



**BARASAT GOVERNMENT
COLLEGE**

**MORNING SECTION (MDC)
ORGANISES**



THE IMPORTANCE OF YOGA AND IT'S ASSOCIATION WITH PHYSICAL, MENTAL AND EMOTIONAL HEALTH OF AN INDIVIDUAL.

DURATION: 33 HOURS

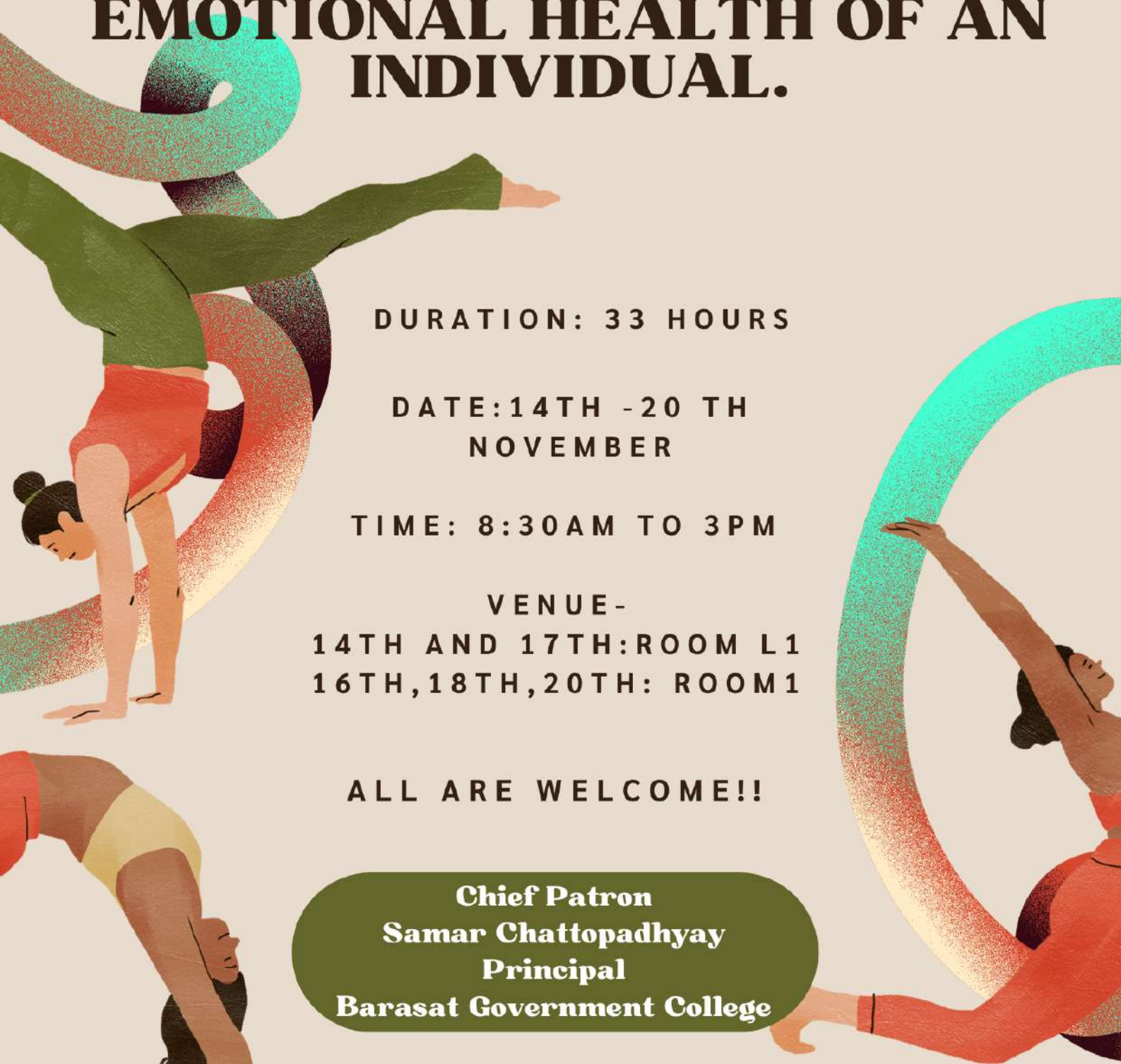
**DATE: 14TH - 20 TH
NOVEMBER**

TIME: 8:30AM TO 3PM

**VENUE -
14TH AND 17TH: ROOM L1
16TH, 18TH, 20TH: ROOM 1**

ALL ARE WELCOME!!

**Chief Patron
Samar Chattopadhyay
Principal
Barasat Government College**



SPEAKERS:

- **KAKOLI BHATTACHARYA** – FACULTY OF ECONOMICS, BARASAT GOVERNMENT COLLEGE
- **TANUSHREE DAS** – FACULTY OF BENGALI , BARASAT GOVERNMENT COLLEGE
- **TIYASHA PAUL** - PHYSICAL INSTRUCTOR, FACULTY OF RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN
- **AISWARJYA BANERJEE** - H.O.D., PSYCHOLOGY, RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN
- **DR. GOURANGO AICH** – FACULTY OF SANSKRIT, BARASAT GOVERNMENT COLLEGE
- **MOUSUMI ROY** – FACULTY OF ENGLISH, BARASAT GOVERNMENT COLLEGE
- **DR. PARAMITA BHATTACHARYA** – FACULTY OF BENGALI, BARASAT GOVERNMENT COLLEGE
- **DEBASHREE DUTTA** - ASSISTANT PROFESSOR OF PHILOSOPHY, BARASAT GOVERNMENT COLLEGE
- **DR. SUBHRA TALAI MUKHOPADHYAY** – ASSOCIATE PROFESSOR OF BOTANY, BARASAT GOVERNMENT COLLEGE
- **DR. BIPLAB BARMAN** - FACULTY OF PHYSICAL EDUCATION, JADAVPUR UNIVERSITY
- **SONALI PAUL** - FACULTY OF BENGALI, BARASAT GOVERNMENT COLLEGE
- **SOMA SINHA** - FACULTY OF PHILOSOPHY, BARASAT GOVERNMENT COLLEGE
- **DR. TAPAN KUMAR ROY** - ASSISTANT PROFESSOR, ASUTOSH COLLEGE
- **NILOY CHAKRABORTY** - FACULTY OF ENGLISH, BARASAT GOVERNMENT COLLEGE
- **DR. SRIKANTA GURIA** - ASSISTANT PROFESSOR OF ZOOLOGY, BARASAT GOVERNMENT COLLEGE

BARASAT GOVERNMENT COLLEGE

FIVE DAYS - VALUE ADDED COURSE ON THE TOPIC

IMPORTANCE OF YOGA AND ITS ASSOCIATION WITH PHYSICAL, MENTAL & EMOTIONAL HEALTH OF AND INDIVIDUAL.

Day 1 : 14/11/2023(TUESDAY)

Topic	Speaker	Duration
YOGA EDUCATION	KAKOLI BHATTACHARYA	8.30 a.m-9.15 a.m
IMPACT OF YOGA ON OUR PHYSICAL AND MENTAL HEALTH	TANUSHREE DAS	9.45 a.m -10 a.m
IMPORTANCE OF YOGA IN OUR DAILY LIFE	TIYASHA PAUL (PHYSICAL INSTRUCTOR,GUEST FACULTY RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN)	10 a.m -11.30 a.m
LUNCH	LUNCH	11.30 a.m -12 p.m
MENTAL HEALTH; ILLNESS TO WELLNESS	AISWARJYA BANERJEE (H.O.D. PSYCHOLOGY,RAMAKRISHNA SARADA MISSION VIVEKANANDA VIDYABHAVAN)	12 p.m -2 p.m
	QUESTIONNAIRE	2 p.m -3 p.m

Day 2 : 16/11/2023(THURSDAY)

Topic	Speaker	Duration
MENTAL HEALTH AND STUDENTS' PERFORMANCE	DR.GOURANGO AICH	8.30 a.m- 10. a.m
THE ESSENTIAL RELATIONSHIP BETWEEN YOGA AND MENTAL HEALTH SUPPORTED BY SCIENCE	MOUSUMI ROY	10 a.m- 11.30. a.m
LUNCH	LUNCH	11.30. a.m -12 P.M
MENTAL HEALTH AND EMOTIONAL WELLBEING,PERSONALITY BUILDING	DR.PARAMITA BHATTACHARYA	12 p.m -2 p.m
	QUESTIONNAIRE	2 p.m -3 p.m

Day 3 : 17/11/2023(FRIDAY)

Topic	Speaker	Duration
YOGA PHILOSOPHY : SAMADHI AND ITS TYPES	DEBASHREE DUTTA	8.30 a.m- 10. a.m
YOGA; INVALUABLE GIFT FOR ALL	DR.SUBHRA TALAI MUKHOPADHYAY	10 a.m- 11.30. a.m
LUNCH	LUNCH	11.30. a.m -12 P.M
YOGA AND WELLNESS	DR.BIPLAB BARMAN (GUEST LECTURER OF DEPT. OF PHYSICAL EDUCATION , JADAV PUR UNIVERSITY)	12 p.m -2 p.m
	QUESTIONNAIRE	2 p.m -3 p.m



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Day 4 : 18/11/2023(SATURDAY)

Topic	Speaker	Duration
IMPORTANCE OF YOGA AND ITS UTILITY IN MENTAL HEALTH	SONALI PAUL	8.30 a.m - 9.15 a.m
CITTAVRITTI AND CITTAVRITTI NIRODHA FROM YOGA PERSPECTIVE	SOMA SINHA	9.15 a.m - 10 a.m
YOGA AND HYPERTENSION	DR. TAPAN KUMAR ROY (ASSISTANT PROF.ASUTOSH COLLEGE)	10 a.m -11.30 a.m
LUNCH	LUNCH	11.30. a.m -12 p.m
YOGA AND DIABETES	DR. TAPAN KUMAR ROY (ASSISTANT PROF.ASUTOSH COLLEGE)	12 p.m -2 p.m
	QUESTIONNAIRE	2 p.m -3 p.m

Day 5 : 20/11/2023(MONDAY)

Topic	Speaker	Duration
SWAMI VIVEKANANDA AND HIS CONCEPTION OF YOGA	NILOY CHAKRABORTY	8.30 a.m- 10. a.m
YOGA EFFECTS ON BRAIN HEALTH, BEHAVIOR AND ANXIETY	DR. SRIKANTA GURIA	10 a.m -11.30 a.m
LUNCH	LUNCH	11.30. a.m -12 p.m
YOGA CAN CUT RISK OF CANCER	DR. SRIKANTA GURIA	12 p.m -2 p.m
	QUESTIONNAIRE	2 p.m -3 p.m
VALIDICTORY SESSION		3 p.m-4 p.m.

Basrasat Government College proudly announces the commencement of a Value Added Course with the B.A General Programme students of the institution between 14th and 20th November 2023, for five days on 14th, 16th, 17th, 18th & 20th November, on the topic "The importance of Yoga and its association with physical, mental & emotional health of an Individual". However, the students of all the departments are welcome to attend the course.

COURSE OBJECTIVES:

1. To train students in theoretical knowledge in the fields of Yoga and Consciousness.
2. To qualify them in teaching theory subjects of yoga and consciousness.
3. To objectively establish the benefits of yoga for improving health and reaching higher levels of consciousness.
4. To do away with the depression or mental illness of the present generation with a blissful realization of inner wellness through Yoga.



Dr

COURSE OUTCOMES:

1. Promoting the awareness for positive health and personality development in the student through Yoga.
2. Instilling and inculcating the general interest and inquisitive knowledge about Yoga for Health, personality development and spiritual evolution.
3. To produce man power to give Yoga training/Teaching, Yoga Therapy and Yoga Research at all levels.

ELIGIBILITY:

Students of any Semester, irrespective of Stream of the institution are welcome. However, Participation is subject to registration process of Rs.50.Registration will be done on 14.11.23 from 8:00 a.m.

EVALUATION,GRADATION AND CERTIFICATES:

Apart from Interactive sessions, participant will be evaluated by the faculties of the department based on MCQ questionnaire which will be provided each day. A linear Grade of "A-B-C-D" will be given as per their response and performances. Accordingly, certificate will be provided to all successful students participating in the course.

COURSE DURATION:

The course structure is spread over duration of 32-33 hours with six and half hours of sessions per day, with a lunch break, for five days on 14th, 16th, 17th, 18th & 20th of November 2023.

COURSE COORDINATOR : MOUSUMI ROY

RESOURCE PERSONS:

Eminent resource persons proficient in the specified field attached to different educational institutions, along with the teachers of Barasat Government College will be present at the programme to impart theoretical lecture sessions along with practical demonstrations on the specific subject.



Mousumi Roy
COURSE CO-ORDINATOR
VALUE ADDED COURSE

Ahatterji

PRINCIPAL

BARASAT GOVERNMENT COLLEGE

Principal
Barasat Government College

Roy