

Report on Certificate Course in Yoga (2018)

The ancient Indian tradition of yoga is a priceless gift. Yoga is a holistic approach to health and well-being, symbolising the establishment of balance and harmony between body, spirit, and emotions. Taking this into consideration, a CERTIFICATE COURSE IN YOGA has been introduced by Baraipur College in collaboration with the IQAC, Baraipur College, from August 6th to August 7th, 2018, on the college premises. It was absolutely free of cost. A total of six students participated and were taught various techniques and asanas by Mr. Debkumar Naskar, a certified Yoga instructor as well as an employee of this institution.

The session was a success as each student displayed enthusiasm and a great spirit of learning. All the students were awarded completion Certificates at the end of the session on 07/08/2018.



6th and 7th August, 2018

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PRINCIPAL
Baraipur College
Puranderpur Math, 24 Pgs. (9)

Report on Certificate Course in Yoga (2019)

The age old Indian tradition of yoga is both an invaluable and collective treasure. Yoga embodies a comprehensive approach to health and well-being, representing the attainment of equilibrium and unity among the body, mind, and emotions. In light of this, Baruiipur College, in partnership with the IQAC, Baruiipur College, organized a YOGA CERTIFICATE Course on August 1st to August 2nd, 2019, within the college premises. This course was provided completely free of charge. Seven students actively participated in the program and received instruction on various techniques and asanas from Mr. Debkumar Naskar, a certified Yoga instructor and as well as employee of our institution.

All the students were awarded completion Certificates at the end of the session on 02.8.2019.



1st and 2nd August 2019

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Report on Certificate Course in Yoga (2022)

Yoga represents a holistic approach to health and well-being, achieving balance and oneness between the body, mind, and emotions. In light of this, Baraipur College, in collaboration with the IQAC, Baraipur College, has organised a YOGA CERTIFICATE Course on August 1st and 2nd, 2022 on the college campus. This course was offered absolutely free of charge. Twelve students enthusiastically engaged in the programme and were taught various techniques and asanas by Mr. Debkumar Naskar, a certified Yoga instructor and as well as employee of our college.



1st and 2nd August, 2022

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Baraipur College
Purandarpur Math, 24 Pgs. (S)

ATTENDANCE SHEET

Yoga Certificate Course

Date: 6.8.2018

Time:

Sl. No.	Name of the Participant	Signature
01	MALLIKA MONDAL	Mallika Mondal
02	SARIKA LASKAR	Sarika Laskar
03	SUBHRA PURKAIT	Subhra Purkait
04	JOY MONDAL	Joy Mondal
05	BIDHAN HALDAR	Bidhan Haldar
06	SUBHA Mondal	Subha Mondal
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PRINCIPAL
Baruipur College
Purandarapur Math, 24 Pgs (S)



ATTENDANCE SHEET

Yoga Certificate Course

Date: 7.8.2018

Time:

Sl. No.	Name of the Participant	Signature
01	MALLIKA MONDAL	Mallika Mondal
02	SARIKA LASKAR	Sarika Laskar
03	SUBHRA PURKAIT	Subhra Purkait.
04	Joy MONDAL	Joy Mondal.
05	BIDHAN HALDAR	Bidhan Haldar
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Baruipur College
Purandarpur Math, 24 Pgs (S)

Yoga Certificate Course

Date: 1.8.2019

Time:

I. No.	Name of the Participant	Signature
01	PRITI MAHATO	Priti Mahato
02	SAYAN BAG	Sayan Bag.
03	SUBIR GHOSH	Subir Ghosh.
04	MONIDIPA TAPPAFDAR	Monidipa Tapaddor
05	RIYA MONDAL	Riya Mondal
06	Sangeeta jana	Sangeeta jana
07	LABANI NASKAR	Labani Naskar
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ATTENDANCE SHEET

Yoga Certificate Course

Date: 2.8.2019

Time:

Sl. No.	Name of the Participant	Signature
01	PRITI MAHATO	Priti Mahato
02	SUBIR GHOSH	Subiro Ghosh
03	SAYAN DAS	Sayan Das
04	MONIDIPA TARAFDAR	Monidipa Tarafdar
05	Riya Mondal	Riya Mondal
06	Sangeeta Jana	Sangeeta Jana
07	LABANI NASKAR	Labani Naskar
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Principal
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PRINCIPAL
Baruipur College
Purandarapur Math, 24 Pgs (S)

ATTENDANCE SHEET

Yoga Certificate Course

Date: 1.8.2022

Time:

Sl. No.	Name of the Participant	Signature
01	Sumita Mondal	Sumita Mondal
02	Pallabi Mishra	Pallabi Mishra
03	Swagata Mondal	Swagata Mondal
04	Anusuya Das.	Anusuya Das.
05	Bhaswati Das	Bhaswati Das
06	Mohosina Khatun	Mohosina Khatun
07	Priyanka Tarafdar	Priyanka Tarafdar
08	Manisha Naskar	Manisha Naskar
09	Ananya Karmakar	Ananya Karmakar
10	Shraway Bramarik.	Shraway Bramarik.
11	Debasish Baidya	Debasish Baidya
12	Aniruddhya Chakraborty	Aniruddhya Chakraborty
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PRINCIPAL
Baruipur College
Purandarpur Math, 24 Pgs (S)

ATTENDANCE SHEET

Yoga Certificate Course

Date: 2.8.2022

Time:

S. No.	Name of the Participant	Signature
01	Sumita Mondal	Sumita Mondal
02	Susanta Mondal	Susanta Mondal
03	Pallabi Middha	Pallabi Middha
04	Mohosina Khatun	Mohosina Khatun
05	Anusuya Das.	Anusuya Das.
06	Bhaswati Das	Bhaswati Das
07	Manisha Naskar	Manisha Naskar
08	Ananya Karimakar	Ananya Karimakar
09	Priyanka Tarafdar	Priyanka Tarafdar
10	Debasish Baidya	Debasish Baidya
11	Aniruddhya Chakrabarty	Aniruddhya Chakrabarty
12	Shraway Pramanik.	Shraway Pramanik.
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