



# HAZI A.K.KHAN COLLEGE

ESTD : 2008

P.O + P.S.- Hariharpara . Dist.-Murshidabad Pin-742166

Website: [www.haziakkhancollege.ac.in](http://www.haziakkhancollege.ac.in) E-mail Id : [haziakkhancollege@yahoo.com](mailto:haziakkhancollege@yahoo.com)

E-mail Id: [haziakkhancollege@gmail.com](mailto:haziakkhancollege@gmail.com)

Mob:

## A Brief report of Workshop

On

‘Yoga: A Step towards Healthy Living’

By Department of Physical Education,

In Collaboration with IQAC, Hazi A. K. Khan College

**Date:** 21.06.2023

**Time:** 11:00 am

**Venue:** Hazi A. K. Khan College

**No. of Participants:** 68

**Objective:** The major objectives of the workshop are-

- To reduce health problems.
- To promote good mental and physical health through yoga.
- To integrate moral values.
- To draw attention towards the holistic benefits of yoga. To bring students, teaching and non-teaching staff much close together to spend a day for health from busy schedule.
- To get win over all the health challenges through regular yoga practice.

**Report:** A workshop on ‘Yoga: A Step towards Healthy Living’ was organised by the Department of Physical Education, Hazi A. K. Khan College in collaboration with IQAC, Hazi A. K. Khan College on the occasion of International Yoga Day.

A brief speech was given by the Patron, Dr. Goutam Kumar Ghosh, Principal, Hazi A. K. Khan College. Keynote address was delivered by Sri Sanjit Kumar Roy, SACT, Department of Physical Education, Hazi A. K. Khan College. All the staff of our college attended the workshop to celebrate International Yoga Day. Yoga is a gift to human civilization. Today, it is practiced worldwide.

Md. Rajib Hossain Ansari, Karate Trainer, was invited for the workshop to train all the staff and students on the occasion of International Yoga Day. First of all, he spoke about the historical background of Yoga and its evolution. He also mentioned the significance of yoga and its relevance in present day context. Yoga helps us to stay fit and healthy. It helps us to keep our mental health fit. Yoga is very effective for stress management.



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**Mob:**

Md. Rajib Hossain Ansari taught a few asanas on that day to stay fit. He told that yoga had a great benefit for the holistic development of our life. It was a successful workshop as all the participants were satisfied by attending the workshop. It was an attempt to make students aware of yoga and its benefit in our life.

## Outcomes:

- Participants realised the significance of yoga to get a healthy lifestyle.
- They also assessed the relevance of yoga to combat with stress.
- Students came to know that yoga can be effective to raise morality.

## Photographs







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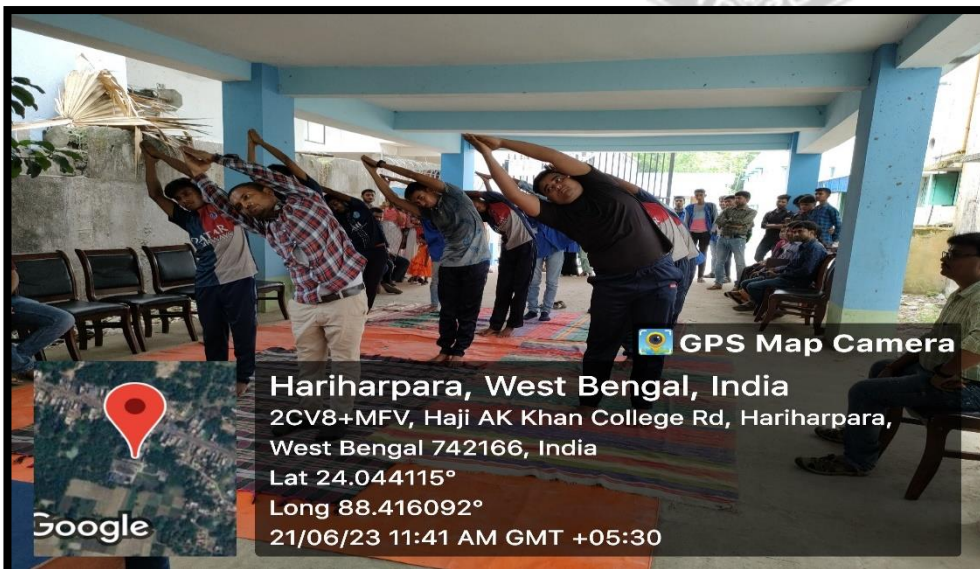
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Mob:

## REGISTRATION FORM

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
1	Ashika Khatun	student	HAKK	045597	Ashika Khatun
2	Priya Dutta	Student	Hazi A.K.Khan College	052280	Priya Dutta
3	Rima Ghosh	Student	Hazi A.K.Khan College	052358	Rima Ghosh
4	Mumun Khatun	Student	Hazi A.K.Khan College	045674	Mumun Khatun
5	Younas SK	Student	Hazi A.K.Khan College	45657	Younas SK
6	Alia Khatun	student	HAKK	95658	Alia Khatun
7	Anguman Biswas	student	HAKK	45660	Anguman Biswas
8	Arbina Khatun	Student	H.A.K.K.C	45661	Arbina Khatun
9	Samrud Alam	Student	HAKK	05840	Samrud Alam
10	Nisara Ali SK	n	n	059964	Nisara Ali SK

A One Day State Level Seminar on **YOGA: A STEP TOWARDS HEALTHY LIVING**  
Speaker: **Mr. Rajib Hossain Ansari, Karate Trainer**  
Organised by **Dept. of Physical Education in Collaboration with IGC, Hazi A. K. Khan College**  
Date: **21-06-2023**, Time: **11:00 am**, Venue: **Hazi A. K. Khan College**



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E-mail Id: [haziakkhancollege@gmail.com](mailto:haziakkhancollege@gmail.com)

Mob:

A One Day State Level Seminar on Quality Assurance in Higher Education  
Speaker: Md. Rezaul Karim  
Organised by Dept. of Education, Government of West Bengal  
Date: 21-06-23, Time: 11:00 am, Venue: Hazi A. K. Khan College

## REGISTRATION FORM

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
11	Disha Khatoon	Student	H.A.K.K.C	045600	Disha Khatoon
12	Pratik Khatoon	Student	H.A.K.K.C	045676	Pratik Khatoon
13	Romana Sultana	Student	H.A.K.K.C	052379	Romana Sultana
14	Selin Mardad	Student	H.A.K.K.C	058407	Selin Mardad
15	Dilwat Hossain	Student	H.A.K.K.C	052343	Dilwat Hossain
16	Asma Khatoon	Student	H.A.K.K.C	045662	Asma Khatoon
17	Asia Khatoon	Student	H.A.K.K.C	058468	Asia Khatoon
18	Sohana Farvin	Student	H.A.K.K.C	058419	Sohana Farvin
19	Babita Halder	Student	H.A.K.K.C	058469	Babita Halder
20	Nasim Sahaniam	Student	H.A.K.K.C	052345	Nasim Sahaniam

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E-mail Id: [haziakkhancollege@gmail.com](mailto:haziakkhancollege@gmail.com)

Mob:

A One Day State Level Seminar on Yoga: A Step Towards Healthy Living

Speaker: Dr. Ananda Prasad Mishra

Organised by Hazi A. K. Khan College

Date: 21-06-23, Time: 11 am, Venue: Hazi A. K. Khan College

REGISTRATION FORM

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
21	Asit Mondal	Student	H.A.K.K.C	45692	Asit Mondal
22	Ashia Khatoon	Student	H.A.K.K.C	058415	Ashia Khatoon
23	SK ISMAIL	Student	H.A.K.K.C	052349	SK ISMAIL
24	Farijit mia	"	"	058424	Farijit mia
25	Barnali Mondal	Students	H.A.K.K.C	45664	Barnali Mondal
26	Soham Mondal	Student	H.A.K.K.C	58430	Soham Mondal
27	Puja Ghosh	Student	H.A.K.K.C	058486	Puja Ghosh
28	Mista Ghosh	"	"	052372	Mista Ghosh
29	Muslima Khatoon	"	"	058480	Muslima Khatoon
30	MAFUJA KHATUN	"	"	45668	MAFUJA KHATUN

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E-mail Id: [haziakkhancollege@gmail.com](mailto:haziakkhancollege@gmail.com)

Mob:

**Hazi A. K. Khan College**

A One Day State Level Seminar on *Topic: A Step Towards Healthier Living*

Speaker: .....

Organised by .....

Date: *21-06-23*, Time: *11 am*, Venue: ....., Hazi A. K. Khan College

**REGISTRATION FORM**

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
31	SUNITA KHATUN	Student	H.A.K.K.C	45688	SUNITA KHATUN
32	SABNAM MUSTARI	"	"	052382	SABNAM MUSTARI
33	MUNIA KHATUN	"	"	45673	MUNIA KHATUN
34	Ayeshu Bhatun	Student	HAKK	052353	Ayeshu Bhatun
35	Anisha Sulhana	Student	H.A.K.K.C	058964	Anisha Sulhana
36	Najma Banu	Student	HAKK	058350	Najma Banu
37	Sakil Mondal	Student	HAKK C	052365	Sakil Mondal
38	Baby Najmin	"	"	45663	Baby Najmin
39	Asma Khatun	Student	HAKK C	052352	Asma Khatun
40	Marufa Ansary	Student	H.A.K.K.C	45669	Marufa Ansary

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Mob:

## REGISTRATION FORM

A One Day State Level Seminar on Yoga: A step towards healthy living  
Speaker: .....  
Organised by .....  
Date: 21-06-23, Time: 11 am, Venue: .....  
Hazi A. K. Khan College

....., Hazi A. K. Khan College  
..... Hazi A. K. Khan College

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
41	Tirumata Nesa	Student	Hazi A.K. Khan College	045608	Tirumata Nesa
42	Fnoy Bhowas	Student	H.A.K.K.C	845693	F. Bhowas
43	Romb Sark	Student	Hazi A.K. Khan College	058405	Romb Sark
44	Sabiya Khatun	Student	H.A.K.K.C	058492	Sabiya Khatun
45	SABREIMA KHATUN	Student	H.A.K.K.C	052382	SABREIMA KHATUN
46	Murmi Das	"	"	45675	Murmi Das
47	Saleha Khatun Ansari	"	"	45681	Saleha Khatun Ansari
48	KHADIZA KHATUN	"	"	058475	KHADIZA KHATUN
49	Salmagahan Khatun	"	"	45682	Salmagahan Khatun
50	Purnam Biswas	"	"	052376	Purnam Biswas

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Mob:

## REGISTRATION FORM

Hazi A. K. Khan College

Programme... Yoga: A step towards healthy living

Speaker: ... Md. Raibul Hossain Ansari

Organised by ... Dept of Play & Recreation

Date: ... 21-06-23

Time: ... 11 am

Venue: ... Hazi A. K. Khan College

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
51	Rafiqra Asmin	Student	H.A.K.K.C	58416	Rafiqra Asmin
52	Sarjina Khatun	"	"	45654	Sarjina Khatun
53	Mahaba Ansary	"	"	45669	Mahaba Ansary
54	Susam Mondal	"	"	58433	Susam Mondal
55	Uttali Khatun	"	"	45671	Uttali Khatun
56	Munira Khatun	"	"	45673	Munira Khatun



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## Hazi A. K. Khan College

Programme..... Yoga: A step towards healthy living.....

Speaker: .... Md. Rajib Hossain Ansari, Karate Trainer.....


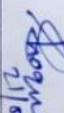
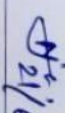
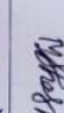

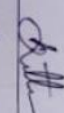
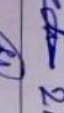
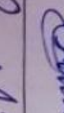
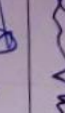
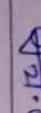
Organised by .... Dept. of Physical Education in collaboration with IQAC.....

Date: 21.06.2023

Time: 11 am

Venue: Hazi A. K. Khan College

### REGISTRATION FORM

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
1	Arum Kumari Saha	Assistant Prof	HAKKC		 21/06/23
2	Mr. Selim Hossain	SACG	HAKKC		 21/06/23
3	Md Nabobian	SACT-II	HAKKC		 21/06/23
4	Mohammad Hossain	SACT-II	HAKKC		 21/06/23
5	Sajid Hossain Saha	SACT-II	HAKKC		 21/06/23
6	Murmu Datta	Assistant Professor	Hazi A.K. Khan College		 21-06-23
7	Abdul Kader	SACT-II	HAKKC		 21-06-23
8	Samuel Jaisa	Assistant Professor	Hazi A.K. Khan College		 21/06/23
9	Bidisha Munshi	Assistant Professor	Hazi A.K. Khan College		 21/06/23
10	Sanjit Kumar Roy	SACT-II	HAKKC		 21-06-2023







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Brochure of the Workshop:

## HAZI A. k. Khan College



Estd: 2008

Affiliated to University of Kalyani

On the Occasion of  
International Yoga Day

Department of Physical Education  
in collaboration with IQAC  
organizes

One Day Workshop  
on  
Yoga: A Step Towards  
Healthy Living

Date: : June 21, 2023

Time: 11 a.m

Venue: Hazi A. K. Khan College

## Resource Person



Md. Rajib Hossain Ansari  
Karate Trainer with  
international repute

Patron

Dr. Goutam Kumar Ghosh  
Principal  
Hazi A. K. Khan College

Convener

Dr. Piyali Dan  
Co-Ordinator, IQAC  
Hazi A. K. Khan College

Organizing Secretary

Sanjit Kumar Roy  
State Aided College Teacher  
Department of Physical Education  
Hazi A. K. Khan College

## Objectives of the Workshop

- To reduce health problems
- To promote good mental and physical health through yoga.
- To integrate moral values.
- To draw attention towards the holistic benefits of yoga.
- To bring students, teaching and non-teaching staff much close together to spend a day for health from busy schedule.
- To get win over all the health challenges through regular yoga practice.







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E-mail Id: [haziakkhancollege@gmail.com](mailto:haziakkhancollege@gmail.com)

Mob:

Date: 17/06/2023

Memo No:

From: Principal

## NOTICE

All the staff and the students of this institution are hereby notified that a Workshop on 'Yoga: A Step towards Healthy Leaving' is scheduled to be held on behalf of the Department of Physical Education under the guidance of IQAC, Hazi A. K. Khan College on 21.06.2023 at 11:00 am in our college. All are requested to attend the above mentioned workshop.



Dr. Goutam Kumar Ghosh

Principal

Hazi A. K. Khan College

Hariharpara, Murshidabad

Principal  
Hazi A. K. Khan College  
Hariharpara, Murshidabad