



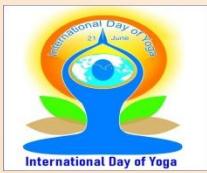
HALDIA GOVERNMENT COLLEGE
DEBHOJ :: PURBA MEDINIPUR :: PIN 721657
(Affiliated to Vidyasagar University)



National Service Scheme (NSS) Units in collaboration with Internal Quality Assurance Cell (IQAC) of the College Organises

One Day National Level Workshop in the occasion of
International Day of Yoga on:

“Yoga Awareness and Its Implication on Health”



Date of Workshop: 21st June, 2021
Time: 11.00 AM – 1:00PM



Platform: Google Meet & YouTube



SPEAKER
Mr. Tarun Mondal
Assistant Professor
Regional College of Physical
Education
Dept of Youth Affairs and Sports
Government of Tripura



VALUABLE PRESENCE
Prof. Dr. Tapan Kumar De
NSS Program Co-ordinator &
Professor, Dept. of Philosophy
Vidyasagar University



YOGA DEMONSTRATOR
Mr. Sandip Nayak
National & International Yoga
Champion &
Pursuing MA in Yogsstra,
Kaivalyadhama, Pune, Maharashtra

BRIEF PROGRAMME SCHEDULE

DATE: 21.06.2021

- 11:00am-11:05am : Introduction by Dr. Bhubon Mohan Das, Convenor
11:05am-11:15am : Welcome Address by Dr. Pijush Kanti Tripathi, Officer-in-Charge, Haldia Government College
11:15am-11:20am : Address by Dr. Dipankar Sadhukhan, Co-ordinator, IQAC, Haldia Government College
11:20am- 12:10pm : Invited Lecture by Mr. Tarun Mondal, Assistant Professor, Government of Tripura
Topic: “Yoga for Physical and Mental Health & Well-being During Covid Situation”
12:10pm- 12:15pm : Special Address by Prof. Tapan Kumar De, NSS Program Co-ordinator, Vidyasagar University
12:15pm- 12:50pm : Yoga Demonstration by Mr. Sandip Nayak & Team
12:50pm- 12:55pm : Performance by Haldia Government College students
12:55pm- 1:00pm : Vote of Thanks by Dr. Tithi Bose

Registration link: <https://forms.gle/1QFPYpCLTmPd6DDY8>

Registration Fee: NIL

E-Certificate will be issued to all the Registered Participants of the Workshop.

Patron:

Dr. Pijush Kanti Tripathi, Officer-in-Charge, Haldia Government College

Co-ordinator, IQAC

Dr. Dipankar Sadhukhan, Asst. Professor, Department of Mathematics, Haldia Government College

Convenor:

Dr. Bhubon Mohan Das, Asst. Professor & Program Officer, NSS Unit-I, Haldia Government College

Joint Convenor:

Dr. Tithi Bose, Asst. Professor & Program Officer, NSS Unit-II, Haldia Government College

Technical Advisor:

Mr. Tanmay Kumar Maity, Asst. Professor, Department of Statistics, Haldia Government College &

Dr. Debolina Das, Asst. Professor, Department of Physics, Haldia Government College

Email:- nss.hgc@gmail.com