pal.
34.	Krishna Adhikary.
35.	Susmita Maity.
36.	Suman Jana.
37.	Tulsi Poria.
38.	Papiya Dolai.
39.	Madhumita Dhara.
40.	Basanti Santra.
41.	Paramita Ghorai.
42.	Sampa Jana.

43. Bijoy Mondal.
44. Madhumita Samanta.
45. Sujit Kundu.
46. Priyanka Pramanik.
47. Pinki Chowdhury.
48. Baishakhi Dolai.
49. Soumen Jana.
50. Surajit Dal.

N.B : Classes will be held in room no.S-6.


Convenor
Yoga Centre
NarajoleRaj College



NARAJOLE RAJ COLLEGE
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NARAJOLE: PASCHIM MEDINIPUR: PIN-721211



Yoga Centre

Tentative course schedule for VAC on Yoga & Meditation

Date	Time	Topic	Name of the trainer/trainers.
21/06/2022.	9:00-10:00	Introduction of Yoga & Meditation & Benefits.	Prof.Bholanath Mahato. Prof.Nandita Bhakat Dr. Atanu Nanda.
22/07/2022	9:00-10:00	Free hand excercises & Benefits.	Prof.Bholanath Mahato.
23/07/2022	9:00-10:00	Free hand excercises & Benefits. 2	Prof.Bholanath Mahato.
28/07/2022	9:00-10:00	Surya Namaskar & Benefits.	Prof.Bholanath Mahato.
29/07/2022	9:00-10:00	Surya Namaskar & Benefits.2	Prof.Bholanath Mahato.
04/08/2022	9:00-10:00	The relation between yoga & meditation along with benefits.	Prof.Bholanath Mahato.
05/08/2022	9:00-10:00	Important of meditation.	Prof.Bholanath Mahato.
06/08/2022	9:00-10:00	Bajrasana,Vastrika Pranayama & its benefits Vastrika.	Prof.Bholanath Mahato.
08/08/2022	9:00-10:00	Gorurasana, Gomukhasana & benafits.	Dr. Atanu Nanda.
10/08/2022	9:00-10:00	Padmasana , Vujangasana & its benefits.	Prof. Nandita Bhakat
12/08/2022	9:00-10:00	Salvasana, Brikshasana & its benefits.	Prof.Bholanath Mahato.
13/08/2022	9:00-10:00	Meditation for Inner peace.	Prof.Bholanath Mahato.
17/08/2022	9:00-10:00	Bajrasana,Ushtrasana & benefits.	Prof.Nandita Bhakat
20/08/2022	9:00-10:00	AstangaYoga: yama,niyam,asana & benefits.	Prof.Bholanath Mahato.
22/08/2022	9:00-10:00	Pranayam, Pratyahar, Dharana &benefits.	Prof.Bholanath Mahato.
25/08/2022	9:00-10:00	Bhadrasana ,Dhanurasana& benefits.	Dr. Atanu Nanda.
26/08/2022	9:00-10:00	Dhyana,Samadhi & benefits	Prof.Bholanath Mahato.

27/08/2022	9:00-10:00	Free hand excercises & benefits	Prof.Nandita Bhakat.
29/08/2022	9:00-10:00	Anulom - Bilom & benefits.	Prof.Bholanath Mahato.
30/08/2022	9:00-10:00	The benefits Vastrika.	Prof.Bholanath Mahato.
01/09/2022	9:00-10:00	Sarbangasana,Paschimasana & benefits.	Prof.Nandita Bhakat .
02/09/2022	9:00-10:00	Bhadrasana ,Dhanurasana& benefits.(2)	Dr. Atanu Nanda.
03/09/2022	9:00-10:00	Halasana,Padahasana & benefits.	Dr. Atanu Nanda.
09/09/2022	9:00-10:00	Sarbangasana,Paschimasana & benefits.(2)	Prof.Nandita Bhakat
10/09/2022	9:00-10:00	Halasana,Padahasana & benefits.(2)	Dr. Atanu Nanda.
12/09/2022	9:00-10:00	Gorurasana, Gomukhasana & benafits.(2)	Dr. Atanu Nanda.
13/09/2022	9:00-10:00	Free hand excercises & benefits(2)	Prof.Nandita Bhakat
17/09/2022	9:00-10:00	Padmasana , Vujangasana & its benefits.	Dr. Atanu Nanda.
19/09/2022	9:00-10:00	Padmasana , Vujangasana & its benefits.(2)	Prof.Nandita Bhakat
20/09/2022	9:00-10:00	Bajrasana,Ushtrasana & benefits.	Prof.Nandita Bhakat

N.B : Classes will be held in room no.S-6.

Bholanath Mahato

Convenor
Yoga Centre
NarajoleRaj College

Convenor
Yoga Centre
Narajole Raj College
Narajole, PIN: 721211



NARAJOLE RAJ COLLEGE
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NARAJOLE, PASCHIM MEDINIPUR, PIN-721211



Value Added Course on Yoga and Meditation

Syllabus for VAC on Yoga & Meditation

Part A: Yoga

1. Yoga and its important. 3 Classes.)
2. Free hand exercises . 3 Classes.)
3. Surya Namaskar . 3 Classes)
4. Padmasana and Bhujangasana. 2 Classes)
5. Salvasana and Brikhasana. 2 Classes)
6. Bajrasana and Ushtrasana, Padahasnasana. 2 Classes)
7. Gorudasana and Gamukhasana. 2 Classes)
8. Vadrasana and Dhanurasana. 2 Classes)
9. Dhanurasana and Halasana . 2 Classes)
10. Sarbangan and Paschimatanasana. 2 Classes)

Part B: Asatantga Yoga (3 Classes)

The eight limbs of yoga are yama (abstinences), niyam (observances), asana (yoga postures), pranayama (breath control), pratyahara (withdrawl of senses), dharana (concentration), dhyana (meditation) and samadhi (absorbtion).

Part C: Meditation

Prayer through mantra chanting. 1 Class.

Meditation for inner peace (1 Class)

Anulom-Bilom (1 Class)

Vastrika (1 Class.)

Pragya Paramita Mondel,

Signature of the IQAC Coordinator
Narajole Raj College

CO-ORDINATOR,
IQAC
NARAJOLE RAJ COLLEGE
NARAJOLE, PASCHIM MEDINIPUR

Signature of the External Expert
With designation & affiliation

Secretary
PEFI, West Bengal Chapter India

NARAJOLE RAJ COLLEGE
 (NAAC Accredited B Grade Government Aided College)
 NARAJOLE: PASCHIM MEDINIPUR: PIN-721211



Estd.-1966

Yoga Centre

Roll no.	Name
01.	Panchanan Jana.
02.	Prasenjit Das.
03.	Rebati Dolai.
04.	Supriya Samanta.
05.	Pinki Dolai.
06.	Manas Bera.
07.	Puja Jana.
08.	Mamoni Mondal.
09.	Bhuban Hait.
10.	Papiya Maji.
11.	Tithi Patra.
12.	Somali Paramanik.
13.	Manju Dhara.
14.	Asit Jana.
15.	Partha Bagra.
16.	Akash Maji.
17.	Malay Rana.
18.	Titli Chakraborty.
19.	Debika Roy.
20.	Rajesh Hait.
21.	Ananya Mondal.
22.	Mandira Dolai.
23.	Manjushri Khatua.
24.	Sumi Pathak.
25.	Payel Pattanayak.
26.	Manisha Shee.
27.	Piyali Pattanayak
28.	Tapasi Mandal.
29.	Moumita Sabud.
30.	Puja Mandal.
31.	Anjali Khanra.
32.	Molina Patra.
33.	Rimpa Pal.
34.	Krishna Adhikary.
35.	Susmita Maity.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19
01.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
02.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
03.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
04.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
05.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
06.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
07.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
08.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
09.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
12.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
13.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
14.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
16.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
17.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
18.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
19.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
21.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
22.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
23.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
24.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
25.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
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28.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
29.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
30.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
31.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
32.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
33.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
34.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
35.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

ATTENDANCE OF PUPILS
 OF June N

	20	21	22	23	24	25	26	27	28	29	30
01.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
02.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
03.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
04.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
05.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
06.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
07.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
08.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
09.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
10.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
11.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
12.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
13.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
14.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
15.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
16.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
17.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
18.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
19.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
20.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
21.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
22.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
23.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
24.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
25.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
26.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
27.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
28.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
29.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
30.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
31.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
32.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
33.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
34.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
35.	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

No. Present daily	...
No. Absent daily	...
TOTAL	...

SREEMA TRADERS, 45 Beniatola Lane, Kolkata-9 Ph.22193865

Hindus - Muslims - Others -
 No. of Free Students - No. of % Free Students -

No. of working days during the M
 Average Daily Attendance
 Percentage of Attendance during the M

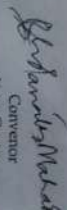
- 43. Bijoy Mondal.
- 44. Madhumita Samanta.
- 45. Sujit Kundu.
- 46. Priyanka Pramanik.
- 47. Pinki Chowdhury.
- 48. Baisakhi Dolai.
- 49. Soumen Jana.
- 50. Surajit Dal.

Sl. No. & dt. of Adm. in the Adm. Reg.

Sl. No.	FOR THE MONTH											
	ATTEND -											
20	21	22	23	24	25	26	27	28	29	30	31	
1	2	3	4	5	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26
27	28	29	30	31								
32	33	34	35	36	37	38	39	40	41	42	43	44
45	46	47	48	49	50	51	52	53	54	55	56	57
58	59	60	61	62	63	64	65	66	67	68	69	70
71	72	73	74	75	76	77	78	79	80	81	82	83
84	85	86	87	88	89	90	91	92	93	94	95	96
97	98	99	100									

Sl. No.	OF <u>June</u> <u>2012</u> .				REMARKS						
	ANCE										
20	21	22	23	24	25	26	27	28	29	30	31
1	2	3	4	5	6	7	8	9	10	11	12
13	14	15	16	17	18	19	20	21	22	23	24
25	26	27	28	29	30	31					
32	33	34	35	36	37	38	39	40	41	42	43
44	45	46	47	48	49	50	51	52	53	54	55
56	57	58	59	60	61	62	63	64	65	66	67
68	69	70	71	72	73	74	75	76	77	78	79
80	81	82	83	84	85	86	87	88	89	90	91
92	93	94	95	96	97	98	99	100			

N.B.: Classes will be held in room no-5-6.


 Convener
 Yoga Centre
 Narajole-Raj College

ANERS, 45 Banajola Lane, Kolkata-9, Ph. 22193805

Hindus -
Muslims -
* Others -
No. of Free Students -

No. Present daily
No. Absent daily
TOTAL

The President

Governing Body

Narajole Raj College

Through:

The Vice Principal

Narajole Raj College

&

IQAC Coordinator

Narajole Raj College

Sub: Approval of syllabus of Value Added Course on YOGA AND MEDITATION

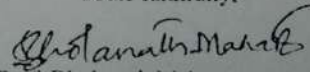
Sir,

With reference to the proposal of the Value Added Course on YOGA AND MEDITATION submitted to the IQAC by the YOGA CENTRE, Narajole Raj College on 16/06/2022 and the meeting held on 18/06/2022 of the BOS constituted for the approval of the syllabus, I do kindly inform you that the course syllabus has been approved by our External Expert, PROF.(DR)DEBA PRASAD SAHU, PRINCIPAL, SEVA BHARATI MAHAVIDYALAYA, JHARGRAM, WEST BENGAL (via Meeting Resolution No. 02 dt.18/06/2022. The ratification of the syllabus is duly attested and acknowledged below by our External Expert for the purpose of authentication and documentation.

I would, therefore, request you to consider the relevant documents attached herewith and to facilitate the introduction of the course in the next semester.

Thanking you,

Yours faithfully,

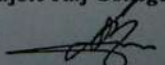

(Prof. Bholanath Mahato)

Assistant Professor

Department of Philosophy

Narajole Raj College

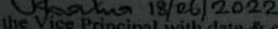
The syllabus of the Value Added Course on YOGA AND MEDITATION is hereby approved at the meeting of the BOS held on 18/06/2022 at Narajole Raj College.

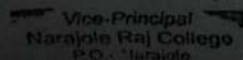

Signature of the External Expert with date

Designation & Affiliation

Secretary
PEFI, West Bengal Chapter India

Forwarded by:


1) Signature of the Vice Principal with date & official seal


Vice-Principal
Narajole Raj College
P.O. - Narajole



Physical Education Foundation of India

National Sports Promotion Organisation

Recognised by

Ministry of Youth Affairs & Sports (Government of India)

West Bengal Chapter

4154/28.08.2008

MEMBERS

President

Sarjan Biswas

Vice-President

Shrenu Pradhan
Anur Mukhopadhyay
Anshankar Chatterjee
Adesh Ranjan Pan
Swajit Bala

Secretary

Deba Prasad Sahu

Joint Secretary

Dr. Sumalya Roy
Mr. Prasun Chatterjee

Treasurer

Mr. Subhadip Pal

Program Director

Dr. Mahesh S Khetmalis
Dr. Michael B Dhan
Dr. Bidya Roy

Ref. No.:

Date:

To
The Vice Principal
Narajole Raj College
Narajole, Paschim Medinipur
West Bengal, India


From
Dr. Deba Prasad Sahu
Secretary
PEFI, West Bengal Chapter
India

Sub: Collaboration between Narajole Raj College and the Physical Education Foundation of India (PEFI), West Bengal Chapter.

Sir,

I gladly inform you that as discussed in the BOS convened by you on 18.06.2022, the Physical Education Foundation of India (PEFI), West Bengal Chapter extends its collaboration with the Yoga Centre, Narajole Raj College, to offer the Value-Added Course on Yoga and Meditation in Narajole Raj College from June to December 2022 in the academic session 2022-23. I hope that this collaboration will benefit the students and will add value to the course.

Thank you.


Secretary
PEFI, West Bengal Chapter India



Observation of **INTERNATIONAL YOGA DAY** 21st June, 2022



Theme : Yoga for Humanity

Inauguration of Value Added Course on YOGA & MEDITATION

Conducted by:

Yoga Cell & Dept. of Physical Education, Narajole Raj College.

In Collaboration with PEFI (W.B.)

Venue : Seminar Hall (Narajole Raj College, Narajole, Paschim Medinipur), Time : 10.a.m.

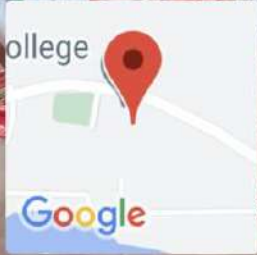
Under the guidance of IQAC, Narajole Raj College



GPS Map Camera



Kismat Narajole, West Bengal, India
HJ83+RHR, Keshpur-Daspur Rd, Kismat Narajole,
West Bengal 721232, India
Lat 22.566381°
Long 87.604256°
22/07/22 01:20 PM



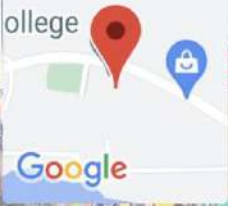
Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566183°

Long 87.604468°

21/06/22 11:10 AM



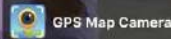
Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566252°

Long 87.604428°

21/06/22 10:53 AM





Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566253°

Long 87.604495°

21/06/22 10:51 AM



GPS Map Camera



Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566272°

Long 87.604559°

21/06/22 10:51 AM



GPS Map Camera



Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566178°

Long 87.604406°

21/06/22 10:46 AM





Observation of
INTERNATIONAL YOGA DAY
21st June, 2022
Theme: Yoga for Humanity
Inauguration of Value Added Course on YOGA MEDITATION
Established by
The College of Physical Education, Narajole
In Collaboration with IYOGA
www.iyoga.org
Under the guidance of IOAC, New Delhi

GPS Map Camera



Kismat Narajole, West Bengal, India
HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India
Lat 22.566183°
Long 87.604541°
21/06/22 10:51 AM



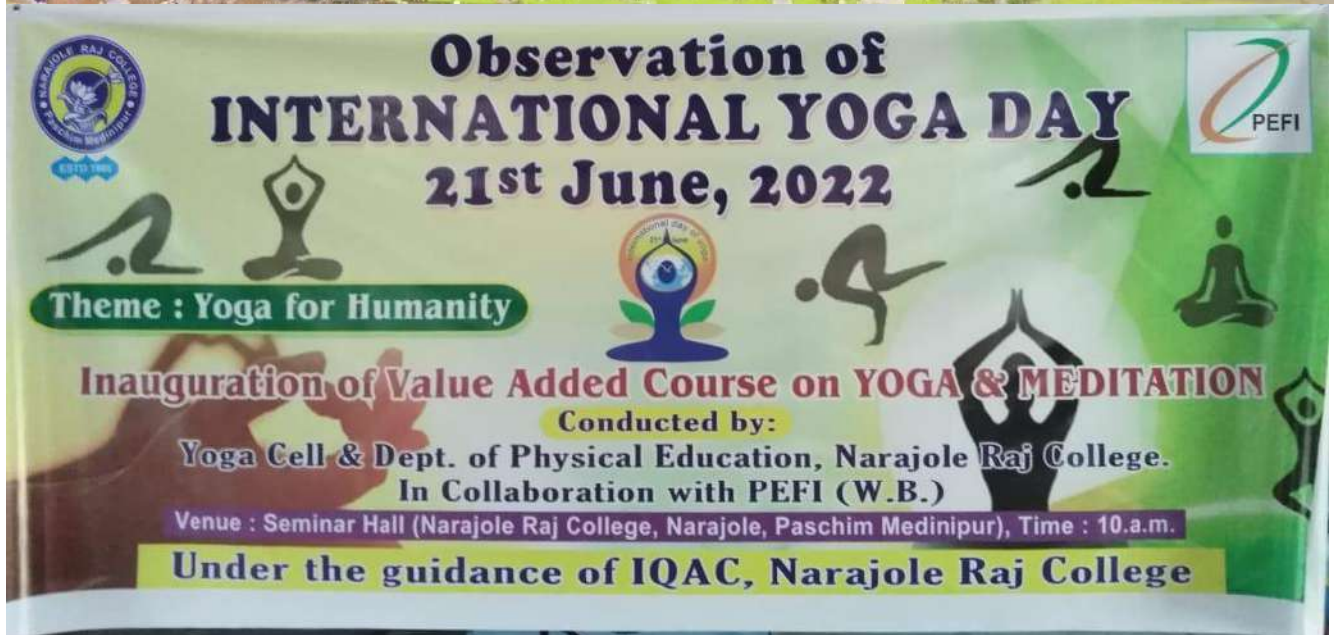
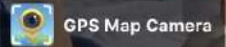
Kismat Narajole, West Bengal, India

HJ84+G3P, Medinipur Ln, Kismat Narajole, West Bengal 721232, India

Lat 22.566233°

Long 87.604447°

21/06/22 11:12 AM



Observation of INTERNATIONAL YOGA DAY 21st June, 2022

Theme : Yoga for Humanity

Inauguration of Value Added Course on **YOGA & MEDITATION**

Conducted by:

Yoga Cell & Dept. of Physical Education, Narajole Raj College.

In Collaboration with PEFI (W.B.)

Venue : Seminar Hall (Narajole Raj College, Narajole, Paschim Medinipur), Time : 10.a.m.

Under the guidance of IQAC, Narajole Raj College



Kismat Narajole, West Bengal, India

HJ83+J97, Kismat Narajole, West Bengal 721232, India

Lat 22.566455°

Long 87.60386°

22/07/22 01:11 PM

