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 <u>CERTIFICATE COURSE IN YOGA</u> has been introduced by Baruipur College in collaboration with the IQAC, Baruipur 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

PREVIOUSAL

Peranderpur 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, Baruipur College, in partnership with the IQAC, Baruipur 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, Baruipur College, in collaboration with the IQAC, Baruipur 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

Puramerpur Nown, 24 Pos. (S)

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Yoga Certificate Course

Date: 6.8.2018

SI. No.	Name of the Participant	Signature
01	MALLIKA MONDAL	Mallika Mondal
02	SARIKA LASKAR SUBHRA PURKAIT	Sarika Laskan
03	SUBHRA PURKAIT	Mallika Mondal Sarika Loskon Subhra Purkait
04	JOY MONDAL	day Mordal
05	BIDHAN HALDAR	Joy Mordel Bidhon Haldan
06	Subta Mondal	Sushe Mondal
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		Durandaray Math 24 Day (C)

Yoga Certificate Course

Date: 7.8.2018

Name of the Participant Name of the Participant Mallika Mondal			
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	30		Purandarpur Math, 24 Pgs (S)

Yoga Certificate Course

Date: 1.8. 2019

. No.	Name of the Participant	Signature
01	PRITI MAHATO	Priti Mahato
02	SAYAN BAG	Vayan Bag.
03	SUBIR GHOSH	Subino Gihoph.
04	MONIDIPA TARAFDAR	Salino Gehogh. Monidipa Tonador
05	RIYA MONDAL	Riya Mondal
06	Sangeeta Jana LABANI NASKAR	Sangeela Jana Labouri Naskar-
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Yoga Certificate Course

Date: 2.8. 2019

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06 Sangeeta Jana 07 LABANI NASKAR 108 09 10 11 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 PRINCIPAL Baruipur Cotlege Purandarpur Math, 24 Pgs (S)	04	MONIPIPA TARAFDAR	Monidioa Tarodar
06 Sangeeta Jana 07 LABANI NASKAR 108 09 10 11 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 PRINCIPAL Baruipur Cotlege Purandarpur Math, 24 Pgs (S)	05		Riva Mondal
O7 LABANI MASKAR Laboni Markon	06	Sangeeta Jana	Sangeeta Jana
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			Baruipur Cottaga
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Yoga Certificate Course

Date: 1.8. 2022

SI. No.	Name of the Participant	Signature
01	Sumita Mondal	Surmita Mondal
02	Tellalia Middfo	Pallabi MidHo
03	Swagata Mondal	Sunanta Mondal
04	Anusaya Das.	Swagata Mondal Anusuya Das
05	Bhaswali Das	Bhaswati Das
06	Mohosina Khatun	Mohosina Khatun
07	Priyanka Tanafdan	Priyanka Tarafdar
08	Marisha Naskari	Marisha Nashar
09	Ananya Kormakar	Ananya Korimakari
10	Shurayu Pramanik.	Shuraye Bramarile.
11	Debasish Baidya	Shurayu Bramarile. Debasish Baidya
12	Animuddhya Chakraborty	Animuddhya Chakrabarty
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29		PRINCIPAL
30		Baruipur College Purandarpur Math, 24 Pgs (S)

Yoga Certificate Course

Date: 2.8.2022

ار. No.	Name of the Participant	Signature
01	Swmita Mondal	Surmita Mondal
02	Sagarala Mendal	Sugarata Monda
03	Pallabi Middta	Pallabi Midota
04	Mo osina khatun	Marosina Khatun
05	Anusuya Das.	Aneisieza Das.
06	Bhaswali Das	Bhaswati Das
07	Marisha Naskar	Manisha Naskar
08	Ananya Kormakor	Ananya Katimakati
09	Projyanka Tanafdan	Poriyanka Tarafdar
10	Projyanka Tanafdan Debasish Baidya	Debasish Baidya
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