

Report on Yoga Activities (2021-23)



Introduction

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. The practice of Yoga is believed to have started with the very dawn of civilization. The science of Yoga has its origin thousands of years ago, long before the first religion or belief systems were born. In the yogic lore, Shiva is seen as the first yogi or Adiyogi, and the first Guru or Adi Guru. Several Thousand years ago, on the banks of the lake Kantisarovar in the Himalayas, Adiyogi poured his profound knowledge into the legendary Saptarishis or "seven sages". The sages carried this powerful yogic science to different parts of the world, including Asia, the Middle East, Northern Africa and South America. Interestingly, modern scholars have noted and marveled at the close parallels found between ancient cultures across the globe. However, it was in India that the yogic system found its fullest expression. Agastya, the Saptarishi who travelled across the Indian subcontinent, crafted this culture around a core yogic way of life.

Aims of Yoga

Thus, the aim of Yoga is Self-realization, to overcome all kinds of sufferings leading to 'the state of liberation' (Moksha) or 'freedom' (Kaivalya).

- Aim of Yoga is one – to be united with God, but the method of attaining may vary with the different temperaments of men... -by swami Vivekananda
- The primary Aim of Yoga is to restore the mind to simplicity and peace & free it from confusion & distress.

Objectives

- To attain a higher level of consciousness.
- To practice mental hygiene.
- To enable the students to have good health.
- To possess emotional stability.
- To integrate moral activities.
- To integrate spiritual ability.
- To increase concentration and self-control.
- To increase productivity in life.

Yoga in Bolpur College:

Yoga in Bolpur College was introduced in 2018-19 session as training program with the objective of physical, mental & spiritual development of the students.

Yoga training program offered:

- Asana practice
- Pranayama
- Shart kriya
- Meditation
- Health awareness program by yogic practice
- Seminars, Workshops, Lectures, and Cultural Activities.

Yoga Unit Committee of Bolpur College -

Core Committee

1. Dr. Nursadh Ali (Principal) - President
2. Dr. Sk Golam Masum- Convener
3. Mr. Sajal Kumar Shil (Yoga instructor)
4. Dr. Haridas Hazra (Member)
1. Dr. Sujit Kr. Mondal (Member)
2. Dr. Sushanta Mondal (Member)
3. Dr. Alendu Baura (Member)
4. Prof. Sonalal Sk(Member)
5. Prof. Neksad Khan (Member)
6. Prof. Tsheten T. Bhutia (Member)
7. Mr. Atanu Mukherjee (Member)



Session June –July (2021-22)

Various Works done by Yoga Unit in 2021-22

Sl. No.	Name of the Program/Events/ Competition	Duration	Venue	Participator details
1	International Day of Yoga	21.06.21	College Campus	Honorable Principal, Faculty, staff All College students.
2	One Month Yoga Training	Nov- Dec. 2021	Bolpur College	Instructor and Yoga Trainee
3	One Month Yoga Training	Feb- Mar, 2022	Bolpur College	Instructor and Yoga Trainee

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BOLPUR COLLEGE

(Govt. Sponsored College established in 1950 & affiliated to The University of Burdwan)

1. International Day of Yoga

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P.O. Bolpur, Dist: Birbhum, West Bengal – 731204, India

NAAC Accredited B+

Ph: 03463252290

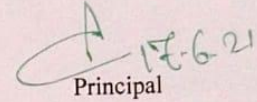
Website: www.bolpurcollege.edu.in

Email: bolpurcollegeoffice@gmail.com

Date- 17/06/2021

Notice

All College Students are hereby informed that the International Day of Yoga will be celebrated on 21th June. All the interested students are requested to assemble at the college campus at 10:30 AM. Participants are advised to wear white T-shirts and trouser.


Principal

Bolpur College
- Principal
Bolpur College



On June 21st, 2021, Bolpur College Yoga Unit celebrated the 7th International Day of Yoga with great enthusiasm. The event attended by College Principal, Professors and students of different department, all of whom demonstrated a keen interest in this ancient practice. The theme of the 7th International Day of Yoga-2021 was '**Yoga for Wellness**' which highlighted the important role of Yoga for overall well-being. It is to connect with a larger global community and promote the widespread adoption of Yoga in every village in India.

On June 21st International Day of Yoga integrated by honourable Principal. The honourable Principal & Yoga instructor Sajal Kumar Shil welcomed and introduced to the audience. The program kicked off with warm-up exercises, during which Yoga unit students actively participated. They guided through various sitting and standing asanas, pranayama & meditation with simultaneous explanations of their significance. The instructors emphasized the importance of incorporating Yoga into daily life and maintaining harmony between the body and mind. The session lasted for over an hour, witnessing active participation and engagement from all attendees. The Yoga instructor provided detailed explanations of each pose and offered guidance on precautions to be taken. Undoubtedly, it proved to be a successful event.

The 7th International Yoga Day at Bolpur College was an extraordinary event that brought together academic faculty members, and yoga enthusiasts. It successfully promoted the practices of Yoga and its benefits & significance. It's anticipated that this celebration will inspire more individuals to embrace Yoga in their lives.

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Bolpur, West Bengal, India
MM7V+WHW, Darjipara, Bolpur, West Bengal 731204, India
Lat 23.664926°
Long 87.693969°
21/06/21 11:47 PM GMT +05:30



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21/06/21 11:49 PM GMT +05:30

Students of Bolpur College are participated in International Day of Yoga-2021

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2. One Month Yoga Training Program November-December, 2021

Programme Officer: Mr. Sajal Kumar Shil

By the Yoga training program of Bolpur College has given the positive message to the students of the institution to develop a healthy mental life which will encourage them to implement in their life. Yoga can make a positive peaceful mind. We have introduced various Yoga practices through this Yoga Training program. Bolpur College offered one month Yoga training program for the students. Total thirty students have actively participated in this training programme during the session of 2021-22.

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One Month Yoga Taring Session November-December, 2021

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NAAC Accredited B⁺

Ph: 03463252290

Website: www:bolpurcollege.edu.in

Email:bolpurcollegeoffice@gmail.com

Date-01.11.21

Notice

This is to notify to all the members of the Yoga Unit of Bolpur Collge, that a meeting will be held on 02.11.21 about Yoga training programme at 3 p.m. at Principal's chamber to address the following matters -

1. Organizing one month Yoga training program.
2. Admission procedure
3. Miscellaneous

Principal

Bolpur College
Principal
Bolpur College



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Ph: 03463252290

Website: www.bolpurcollege.edu.in

Email: bolpurcollegeoffice@gmail.com

Date- 03.11.21

ADMISSION NOTICE

Sub: - Admission for Yoga Training Programme

It is hereby informed to all that online application for the admission to one month Yoga training programme under the supervision of Bolpur College will commence from 07/11/2021 to 11/11/2021. Applicant must secure Higher Secondary result while applying for the said programme. Admission of the eligible candidates will be done from 12th November to 16th November 2021.

Course details:

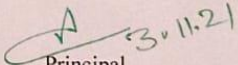
1. Course duration Six Month (Classes will be held every Saturday, Sunday).
2. Admission fee 200/- & during, course fee 100/-.
3. Documents for verification: -

Madhyamik admit

12th pass result

Photo 4 Copy

Aadhar Card


Principal

Bolpur College

Principal
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তারিখঃ ০৩.১১.২০২১

বিজ্ঞপ্তি

এতদ্বারা সমস্ত ছাত্র-ছাত্রীদের জানানো যাচ্ছে যে আগামী ৭ই নভেম্বর ২০২১ থেকে যোগ প্রশিক্ষণ ট্রেনিং এর ফর্ম ফিলাপ শুরু হবে। আবেদন করার শেষ তারিখ ১১ই নভেম্বর ২০২১। আবেদনকারীকে উচ্চমাধ্যমিক পাশ হতে হবে। ভর্তির তারিখ ১২ নভেম্বর থেকে ১৬ই নভেম্বর ২০২১ পর্যন্ত।

1. প্রতি সপ্তাহের শনিবার ও রবিবার ক্লাস হবে
2. ভর্তি ফি ২০০ টাকা লাগবে।
3. ভর্তি জন্য প্রয়োজনীয় তথ্য-
 - ক) মাধ্যমিক আডমিড
 - খ) উচ্চমাধ্যমিক পাশ মার্কশীট
 - গ) ফটো ৪ পিস
 - ঘ) আধার কার্ড

অধ্যক্ষ

বোলপুর কলেজ

Principal
Bolpur College



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Website: www.bolpurcollege.edu.in

Email: bolpurcollegeoffice@gmail.com

Date: 17.11.2021

Notice

This is to notify to all students who are taking admission for Yoga training program that classes will commence from 19.11. 2021. All are requested to join the class in the respective date without fail.

A 17/11/21
Principal

Bolpur College

Principal
Bolpur College



Registered candidates for 1 Month Yoga Training Program in College

2021-22

Session November-December

Name of the Institution: BOLPUR COLLEGE

Sl.no.	Student Name	Session	Course	Subject	Gender
01	ABANI PRODHAN	2021-22	B.A.	GENERAL	Male
02	ABDUL HASAN	2021-22	B.A.	GENERAL	Male
03	ABDUL KARIM MALLICK	2021-22	B.A.	GENERAL	Male
04	ATASI DAS	2021-22	B.A. Hons	POLITICAL SCIENCE	Female
05	BABLI MONDAL	2021-22	B.A. Hons	POLITICAL SCIENCE	Female
06	BIDHAN CHANDRA ROY	2021-22	B.A. Hons	POLITICAL SCIENCE	Male
07	BISHAKHA GUPTA	2021-22	B.A. Hons	POLITICAL SCIENCE	Female
08	BIVASH GHOSH	2021-22	B.A. Hons	POLITICAL SCIENCE	Male
09	SUMAN MONDAL	2021-22	B.A. Hons.	POLITICAL SCIENCE	Male
10	SUMANTA BAGDI	2021-22	B.A. Hons.	POLITICAL SCIENCE	Male
11	SUMITRA RAKSHIT	2021-22	B.A. Hons.	POLITICAL SCIENCE	Female
12	SUPROVA GUPTA	2021-22	B.A. Hons.	POLITICAL SCIENCE	Female
13	SUROJIT BAURI	2021-22	B.A. Hons.	POLITICAL SCIENCE	Male
14	TINA ROY	2021-22	B.A. Hons.	POLITICAL SCIENCE	Female
15	ZAHIRULLA MOLLA	2021-22	B.A. Hons.	POLITICAL SCIENCE	Male
16	AMBIKA BAGDI	2021-22	B.A. Hons.	POLITICAL SCIENCE	Female
17	AMRITA BANDYOPADHYAY	2021-22	B.A. Hons.	POLITICAL SCIENCE	Female
18	ANIRUDDHA GHOSH	2021-22	B.A. Hons.	POLITICAL SCIENCE	Male
19	CHANDANA BHADRA	2021-22	B.A. Hons.	POLITICAL SCIENCE	Female
20	PUJA GHOSH	2021-22	B.A.	GENERAL	Female
21	PUJA MONDAL	2021-22	B.A.	GENERAL	Female
22	PUJA SARDAR	2021-22	B.A.	GENERAL	Female
23	PUNAM SHARMA	2021-22	B.A.	GENERAL	Female
24	PURNIMA BASKI	2021-22	B.A.	GENERAL	Female

A total 24 of students register for one month Yoga training program in the month of November-December on 2021-22 session. All are completed the program with enthusiasm.

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Trainee of Yoga are participated in Yoga Class during November-December, 2021

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3. One Month Yoga Training Programme, Session February-March-2022

Bolpur College organized a one month Yoga Training program in college campus on session of 2021-22 each session have a two program provide by Yoga Unit Bopur College one is month of June-July & another is February-Mach for every academic year by this program we can develop our college students physical fitness, mental stability by practicing Yogasana, Pranayama & Meditation. On this session 25 students participated Yoga training programme. All are successfully complete this program.

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Website: www.bolpurcollege.edu.in

Email: bolpurcollegeoffice@gmail.com

Date-02.02.22

Notice

This is to notify to all concerned that a meeting of Yoga Unit Bolpur College, will be held on 4th February, 2022 at 03.00 p.m. at Principal's chamber to address the following matters -

1. Organizing one month Yoga training program.
2. Announcement date of the admission session of 2021-22.
3. Selection procedure of one month for Yoga training programme.
4. Miscellaneous

A 2.2.22

Principal

Bolpur College

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Bolpur College



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Website: www.bolpurcollege.edu.in

Email:bolpurcollegeoffice@gmail.com

Date- 05.02.22

ADMISSION NOTICE

Sub: - Admission for Yoga Training Programme

It is hereby informed to all that online application for the admission to one month Yoga training programme of Bolpur College, will begin from 07/02/2022 to 11/02/2022. Those who have qualified Higher Secondary Examination, can apply for the said training programme. Admission of the eligible candidates will begin from 12th February to 16th February 2022.

Course details:

1. Course duration Six Month (Class will be held every Saturday, Sunday).
2. Admission fee 200/- & during, course fee 100/-.
3. Documents for verification: -
 - a) Madhyamik admit
 - b) 12th pass result
 - c) Photo 4 Copy
 - d) Aadhar Card


Principal

Bolpur College
Principal
Bolpur College



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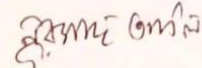
Email: bolpurcollegeoffice@gmail.com

তারিখঃ ০৫.০২.২০২২

বিজ্ঞপ্তি

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- ১) প্রতি সপ্তাহের শনিবার ও রবিবার ক্লাস হবে
- ২) ভর্তি ফি ২০০ টাকা লাগবে।
- ৩) ভর্তি জন্য প্রয়োজনীয় তথ্য-
 - ক) মাধ্যমিক আডমিড
 - খ) উচ্চমাধ্যমিক পাশ মার্কশীট
 - গ) ফটো ৪ পিস
 - ঘ) আধার কার্ড


অধ্যক্ষ

বোলপুর কলেজ
Principal
Bolpur College



বোলপুর কলেজ



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Website: www.bolpurcollege.edu.in

Email:bolpurcollegeoffice@gmail.com

Date: 19.02.2022

Notice

This is to notify to all the admitted students that the classes of Yoga training programme, will commence from 19.02. 2022. All are requested to join the class in the respective days.

A 19/2/22

Principal

Bolpur College

Principal
Bolpur College



A total 25 students register for one month Yoga training program in the month of Feb-March 2022 session. All are completed the program with enthusiasm.

1 month Yoga training program					
Session February-March					
Name of the Institution: BOLPUR COLLEGE					
Sl.no.	Student Name	Session	Course	Subject	Gender
1.	ABHIJIT DAS	2021-22	B.A.	GENERAL	Male
2.	ABHIJIT HEMRAM	2021-22	B.A. Hons	BENGALI	Male
3.	ABHIJIT MUKHERJEE	2021-22	B.A.	GENERAL	Male
4.	ANUSUA SAHA	2021-22	B.A.	GEN	Female
5.	ANUSUYA MISHRA	2021-22	B.A.	GEN	Female
6.	APU MAL	2021-22	B.A. Hons.	SANSKRIT	Male
7.	BRAJANATH PAL	2021-22	B.A. Hons	SANSKRIT	Male
8.	BRAJESHWAR BAURI	2021-22	B.A.	GENERAL	Male
9.	DEBASISH CHITRAKAR	2021-22	B.Sc. Hons	BOTANY	Male
10.	DEBASMITA CHATTERJEE	2021-22	B.Sc. Hons	BOTANY	Female
11.	DEBAYAN CHOWDHURY	2021-22	B.A.	GEN	Male
12.	DEBI MONDAL	2021-22	B.A.	GEN	Female
13.	INDRAJIT HAZRA	2021-22	B.A. Hons.	GEOGRAPHY	Male
14.	INDRANI GHOSH	2021-22	B.A. Hons.	BENGALI	Female
15.	KARTICK MONDAL	2021-22	B.A.	GEN	Male
16.	KASMIRA KHATUN	2021-22	B.A.	GEN	Female
17.	KATHIKA DHARA	2021-22	B.A.	GEN	Female
18.	PAROMITA ADHIKARY	2021-22	B.A.	GEN	Female
19.	PARTHA GHOSH	2021-22	B.A.	GEN	Male
20.	PARTHA SARATHI ROY	2021-22	B.A.	GEN	Male
21.	PAYEL GUPTA	2021-22	B.A.	GEN	Female
22.	PAYEL THANDAR	2021-22	B.A.	GEN	Female
23.	PRIYANKA PAL	2021-22	MA	BENGALI	Female
24.	RESHMI KHATUN	2021-22	MA	BENGALI	Female
25.	RIKTA GHOSH	2021-22	MA	BENGALI	Female

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Trainee of Yoga are participated in Yoga Class during February-March, 2022

Academic Year 2022-23**Programme Officers: Mr. Sajal Kumar Shil**

By Yoga training program we give a positive message for progressive thinking in relation to, health, wellness for society. Yoga can make a positive live & peaceful mind. A variety of Yoga practices are taught by Yoga Training program. Our college offered 1 month Yoga training program for promotion of Yoga by students. Two classes every week are given for this training program.

Various Works done by Yoga unit in 2022-23**Session**

Sl. No.	Name of the Programme/Events /Competition	Duration	Venue	Participator details
1	International Day of Yoga	21.06.22	Bolpur College	All students of Bolpur College
2	One Month Yoga Training	June- July, 2022	Bolpur College	Instructor and Yoga Trainee
3	One Month Yoga Training	February- March, 2023	Bolpur College	Instructor and Yoga Trainee


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BOLPUR COLLEGE

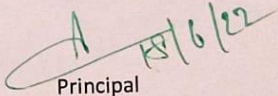
(Govt. Sponsored College established in 1950 & affiliated to The University of Burdwan)


1. International Day of Yoga

বোলপুর কলেজ  **BOLPUR COLLEGE**
(Govt. Sponsored College established in 1950 & affiliated to The University of Burdwan)
P.O. Bolpur, Dist: Birbhum, West Bengal – 731204, India
NAAC Accredited B+
Ph: 03463252290 Website: www.bolpurcollege.edu.in Email: bolpurcollegeoffice@gmail.com
Date- 18/06/2022

Notice

All College Students are hereby informed that the International Day of Yoga will be celebrated on 21th June. All the interested students are requested to assemble at the college campus at 10:00 AM. Attendance is compulsory for all Yoga trainee. Participants are advised to wear white T-shirts and trouser. Your active participation will contribute towards the noble cause of healthy life.


Principal
Bolpur College
Principal
Bolpur College



On June 21st, 2022, Bolpur College Yoga Unit celebrated the 8th International Day of Yoga with great enthusiasm. The event attended by College Principals, Professors and students different department, all of whom demonstrated a keen interest in this ancient practice. The objective of this year's celebration, theme of the 8th International Day of Yoga-2022 was '**Yoga for Wellness**' which highlighted the important role of Yoga for overall well-being. The aim of this training programme is to connect with a larger global community and promote the widespread adoption of Yoga in every village in India.

On June 21st 8th International Day of Yoga integrated by honourable Principal.

The honourable Principal & Yoga instructor Sajal Kumar Shil welcomed and introduced to the audience. The program kicked off with warm-up exercises in which Yoga unit students actively participated. They guided through various sitting and standing asanas, pranayama & meditation with simultaneous explanations of their significance. The instructors emphasized the importance of incorporating Yoga into daily life and maintaining harmony between the body and mind. The session lasted for over an hour, witnessing active participation and engagement from all attendees. The Yoga instructors provided detailed explanations of each pose and offered guidance on precautions to be taken. Undoubtedly, it proved to be a successful event.

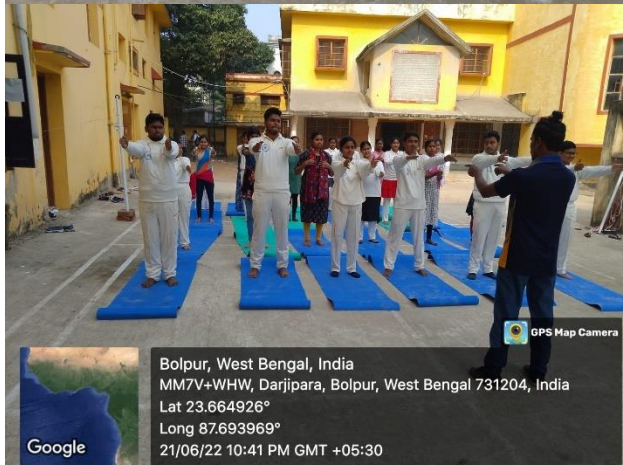
The 8th International Yoga Day at Bolpur College was an extraordinary event that brought together academic faculty members, and Yoga enthusiasts. It successfully promoted the practice of Yoga and its benefits & global significance. It's anticipated that this celebration will inspire more individuals to embrace Yoga in their lives.

বোলপুর কলেজ



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Students of Bolpur College are participated in International Day of Yoga-2022

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2. One Month Yoga Taring Programme June- July 2022

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NAAC Accredited B⁺

Ph: 03463252290

Website: www:bolpurcollege.edu.in

Email:bolpurcollegeoffice@gmail.com

Date-01.06.22

Notice

This is to inform to all concerned that a meeting of Yoga Unit Bolpur Collge, will be held on 1st June, 2022 at 03.00 p.m. at Principal's chamber to discuss the following matters –

1. Organizing one month Yoga training program.
2. Admission Procedure
3. Miscellaneous

A 1/6/22
Principal

Bolpur College
Principal
Bolpur College



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Ph: 03463252290

Website: www.bolpurcollege.edu.in

Email: bolpurcollegeoffice@gmail.com

Date- 02.06.22

ADMISSION NOTICE

Sub: - Admission for Yoga Training Programme

It is hereby informed to all that online application for the admission to one month Yoga training programme of Bolpur College will begin from 03/06/2022 to 10/06/2022. Admission of the eligible candidates will begin from 11th June to 15th June 2022.

Course details:

1. Course duration Six Month (Class will be held every Saturday, Sunday).
2. Admission fee 200/- & during, course fee 100/-.
3. Documents for verification: -

Madhyamik admit

12th pass result

Photo 4 Copy

Aadhar Card

A. 2/6/22
Principal

Bolpur College

Principal

Bolpur College



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তারিখঃ ০২.০৬.২০২২

বিজ্ঞপ্তি

এতদ্বারা সমস্ত ছাত্র-ছাত্রীদের জানানো যাচ্ছে যে আগামী ০৩ই জুন থেকে যোগ প্রশিক্ষণ ট্রেনিং এর ফর্ম ফিলাপ শুরু হবে। আবেদন করার শেষ তারিখ ১০ই জুন। আবেদনকারীকে অন্তত উচ্চমাধ্যমিক পাশ হতে হবে। ভর্তির তারিখ ১১ জুন থেকে ১৫ই জুন পর্যন্ত।

1. প্রতি সপ্তাহের শনিবার ও রবিবার ক্লাস হবে
2. ভর্তি ফি ২০০ টাকা
3. ভর্তি জন্য প্রয়োজনীয় তথ্য-
ক) মাধ্যমিক আডমিড
খ) উচ্চমাধ্যমিক পাশ মার্কশীট
গ) ফটো ৪ পিস
ঘ) আধার কার্ড

অধ্যক্ষ

বোলপুর কলেজ
Principal
Bolpur College



বোলপুর কলেজ



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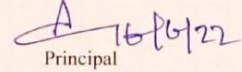
Website: www.bolpurcollege.edu.in

Email: bolpurcollegeoffice@gmail.com

Date: 16.06.2022

Notice

This is to inform to all concerned that classes of Yoga training programme of Bolpur College, will commence from 18.06. 2022. All are advised to be present in their respective classes.



Principal

Bolpur College
Principal
Bolpur College



A total 25 students register for one month Yoga training program in the month of June –July on 2022.
All are completed the program with enthusiasm.

1 month Yoga Training program -2022-23					
Session June-July					
Name of the Institution: BOLPUR COLLEGE					
Sl No	Student Name	Session	Course	Subject	Gender
01	ABHIJIT GHOSH	2022-23	B.A. Hons	HISTORY	Male
02	ADITYA KORA	2022-23	B.A. Hons	HISTORY	Male
03	AKASH GHOSH	2022-23	B.A. Hons	BENGALI	Male
04	AMBIKA MAL	2022-23	B.A. Hons	HISTORY	Female
05	ANAMIKA GOSWAMI	2022-23	B.A. Hons	HISTORY	Female
06	ANANYA SARKAR	2022-23	B.A. Hons	BENGALI	Female
07	ANIRBAN GHOSH	2022-23	B.A. Hons	HISTORY	Male
08	ANIRUDRA MIRBAR	2022-23	B.A. Hons	HISTORY	Male
09	ANTARA SAHA	2022-23	B.A. Hons	HISTORY	Female
10	ANUPAM MONDAL	2022-23	B.A. Hons	HISTORY	Male
11	SWAPNA LOHAR	2022-23	B.A. Hons	BENGALI	Female
12	TAJMIRA KHATUN	2022-23	B.A. Hons	HISTORY	Female
13	TANUSHRI DAS	2022-23	B.A. Hons	HISTORY	Female
14	TITHI MONDAL	2022-23	B.A. Hons	BENGALI	Female
15	UJJWAL MAHALI	2022-23	B.A. Hons	HISTORY	Male
16	ABHIJIT HEMRAM	2022-23	B.A. Hons.	BNGH	Male
17	ADITYA ROY	2022-23	B.Sc. Hons	PHSH	Male
18	AMIT GHOSH	2022-23	B.A. Hons.	HISH	Male
19	AMIT SHARMA	2022-23	B.A. Hons.	BNGH	Male
20	AMIYA PRASAD SAHA	2022-23	B.A. Hons.	BNGH	Male
21	SUSMITA RUIDAS	2022-23	B.A. Hons.	BENGALI	Female
22	SUTAPA ROY	2022-23	B.A. Hons.	HISTORY	Female
23	SWARNABHA CHATTERJEE	2022-23	B.A. Hons.	BENGALI	Male
24	SWASTIKA NAYEK	2022-23	B.A. Hons.	BENGALI	Female
25	TIRTHA GHOSH	2022-23	B.A. Hons.	BENGALI	Male

বোলপুর কলেজ



BOLPUR COLLEGE

(Govt. Sponsored College established in 1950 & affiliated to The University of Burdwan)





Trainee of Yoga are participated in Yoga Class during June-July, 2022

3. Report of One Month Yoga training programme February-March, 2023

Programme Officer: Mr. Sajal Kumar Shil

Bolpur College organized Second One Month Yoga Training program in college campus on session of 2022-23. In every session two programmes are organized by Yoga Unit Bopur College- one in the month of June-July & another is February-March. .By this program we can development our college students physical fitness, mental stability by practicing Yogasana, pranayama & meditation.

On this session 24 students have taken Yoga training. All are successfully complete this program. They have appreciated this training program. The students came from different departments having interest for getting for Yoga training..

বোলপুর কলেজ



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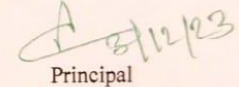
Email: bolpurcollegeoffice@gmail.com

Date-03.02.23

Notice

This is to inform to all concerned that a meeting of the Yoga Unit Bolpur Collge will be held on 5th February, 2023 at 03.00 p.m. at Principal's chamber to discuss the following matters -

1. Organizing one month Yoga training program.
2. Announcement date of the admission session of 2022-23.
3. Selection procedure of one month Yoga training programme.
4. Miscellaneous



Principal

Bolpur College

Principal
Bolpur College



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Ph: 03463252290

Website: www.bolpurcollege.edu.in

Email: bolpurcollegeoffice@gmail.com

Date- 07.02.23

ADMISSION NOTICE

Sub: - Admission for Yoga Training Programme

It is hereby notified to all that online application for the admission to one month Yoga training programme under the supervision of Bolpur College will begin from 08/02/2023 to 13/02/2023. Admission of the eligible candidates will commence from 14th February to 16th February 2023.

Course details:

1. Course duration Six Month (Class will be held every Saturday, Sunday).
2. Admission fee 200/- & during, course fee 100/-.
3. Documents for verification: -

Madhyamik admit

12th pass result

Photo 4 Copy

Aadhar Card

A 7/2/23

Principal

Bolpur College

Principal
Bolpur College



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তারিখঃ ০৭.০২.২০২৩

বিজ্ঞপ্তি

এতদ্বারা সমস্ত ছাত্র-ছাত্রীদের জানানো যাচ্ছে যে আগামী ৮ই ফেব্রুয়ারী থেকে যোগ প্রশিক্ষণ ট্রেনিং এর ফর্ম ফিলাপ শুরু হবে। আবেদন করার শেষ তারিখ ১৩ই ফেব্রুয়ারী। আবেদনকারীকে অন্তত উচ্চমাধ্যমিক পাশ হতে হবে। ভর্তির তারিখ ১৪ ফেব্রুয়ারী থেকে ১৬ই ফেব্রুয়ারী পর্যন্ত।

প্রয়োজনীয় তথ্যঃ

- ১) ভর্তি ফি ২০০ টাকা লাগবে
- ২) মাধ্যমিক আডমিড
- ৩) উচ্চমাধ্যমিক পাশ মার্কশীট
- ৪) ফটো ৪ পিস
- ৫) আধার কার্ড



বুর্জান্দে ওমীন

অধ্যক্ষ

বোলপুর কলেজ

Principal
Bolpur College

বোলপুর কলেজ



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Website: www.bolpurcollege.edu.in

Email: bolpurcollegeoffice@gmail.com

Date: 17.02.2023

Notice

This is to inform to all concerned that classes of Yoga training programme of Bolpur College, will commence from 19.02. 2023. All are requested to remain present in their respective classes without fail.

A 17/2/23
Principal

Bolpur College

Principal
Bolpur College



Registered trainee of One Month Yoga Training Programme

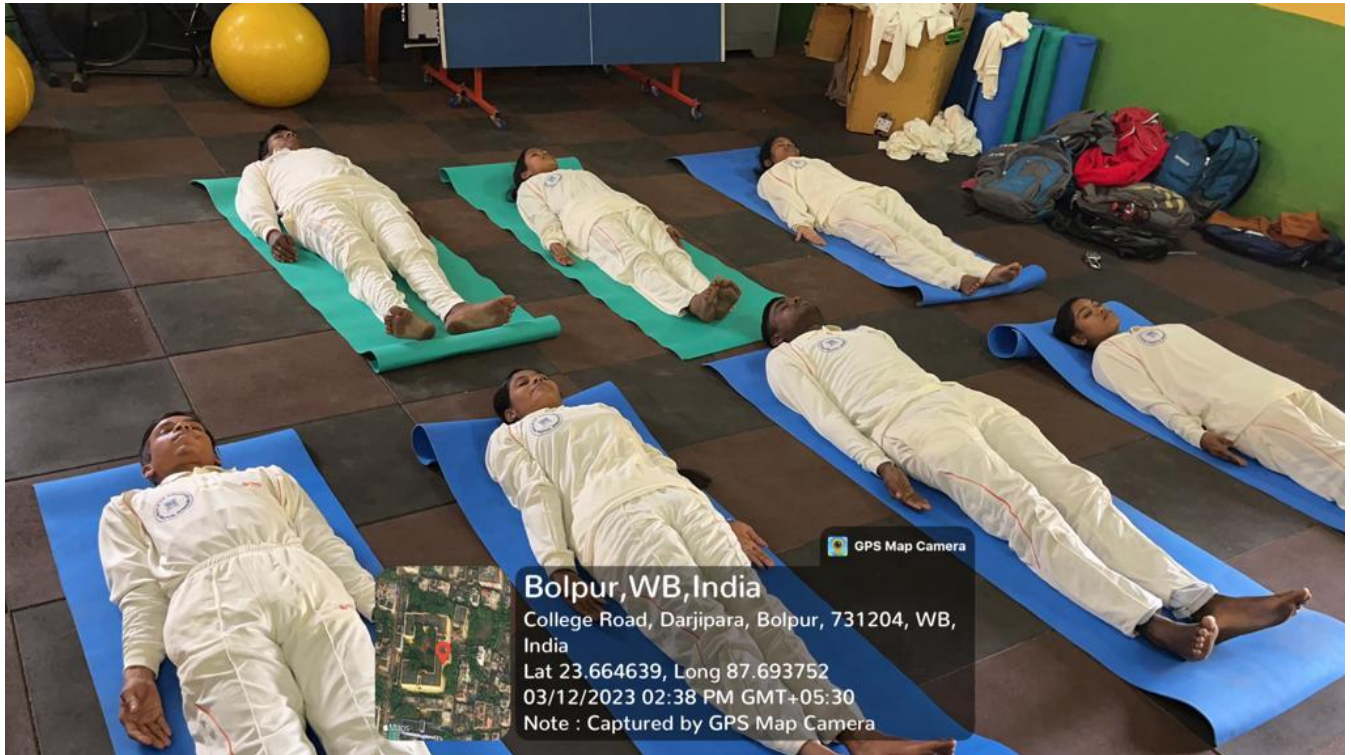
1 month Yoga training program					
Session February-March					
Name of the Institution: BOLPUR COLLEGE					
Sl No	Student Name	Session	Course	Subject	
01	ANKITA GHATAK	2022-23	B.A. Hons	EDUCATION	Female
02	ANTARA BHATTACHARYA	2022-23	B.A. Hons	EDUCATION	Female
03	ANTARA GOSWAMI	2022-23	B.A. Hons	EDUCATION	Female
04	ARIJIT DUTTA	2022-23	B.A. Hons	EDUCATION	Male
05	ARITRA KUNDU	2022-23	B.A. Hons	EDUCATION	Male
06	ARNAB BHATTACHARJEE	2022-23	B.SC. Hons	CHEMISTRY	Male
07	ARPAN DAS	2022-23	B.A. Hons	EDUCATION	Male
08	ASMA KHATUN	2022-23	B.A. Hons	EDUCATION	Female
09	KRISHNA GOPAL DAS	2022-23	B.A. Hons	EDUCATION	Male
10	MASRINA KHATUN	2022-23	B.A. Hons	EDUCATION	Female
11	MOU SALUI	2022-23	B.A. Hons	EDUCATION	Female
12	MOUMITA MONDAL	2022-23	B.A. Hons	EDUCATION	Female
13	MUBASSARA KHATUN	2022-23	B.A. Hons	EDUCATION	Female
14	NASRIN KHATUN	2022-23	B.A. Hons	EDUCATION	Female
15	PARTHA DALAL	2022-23	B.SC. Hons	CHEMISTRY	Male
16	PRATIVA MONDAL	2022-23	B.SC. Hons	CHEMISTRY	Female
17	PRATYUSH PAL	2022-23	B.SC. Hons	CHEMISTRY	Male
18	RAJDIP KABIRAJ	2022-23	B.SC. Hons	CHEMISTRY	Male
19	CHANDRIMA BANERJEE	2022-23	B.Sc. Hons	CEMH	Female
20	CHIRABRATA SAR	2022-23	B.A. Hons.	EDCH	Male
21	DAYAMOY MAL	2022-23	B.A. Hons.	PLSH	Male
22	DEBASHIS PAL	2022-23	B.A. Hons.	PLSH	Male
23	DEBENDRA MAJI	2022-23	B.A. Hons.	PLSH	Male
24	DIPANKAR HEMBRAM	2022-23	B.A. Hons.	PLSH	Male

বোলপুর কলেজ



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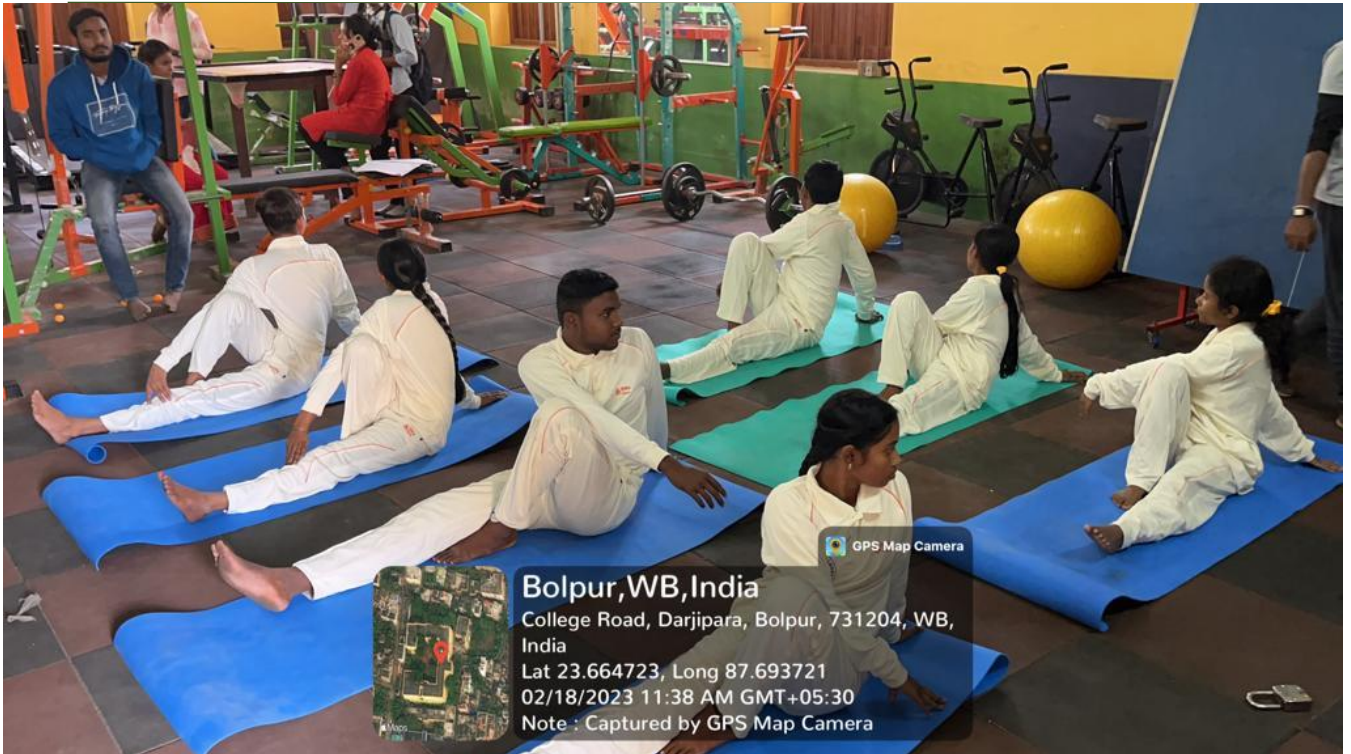


বোলপুর কলেজ



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Trainee of Yoga are participated in Yoga Class during February-March, 2023