

BEJOY NARAYAN MAHAVIDYALAYA
YOGA COURSE CERTIFICATE 1ST CYCLE-2022
In Collaboration with RKMVERI, Belur Math

(MINUTES OF 1ST MEETING)

Date:13.05.22

As per the directives of college IQAC in reference to earlier meeting dated-25.04.22, a Course Committee, consisting of the undersigned faculty members, conduct an **offline meeting on 13.05.22 at 12hrs**, and conclude to the following points.

1. Resolved that the 1st cycle of YCC is to commence tentatively on & from .
2. The committee be functional under **convener-ship of Dr, Sanchali Banerjee** in following activities.
 - a) Contact & Coordination with RKMVERI by course director.
 - b) Website Notification at the earliest.
 - c) Online Registration & Submission of Course Fee for all interested students, preferably NCC Cadets by course director & ANO.
 - d) Arrangement of theory classes (1st Session)by Sri Gopendranath Banerjee & Mr. Jayanta Roy.
 - e) Arrangement of practical classes (2nd Session)by Sri Samir Majumdar & Prof. Bani Patua & Prof. Khukumani Talukdar.
 - f) Refreshments for the Resource persons by ANO & course coordinator.
3. Resolved that some banners & standees on SSC Awareness to be displayed around the main corners of the college. Also some leaflets & T-shirts(encrypted with prgm) to be distributed among participants for YOGA Protocol.
4. Also decided that uniformed cadets/volunteers to be on duty during the progrm & be provided tiffin @ Rs.15/- per head each day.
5. Expected budget initially to be Rs. 10.000/- (Ten Thousand) only.
6. On final note, a healthy ambience to be ensured for the course in the college premises by all-round cooperation.

Signature of the Committee-Members

1. Dr. Goutam Bit (Ex-officio)
2. Mr. Gopendranath (Alumni Member)
3. Dr. Sanchali Banerjee (Course coordinator)
4. Prof. Bani Patua (NSS Prgm. Officer)--Convener
5. Prof. Khukumani Talukdar (Girls' Mentor)
6. Mr. Samir Majumdar (Session operator)
7. Mr. Jayanta Roy (Session operator)
8. Lt. Anjan Das (Assistant Coordinator)

Date: 13.05.2022

Place: Bejoy Narayan Mahavidyalaya
Itachuna, Hooghly



Department of Sports Science and Yoga

Ramakrishna Mission Vivekananda Educational and Research Institute

Belur Math, Howrah 711202, West Bengal







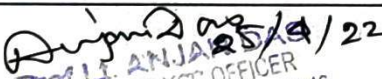
<http://sy.rkmvu.ac.in/>, sportssc.rkmvu@gmail.com

**Minutes of meeting with Principal, B N Mahavidyalaya Itachuna,
25 April 2022**

In reference to the email letter 10/AD(2022-23) dated 09.04.2022 from Principal, Bejoy Narayan Mahavidyalaya, Itachuna, Hooghly, requesting to start Certificate Course in Yoga at Itachuna college, a meeting was held in Belur main campus of RKMVERI in the office of the Pro Chancellor on 25 April 2022 to discuss the nitty gritty of the said proposal. The following were decided upon

1. The first batch of CCY course will tentatively start on 6 May 2022 and run for six weeks. Batch size will be maximum 50 (40 boys + 10 girls). Students will be largely from NCC cadets and NSS volunteers.
2. Classes will be held each Saturday at Bejoy Narayan Mahavidyalaya. There will be three lecture classes in the first half 10.00am - 1.00pm and one practical class in the second half 2.00pm - 4.00pm.
3. There will be three subjects taught in lecture mode - Fundamentals of Ayurveda and Panchakarma (by Dr Kalipada Pal), Basics of Human Anatomy and Physiology (by Sri Soumendranath Manna) and Yoga for wellness (by Sri Dipankar Pal) - all faculty members of RKMVERI Dept. of Sports Sc and Yoga. The practical classes will be taken by two competent students of RKMVERI. Practical classes will follow Yoga Protocol Instructor (level 1) and Yoga Wellness Instructor (level 2) certifications of IYA.
4. There will be separate arrangements for practical classes of boys and girls. Theory classes will be held together in the same hall with audio visual facility.
5. The College authorities will depute female matrons during practical classes.
6. Course fees: Bejoy Narayan Mahavidyalaya will collect a small subscription from students for registering in the CCY course. However if teachers and non teaching staff take the course, they will pay higher than students.
7. Bejoy Narayan Mahavidyalaya will pay a consolidated fee to RKMVERI at the end of the course before issuance of certificates. The fee will be at least 50% of the collection and/or an amount mutually decided upon.
8. Bejoy Narayan Mahavidyalaya will depute a handful of teachers/NCC cadets to study CCY course at RKMVERI run by the Dept. of Sports Sc and Yoga from the next ensuing batch (July/Aug 2022), with an aim to train the trainers who will eventually propagate Yoga education in various directions.

Members present in the meeting

Name	Designation	Signature
Swami Atmapriyananda	Pro Chancellor	 Pro-Chancellor Ramakrishna Mission Vivekananda Educational and Research Institute (Deemed-to-be-University as declared by Govt. of India u/s 3 of UGC Act, 1956) PO Belur Math, Dt. Howrah, West Bengal 711 202, India
Br.Mrinmay	Dy Registrar Deputy Registrar Ramakrishna Mission Vivekananda Educational and Research Institute (Deemed-to-be-University as declared by Govt of India u/s 3 of UGC Act, 1956) PO Belur Math, Dt. Howrah, West Bengal 711 202, India	
Sri Dipankar Pal	Visiting Faculty, RKMVERI	 25/4/22
Dr Kalipada Pal	Associate Professor, RKMVERI	 25/4/22
Dr. Goutam Bit	Principal, Bejoy Narayan Mahavidyalaya, Itachuna	 25/04/22 Principal Bejoy Narayan Mahavidyalaya P.O.-Itachuna, Dist.-Hooghly
Dr Sanchali Banerjee	Asst Professor, Dept. of Philosophy, Bejoy Narayan Mahavidyalaya	 25/04/22
Prof Anjan Das	Asst Professor, Dept. of English, Bejoy Narayan Mahavidyalaya NCC Officer	 25/4/22 Prof L. ANJAN ASSOCIATE NCC OFFICER COMMISSION NO-NCC/16110146 132 BENGAL BN, NCC BEJOY NARAYAN MAHAVIDYALAYA ITACHUNA, HOOGHLY 712147

One day camp on Common Yoga Protocol

at

Bejoy Narayan Mahavidyalaya, Itachuna, Hooghly, WB

8 April 2022

Organised by

Department of Sports Science and Yoga

Ramakrishna Mission Vivekananda Educational and Research Institute, Belur Math

Common Yoga Protocol (CYP) is a standardized yoga protocol released by the Ministry of AYUSH, India for International Yoga Day. It creates a general awareness towards achieving harmony of body and mind through some simple Yogic practices. CYP includes all aspects of yoga i.e. asanas, pranayama and meditation and is designed for all age groups. This Yoga protocol is widely followed on the International Day of Yoga (IDY) which is held every year on 21 June. The one-day camp on CYP is intended to spread awareness about CYP and train students of BN Mahavidyalaya to practice it on a regular basis in order to achieve comprehensive health for oneself and community.

Program schedule on Friday 8 April 2022

10.30am-11.00am	Arrival of team RKMVERI, introduction with team BN Mahavidyalaya, light refreshments	
Time	Event/Talk	Resource person
11.00am -11.05 am	Welcome address	Principal, B N Mahavidyalaya
11.05 am -11.30am	Invocation: "All About Yoga"	Mrinmay Maharaj Coordinator, Department of Sports Science and Yoga, RKMVERI
11.30am-12.00pm	Ayurveda and Yoga in Daily Life	Dr Kalipada Pal, MD (Ayurveda) Associate Professor, Department of Sports Science and Yoga, RKMVERI
12.00 pm-12.30pm	Yoga for Mental Health	Prof Dipankar Pal, MSc(Physiology), MSc(Psychology) Visiting Faculty, Department of Sports Science and Yoga, RKMVERI
12.30pm-1.00pm	Meeting with Principal and authorities of BN Mahavidyalaya to discuss about starting a Certificate Course in Yoga	
1.00pm - 2.00 pm	Lunch break & rest	
2.00 pm -3.30 pm	Common Yoga Protocol: Description, Demonstration and Practice The Y-break app and its use	Sanjoy Majhi (Research Scholar) Someswar Biswas (MSc Yoga student) Nayan Mallick, Kuntal Mondal, Goutam Das (PGDY students)
3.30pm-3.45pm	Concluding address by Principal/IQAC coordinator, BN Mahavidyalaya, Itachuna	

Mrinmay

Department of Sports Science and Yoga

Ramakrishna Mission Vivekananda Educational and Research Institute
(Deemed to be University as declared by Govt of India u/s 3 of UGC Act, 1956)
PO-Belur Math, Dt. Howrah-702022, West Bengal, India



One-day camp on

Common Yoga Protocol

at

Bejoy Narayan Mahavidyalaya, Itachuna



Department of Sports Science &



Ramakrishna Mission Vivekananda Educational and Research Institute,
Belur Math, Howrah, W.B.

4/2/22, 11:29 AM

BEJOY NARAYAN MAHAVIDYALAYA Mail - Invitation for Yoga Certificate Course from B N Mahavidyalaya



IQAC BNMV PINAK <iqacpinak@bnmv.ac.in>

Invitation for Yoga Certificate Course from B N Mahavidyalaya

Dept. of Sports Sc & Yoga RKMVERI <sportssc.rkmvu@gmail.com>
To: IQAC BNMV PINAK <iqacpinak@bnmv.ac.in>

Sat, Apr 2, 2022 at 8:44 AM

To
Dr. Pinak Dutta
IQAC Coordinator
Bejoy Narayan Mahavidyalaya
Itachuna Hooghly

Dear Sir

Thank you for your letter of invitation. To initiate the proposed Certificate Course we wish to begin with a one-day camp on "**Common Yoga Protocol**" on **8 April 2022** at your college for the students and staff. Please find an enclosed schedule of the camp. We also request you to print the enclosed **banner of size 6' x 4'** (or an appropriate size) and display it in the venue of the program.

Please note that the first half of the program is lecture based so it can be held in an auditorium which has audio and presentation facilities. The second half consists of Yoga demonstration and practice, so a large hall with an elevated stage will be good. There will be 10 resource persons plus our driver, total 11 persons. We shall arrive at around 10.30am by our vehicle. We request you to arrange local hospitality for the team and reimburse the fuel cost/car fare on actual basis.

Looking forward to a successful camp on the 8th.

Kind regards

Mrinmay maharaj

Coordinator

Department of Sports Science and Yoga

School of Rehabilitation and Sports Sciences


Ramakrishna Mission Vivekananda Educational and Research Institute


Belur Math, Howrah

<http://sy.rkmvu.ac.in/>

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2 attachments

 **BN Mahavidyalaya Yoga camp schedule 8 April 2022.pdf**
249K

 **Banner - BN Mahavidyalaya camp 8 April 2022.pdf**
410K

YOGA CAMP AT THE COLLEGE

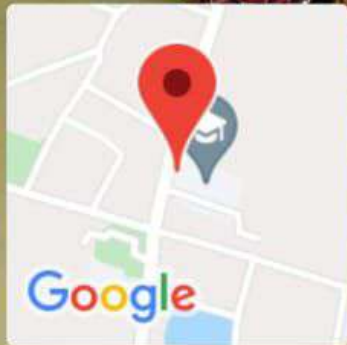
SL. NO.	NAME		SIGNATURE
1.	Dr Goutam Bit	PRINCIPAL	
2.	Anjan Das	ANO	
3.	Purbasha Kundu	CDT	
4.	Swagatalaxmi Banerjee	CDT	
5.	PRANAB KUMAR SARKAR	CDT	
6.	PIYALI GHOSH	CDT	
7.	Subhankar Banerjee	CDT	
8.	LAKSHMI MURMU	CDT	
9.	Rama Singh	CDT	
10.	Rikta kar	CDT	
11.	Sudip Bag	CDT	
12.	SUPREME MONDAL	CDT	
13.	Shreya Bhattacharya	CDT	
14.	Susmita kshetrapal	CDT	
15.	SIMA MANDI	CDT	
16.	Sumon karmakar	CDT	
17.	Shrabani Besra	CDT	
18.	Maheshlal Mandi	CDT	
19.	Sampa Mandi	CDT	
20.	Manisha Majhi	CDT	
21.	Susmita Das	CDT	
22.	Sumitra Murmu	CDT	
23.	Arghyadeep paul	CDT	
24.	KOUSHIK MONDAL	CDT	
25.	ROHON SHARMA	CDT	
26.	BIKASH MISTRI	CDT	
27.	Puja Hansda	CDT	
28.	PARIMAL GHOSH	CDT	
29.	Anushree Biswas	CDT	
30.	Sonali Paul	CDT	
31.	SUDIP PAUL	CDT	
32.	Somnath Sadhukhan	CDT	
33.	AYESHA KHATUN	CDT	
34.	Arunabha Bhattacharyya	CDT	
35.	Suchitra Tudu	CDT	
36.	Surojit ghosh	CDT	
37.	Durga Mondal	CDT	
38.	ABUL BASAR MONDAL	CDT	
39.	Shahidul Haque	CDT	
40.	Pallabi ruidas	CDT	
41.	Farin sultana	CDT	

42.	MD SAMIM	CDT	
43.	Neladre sarkar	CDT	
44.	Shewli Murmu	CDT	
45.	Hapija khatun	CDT	
46.	SUPARNA Hansda	CDT	
47.	Arya Bhattacharya	CDT	
48.	Himangsu Santra	CDT	
49.	Sk Hasibul	CDT	
50.	Shipra ghosh	CDT	
51.	Sumana Mukherjee	CDT	
52.	Anita Tudu	CDT	
53.	SAYAN SADHUKHAN	CDT	
54.	Ramu Kisku	CDT	
55.	Susmita Mandi	CDT	
56.	Priya Das	CDT	
57.	prativa Halder	CDT	
58.	DIPANKAR SINGH	CDT	
59.	Sumana Mukherjee	CDT	
60.	Saheli kar	CDT	
61.	DEBARUPA SETH	CDT	
62.	MINU KHATUN	CDT	
63.	Aditya Murmu	CDT	
64.	Smrity samaddar	CDT	
65.	Surojit Murmu	CDT	
66.	Jahira khatun	CDT	
67.	BAISHAKHI SHIL	CDT	
68.	BAISAKHI CHOWDHURY	CDT	
69.	SUMAN DAS	CDT	
70.	Sayantan ghosh	CDT	
71.	RIMPA MANDI	CDT	
72.	Ananya modak	CDT	
73.	Rakhi Middy	CDT	
74.	Tumpa Samanta	CDT	
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81.	MD Sohel Sahabaj Ahammad	CDT	
82.	Debojit Murmu	CDT	
83.	Sukanta bala	CDT	
84.	Ujjal Kshetrapal	CDT	
85.	SHIBNATH SADHUKHAN	CDT	
86.	Moumita Bagal	CDT	
87.	Ujjal Singh	CDT	

88.	UTSAB PAUL	CDT	
89.	Surojit Murmu	CDT	
90.	Monimala mandi	CDT	
91.	Debjani Mukherjee	CDT	
92.	Durga Mondal	CDT	
93.	Surojit murmu	CDT	
94.	Sk Sajid Ali	CDT	
95.	Biswajit Shaw	CDT	
96.	Jhumpa kora	CDT	
97.	Barsha Ghosh	CDT	
98.	Madhumita singh	CDT	
99.	Debashis Karmakar	CDT	
100.	Reechita Ghosh	CDT	
101.	Anjushree Baul Das	CDT	
102.	Farin Sultana	CDT	
103.	Sarat Murmu	CDT	
104.	Sumit muhuri	CDT	
105.	Moupriya soeren	CDT	



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Itachuna, West Bengal, India

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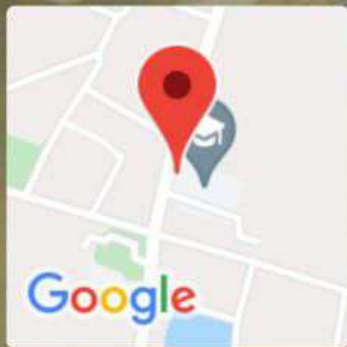
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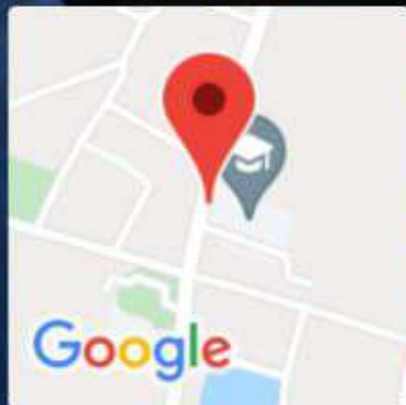
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Bejoy Narayan Mahavidyalaya, Itachuna
28 April 2022
Department of
Krishna Mission
Science & Yoga
Journal & Research Institute

BEJOY NARAYAN
MAHAVIDYALAYA



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Google

Itachuna, West Bengal, India

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Long 88.30809°

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One-day camp on
Common Yoga Protocol
at
Rajiv Narayan Mahavidyalaya, Itachuna
18 April 2022
Department of
Physical Education & Yoga
Rajiv Narayan Mahavidyalaya, Itachuna

RAJIV NARAYAN
MAHAYODAYALAYA

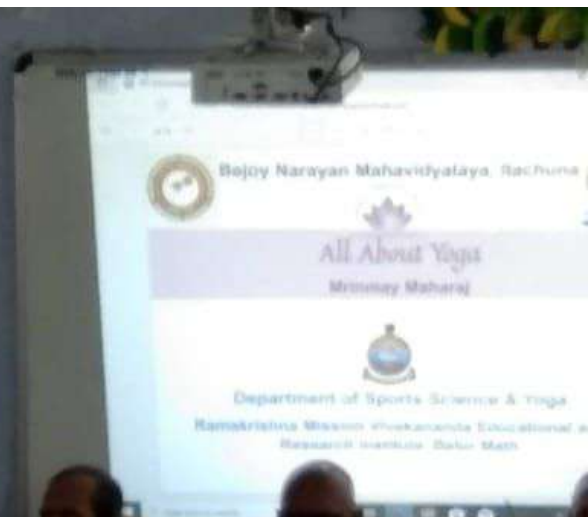
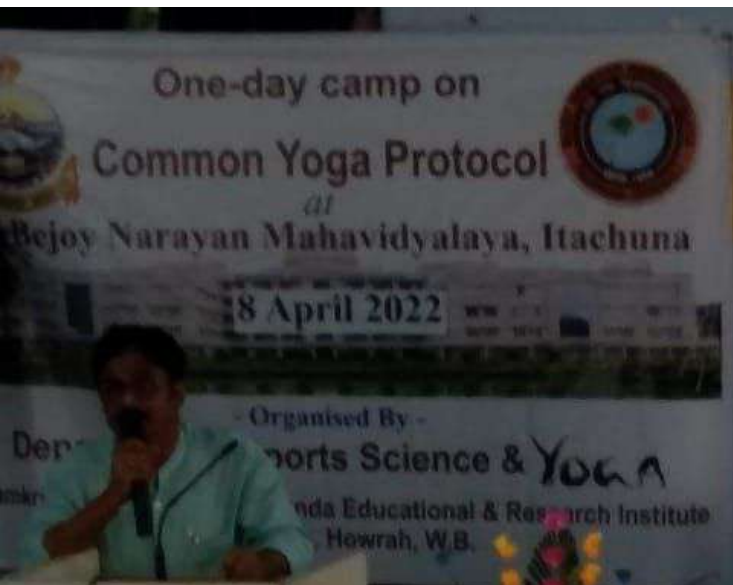
ONE DAY YOGA CAMP

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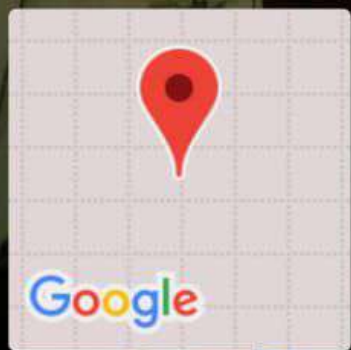


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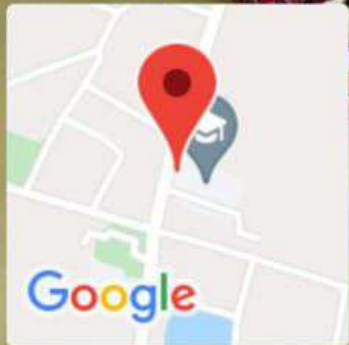
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Itachuna, West Bengal, India

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