

# **HIRALAL BHAKAT COLLEGE**

**Nalhati, Birbhum, West Bengal, Pin-731220**

**Affiliated to the University of Burdwan and Re-accredited by NAAC**

**Email: [hbcollege@gmail.com](mailto:hbcollege@gmail.com) Website: [www.hbcnht.edu.in](http://www.hbcnht.edu.in)**

**A Brief Report**

**on**

**One-day College Level Seminar**

**Entitled “Influence of Yoga Practices in Human Body”**

**Department of Physical Education**



An initiative of  
Department of Physical Education & IQAC,  
Hiralal Bhakat College,  
Nalhati, Birbhum

Student's Seminar on "Influence of Yoga Practices in Human Body"

Date: 21-06-2019



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Date: 23/03/2019

To  
The Coordinator  
IQAC  
Hiralal Bhakat College  
Nalhati, Birbhum.

**Subject: Appeal to collaborate in One Day College level seminar on Influence of yoga practices on human body.**

Dear Sir/ Madam,

This is to inform you that a workshop on “Two **One Day College level seminar on Influence of yoga practices on human body**” is going to be organised by the Department of Physical education, Hiralal Bhakat College, Nalhati, Birbhum on 21-06-2019 at 12 P.M. in room no 23.

You are hereby requested to allow a collaboration with IQAC, Hiralal Bhakat College, Nalhati, Birbhum in this regard for further advancement of academic excellence.

Thanking you.

Yours Sincerely.



(Tapan Mandal)

Guest Lecturer , Department of Physical Education  
Hiralal Bhakat College  
Nalhati, Birbhum.





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Date: 29.03.2019

To,  
The Head  
Department of  
Hiralal Bhakat College  
Nalhati, Birbhum.

Subject: Confirmation of collaboration.

Dear Sir/ Madam,

It is hereby intimated that IQAC, Hiralal Bhakat College, Nalhati, Birbhum does hereby confirm that a collaboration in a Seminar on “Influence of Yoga practices on human Body” dated on and from 26<sup>th</sup> March, 2019 has been established following your letter dated 23 March, 2019.

Kindly consider it as a formal declaration of collaboration in this regard and oblige.

Thanking you,

Yours Sincerely,

(Dr. Suddhasattwa Banerjee)  
Coordinator, IQAC  
Hiralal Bhakat College  
Nalhati, Birbhum.



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## Seminar Repor

Title of the Seminar	<b>“Influence of Yoga Practices in Human Body”</b>
Type of the seminar	College level seminar
Faculty-In-charge	1) Barsan Ghosh , Guest Lecturer 2) Sumana Ghosh , Guest Lecturer 3) Tapan Mandal, Guest Lecturer Department of Physical Education
Department	Physical Education
Date	21-06-2019
Venue	Hiralal Bhakat College, (Room No 23)
Target Audience	All Students of all departments of Hiralal Bhakat College.

### **Details:**

The Department of Physical Education, Hiralal Bhakat College had been organized a One-day College Level Seminar entitled “Influence of Yoga Practices in Human Body, on 21<sup>st</sup> of June 2019 at 12:00 noon in room no. 23.

The present study focuses mainly on the following objectives:

1. Yoga aims at complete self-development and total self-realization.
2. To assess the health play very important role in modern life.
3. To find out regular practice of Yoga promotes strength, endurance and flexibility.
4. The aim and objectives of the present study was to assess the beneficial effects of Yoga in the improvements in the pulmonary functions of young healthy adults.
5. Yoga helps in developing our total personality in an integrated an holistic manner.

6. The impact of Yoga in human body systems can be used as complimentary therapy in association with medical therapy.
7. Practicing Yoga and physical exercise in the fresh air and sunshine, sleep well chosen, food and proper care of the body, all these helps us to maintain our health fitness.

**Budget: 3500/- (Three Thousand Five hundred only)**

**Photographs:**



**GPS Map Camera**

Nalhati, West Bengal, India

7RPV+H4R, Nalhati, Karimpur, West Bengal 731220, India

Lat 24.286245°

Long 87.842801°

21/06/19 12:51 PM GMT +05:30





# Student Registration



## HIRALAL BHAKAT COLLEGE

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**A COLLEGE LEVEL SEMINAR ON INFULLENCE OF YOGA  
PRACTICES ON HUMAN BODY  
ORGANISED BY DEPARTMENT PHYSICAL EDUCATION & IQAC, H.B.  
COLLEGE, NALHATI, BIRBHUM.**

**DATE- 21.06.2019, TIME- 12 NOON TO 1:30 PM, VENUE- ROOM NO.-23**

### STAFF LIST

SL NO	NAME OF THE STAFF & DESIGNATION	MOBILE NO	SIGNATURE OF THE STAFF
01	MALAY KUXHOPADAYAN	9474319756	
02	SK Abdul-Hamid	7001732142	
03	Fahimuddin	8892024790	
04	Gautam Pathak,	8158875810	
05	Mohizul Sheikh.	9732262145	
06	Hameezun Kabir	9475170390	
07	Dr. Ashile Mandal	9614902779	
08	MD.MOJIBUR RAHAMAN	7797789450	
09	PARESH KUMAR PAUL	9474166207	
10	K. M. S. Mangobakar	7908062939	
11	SYED M, ZAMAN	9475637598	
12	BIPLOB MARANDI	9800583564	
13	GOBINDA FULMALI	9734490810	

Dated: 21.06.2019

Place: Nalhati, Birbhum

Teacher-in-Charge  
Hiralal Bhakat College  
Nalhati, Birbhum

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Hiralal Bhakat College  
Nalhati, Birbhum





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SL NO	NAME OF THE STAFF & DESIGNATION	MOBILE NO	SIGNATURE OF THE STAFF
14	Kirti Kumar Dasgupta	8001455868	
15	Pintu Kr. Mallick	8629104005	
16	Dr. Siddhant Baerjee	9876782254	
17	Tapasi Mukhopadhyay	8617403906	
18	Partha Chatterjee	900702015	

Dated: 21.06.2019  
Place: Nalhati, Birbhum

Teacher-in-Charge  
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Nalhati, Birbhum  
Hiralal Bhakat College  
Nalhati, Birbhum



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## STUDENTS' LIST

SL NO	NAME OF THE STUDENT	MOBILE NO	SIGNATURE OF THE STUDENT
1	ASHIM REJA	9739445072	Ashim Reja.
2.	AZAHAR SK	8972547628	Azahar SK
3	BIKRAM DAS	7430813887	Bikram das
4	PURNA CHANDRA MONDAL	7679856414	Purna chandra Mondal
5	MOMI SAHU	9883256288	Momi sahu
6	SARVIN KHATUN	8101809478	Sarvin Khatun
7	NUR ALAM SK	7364907684	Nur Alan SK
8	NIMAI KONAI	6295905842	Nimai Konai
9	NAJIMA KHATUN	8918634273	Najima Khatun
10	MUSLIMA KHATUN	6297534754	Muslima Khatun
11	NAJNIN KHATUN	8768059418	Najmina Khatun
12	LIPIKA MAL	9883982215	Lipika Mal
13	PUJA ROY	8509389793	Puja Roy

Dated: 21.06.2019  
Place: Nalhati, Birbhum

  
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Hiralal Bhakat College  
Nalhati, Birbhum  
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SL NO	NAME OF THE STUDENT	MOBILE NO	SIGNATURE OF THE STUDENT
14.	SARBESWAR LET	8101809487	Sarbeswar let
15	SUHANA YEASMIN	8371022458	Suhana Yeasmin
16	SUNIL MURMU	7478977129	Sunil Murmu
17	AMIR SOHEL	7029426722	Amir Sohel
18	VIDYASAGAR MAL	7550811962	Vidyasagar Mal
19	DONA MARJIT	6297905944	Dona Marjit
20	RINKI KHATUN	6296133512	Rinki Khatun
21	MALAY MONDAL	7908982187	Malay Mondal
22	TAMARUL SK	8346821991	Tamarul SK
23	MEERA BEGUM	7069703045	Meera Begam
24.	RIPON SAHA	8632388561	Ripon saha
25.	HASI LET	8373854466	Hasi let
26.	NURALAM SK	8918898774	Nuralam SK

Dated: 21.06.2019  
Place: Nalhati, Birbhum

  
for Teacher-in-Charge  
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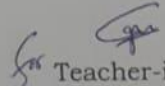
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SL NO	NAME OF THE STUDENT	MOBILE NO	SIGNATURE OF THE STUDENT
27	SAMIMA KHATUN	9832897977	SAMIMA KHATUN
28	DIPA KHATUN	8926276020	Dipa Khatun
29	PROSENJIT LET	9064667527	Prosenjit Let
30	SOUBHIK PAL	9091897303	SOUBHIK PAL

Dated: 21.06.2019  
Place: Nalhati, Birbhum

  
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Hiralal Bhakat College  
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Nalhati, Birbhum

## Committee Member:

- Dr. Gautam Sen
  - Tapan Mandal
  - Dr. Suddhasattwa Banerjee
- TIC  
Convenor  
(IQAC Coordinator)

*Tapan Mandal*

**Tapan Mandal**  
**(Convenor)**

*Gautam Sen*

**Dr. Gautam Sen**  
**(TIC)**

Hiralal Bhakat College  
Nalhati, Birbhum-731220

