



HAZI A.K.KHAN COLLEGE

ESTD : 2008

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

Website: www.haziakkhancollege.ac.in E-mail Id : haziakkhancollege@yahoo.com

E-mail Id: haziakkhancollege@gmail.com

Mob:

A BRIEF REPORT ON

ONE DAY STATE LEVEL SEMINAR ON

"Yoga and Stress Management"

Organized by:

Department of Physical Education in collaboration with IQAC, Hazi A. K. Khan College Speaker: Dr. Amit Kumar Sarkar, Associate Professor, Department of Physical Education, Kalyani Mahavidyalaya

Date: 02.12.2022

Time: 12:00 noon

Venue: Rezaul Karim Kaksha, Hazi A. K. Khan College

Total Participants:

Objectives of the Seminar:

Yoga is an ancient physical, mental and spiritual practice that originated in India. People at that time used meditation as a means to purify and rejuvenate the body and mind. A few minutes of Yoga during the day can be a great way to get rid of stress that accumulates daily-in both the body and mind. Yoga postures, Pranayama and meditation are effective techniques to release stress. Meditation is Relaxation which gives calm mind, good concentration and Rejuvenation of the body and mind etc. The seminar intends to throw light upon the role of yoga in

- ☐ Wellness of health
- ☐ Development of a holistic personality
- ☐ relieving stress through release of stress hormones.

Brief description:

The Seminar was started with welcoming the chief speaker, Principal, IQAC coordinator and convener of the seminar. It was followed by lightening the lamp. Dr. Pulokes Mandal, Secretary of Teacher's Council graced the seminar as chairperson. Dr. Goutam Kumar Ghosh, Principal of our college, welcomed the guests and participants in his introductory speech. Resource Person Dr. Amit Kumar Sarkar explained role of yoga in reducing stress. Yoga encourages mental and physical relaxation, which helps to reduce stress and anxiety. The physical postures promote flexibility, relieve tension, and alleviate pain. He also gave hands-in-traing The Seminar was concluded with vote of thanks delivered by Dr. Krishnendu Munsu, IQAC Coordinator. At the end of his lecture Dr. Sarkar Demonstrated some deep breathing meditations and basic yoga asanas to reduce stress.

Outcomes:

It is expected that this seminar will help the participants-

- To enable the student to have good health.
- To practice mental hygiene.



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- To possess emotional stability.
- To integrate moral values.
- To attain higher level of consciousness.

Flyer of the Seminar

HAZI A. K. KHAN COLLEGE

Invites you to

A One Day State Level Seminar

ON

Yoga and Stress Management

Organised by

Department of Physical Education

Hazi A. K. Khan College

In collaboration with IQAC

DATE - 02.12.2023 **TIME – 12.00 NOON** **VENUE – ROOM NO. 110**



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Photographs





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Hazi A. K. Khan College

Programme... Yoga and Stress Management

Speaker: Dr. Amit Kumar Sarkar

Organised by Dept. of Physical Education, in collaboration with IOAC

Date: 02.12.2022 Time: 12:10 noon Venue: Hazi A. K. Khan College

REGISTRATION FORM

Sl.No.	Name	Designation	Name of the Institution	Registration Number (Only for Students)	Signature
1	Munim Datta	Assistant Professor	Hazi A.K. Khan College		
2	Md. Selim Hoque	SACT	H.A.K.K.C		
3	Bidisha Munshi	Assistant Professor	Hazi A.K. Khan College		
4	Siddhanta Chakrabarty	SACT	HAKKE		
5	Amit Kumar Sarkar	SACT-II	H.A.K.K.C.		
6	Emanuel James A.	Assistant Professor	Hazi A.K. Khan College		
7	Sanjit Kumar Ray	SACT-II	H.A.K.K.C.		
8	Sajal Hossain Shaikh	SACT-II	H.A.K.K.C		
9	KRISHNENDU MUNSI	Asst. Prof.	HAKKE		
10	Md Rezaul Karim Khan	SACT-II	HAKKE		



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Hazi A. K. Khan College

A One Day State Level Seminar on 'YOGA AND STRESS MANAGEMENT'


Resource Person: Dr. Amit Kumar Sarkar, Associate Professor, Department of Physical Education, Kalyani Mahavidyalaya

Organised by Department of Physical Education, Hazi A. K. Khan College

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

Date: 02.12.2022, Time: 12.00 P.M., Venue: Room No- 110, Hazi A. K. Khan College

REGISTRATION FORM

Name	Designation	Name of the Institution	Registration Number (Only for Students)	Semester & Subject (Only for Students)	Contact Number	Signature with date
1. Maysim Mondal	Student	Hazi A. K. Khan College	41st Hazi Khan College	1st Physical Edu	88 93 05 7877	 02.12.2022
2. Yasir Mondal	Student	Hazi A. K. Khan College		1st Physical Edu.	62 97 98 5848	Yasir Mondal 02.12.2022
3. Md Sayed Shaikh	Student	Hazi A. K. Khan College	050152	4th Sem Phy. Edu	73 87 02 4006	Md Sayed Shaikh 02.12.2022
4. Shiksha Ghosh	Student	Hazi A. K. Khan College		1st Sem Phy. Edu	70 20 29 8282	Shiksha Ghosh 02.12.2022
5. Faruk Ahmed	Student	Hazi A. K. Khan College	050097	4th Sem Phy. Edu	0735342065	Faruk Ahmed 02.12.2022
6. Anik Bhosh	Student	Hazi A. K. Khan College	046064	2nd Sem Phy. Edu	9389069234	Anik Bhosh 02.12.2022
7. Sahidujaman Mandal	Student	Hazi A. K. Khan College	046167	2nd Sem Phy. Edu	9784099493	Sahidujaman Mandal 02.12.2022



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A One Day State Level Seminar on 'YOGA AND STRESS MANAGEMENT'

Resource Person: Dr. Amit Kumar Sarkar, Associate Professor, Department of Physical Education, Kalyani Mahavidyalaya

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Name	Designation	Name of the Institution	Registration Number (Only for Students)	Semester & Subject (Only for Students)	Contact Number	Signature with date
1. ANESUR MONDAL	STUDENT	HAZI A.K. KHAN COLLEGE		1st Education	7872446891	Aneesur Mondal
2. JULEKHA KHATUN	Student	Hazi A.K. Khan college		1st Education	8653447330	Julekha Khatun
3. Rubina Khatun	student	Hazi A.K. Khan college		1st Education	8768523253	Rubina Khatun
4. Anurita Phatun	Student	Hazi A.K. Khan College		1st Education	8938705121	Anurita Phatun
5. Sahid Hossain	Student	Hazi A.K. Khan college		1st Education	9907028253	Sahid Hossain
6. Mostafi Mondal	student	Hazi A.K. Khan college		1st Education	7866932258	Mostafi Mondal
7.						



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1. Churamani Mondal	Student	Hazi A.K. Khan College	059088	Phy. Edu 4th	767698622	Churamani Mondal 02.12.22
2. Toufik Hossain Mondal	Student	Hazi A.K. Khan College	059340	Phy. Edu 4th	8918297398	Toufik Hossain Mondal 02.12.22
3. Hafise Biswas	Student	Hazi A.K. Khan College		1st Physical Edu	9060693641	Hafise Biswas 02.12.2022
4. Md. Tahmidul Ansari	Student	Hazi A.K. Khan College	059153	4th Physical Edu	9339076993	Md. Tahmidul Ansari 02.12.2022
5.						
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Name	Designation	Name of the Institution	Registration Number (Only for Students)	Semester & Subject (Only for Students)	Contact Number	Signature with date
1. Sajjima Akter	Student	Hazi A.K. Khancollege		1st sem Education	90644939414	Sajjima Akter
2. Naim molla	Student	Hazi A.K. Khan college		1st sem Physical Education	9932792199	Naim molla
3. Rubina Akter Bannu	Student	Hazi A.K. Khan college		1st sem Education	9134123560	Rubina Akter Bannu
4. Saleuddin Mondal	Student	Hazi A.K. Khan college		1st sem Education	9641586544	Saleuddin Mondal
5. Sahida Khatun	Student	Hazi A.K. Khan College		1st sem Education	8710014698	Sahida Khatun
6. Samima Akter	Student	Hazi A.K. Khan College		1st sem Education	9909624428	Samima Akter
7. Samia Bannu	Student	Hazi A.K. Khan College		1st sem Education	8195966781	Samia Bannu



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1. Sabnur khatoon	Student	Hazi A.K. Khan College		Bengali	9907494951	Sabnur khatoon
2. Sobnur Sultana	Student	Hazi A.K. Khan College		Bengali	9883008200	Sobnur Sultana
3. Saidur Rahman SK	Student	Hazi A.K. Khan College	2152301253	Bengali	8358320227	Saidur Rahman SK
4. Khadija Khatoon	Student	Hazi A.K. Khan College	2152300629	Bengali	8710023377	Khadija Khatoon
5. Saïra Banu	Student	Hazi A.K. Khan College	2152300022	Bengali	6296494043	Saïra Banu
6. Ajad Malika	Student	Hazi A.K. Khan College		Bengali Education	7319176035	Ajad Malika
7.						



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1. Yeemin Khan	Student	Hazi A. K. Khan College		1st Sem Education	7718562522	Yeemin Khan
2. Keysha Sultana	Student	Hazi A. K. Khan College		1st Sem Education	9339073075	Keysha Sultana
3. Jimia Sabnam	Student	Hazi A. K. Khan College		1st Sem Education	9593135972	Jimia Sabnam
4. MILI PARVIN	STUDENT	HAZI A. K. Khan College		1st Sem Education	8101697962	Mili Parvin
5. Masidul Islam	Student	Hazi A. K. Khan College	0599229	General	8906706225	Masidul Islam
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HAZI A. K. Khan College
Estd. 2008
Affiliated to University of Kalyani

Seminar on
Yoga and Stress Management
Organized by
Department of Physical Education
In collaboration with IQAC,
Hazi A. K. Khan College



Resource Person:

Dr. Amit Kumar Sarkar



Associate Professor
Department of Physical Education
Kalyani Mahavidyalaya
Kalyani, Nadia

About the Seminar:

Yoga is a holistic practice that combines physical postures (asanas), breath control (pranayama), meditation, and ethical principles to promote overall well-being. It has been shown to be an effective tool for stress management, providing both physical and mental benefits.



Date: 02.12.2022



Time: 12:00 noon



Venue: Hazi A. K. Khan College

About the College: Hazi A. K. Khan College is the lone representative institution of Higher Education at Hariharpara Block. Generous Hazi Abdul Kader Khan donated land to set up a college. In 2008, the college started its journey getting affiliation from University of Kalyani with Honours and General courses in some disciplines in Arts. At present twelve academic departments in Arts are there, out of which seven have Honours Courses.

Patron

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

Dr. Krishneendu Munsi
Coordinator, IQAC
Hazi A.K. Khan College



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Memo No.:

Date: 28/11/2022

From: Principal

Notice

It is hereby notified to all the students and staff that a seminar on 'Yoga and Stress Management' is going to be organised by Department of Physical Education in collaboration with IQAC on 02.12.2022 at 12:00 noon in our college.

All are requested to attend the above mentioned seminar positively..



Dr. Goutam Kumar Ghosh
Principal
Hazi A. K. Khan College
Hariharpara, Murshidabad

Principal
Hazi A. K. Khan College
Hariharpara, Murshidabad

Prepared by Alauddin Biswas