

MUGBERIA GANGADHAR MAHAVIDYALAYA



NAAC: B+ (3rd Cycle); College with Potential for Excellence (UGC);
Star College, DBT (Gol)]

(Affiliated to Vidyasagar University)

Vil+PO-Bhupatinagar, Dist.-Purba Medinipur

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Date: 05.01.2023

NOTICE

It is hereby notified that a workshop on "Happiness Programme" will be organized by Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya in collaboration with Art of Living, Bangalore (A Non-Government Organization) on 12.01.2023 to 14.01.2023 at Mugberia Gangadhar Mahavidyalaya. So, interested students and teachers are informed to register their name to HOD, Dept. of Nutrition, MGM.

Apurba Gini
05/01/2023

Head

Dept. of Nutrition

Mugberia Gangadhar Mahavidyalaya

Sonam 5.01.2023
Principal

Mugberia Gangadhar Mahavidyalaya



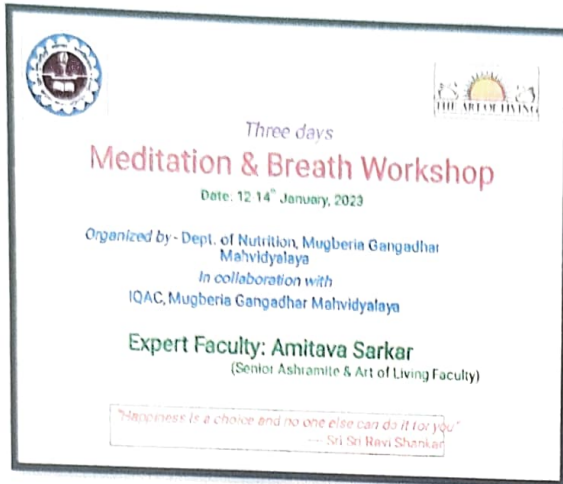
Principal
Mugberia Gangadhar Mahavidyalaya

Happiness programmed 12th-14th January 2023

REPORT:

Three days Capacity building programmed on "Meditation and Breath Workshop"- Organized by Dept. of Nutrition in collaboration with IQAC, Mugberia Gangadhar Mahavidyalaya on 12-14th January, 2023. The program was designed by Art of Living Organization, Bangalore. Faculty- Amitava Sarkar, No. of participated students- 24 workshop on "Happiness program" entitled on 12-14th January, 2023 at 1.00 pm -4.00pm onwards to help, motivate and encourage for student. Dr. Apurba Giri Assistant Professor &H.O.D, Department of nutrition, was joining this program. The teachers and students participated with full interest, enthusiasm and eagerness. A uniquely powerful combination of Guided Yoga, Meditations, Profound Wisdom and Powerful Rhythmic Breathing Technique – Sudarshan Kriya. The Happiness Program takes place over three relaxing and rejuvenating, yet focused days. From reducing stress to getting better rest, these techniques have a demonstrated measurable impact on the quality of life. So the workshop was very much successful.

PHOTO:

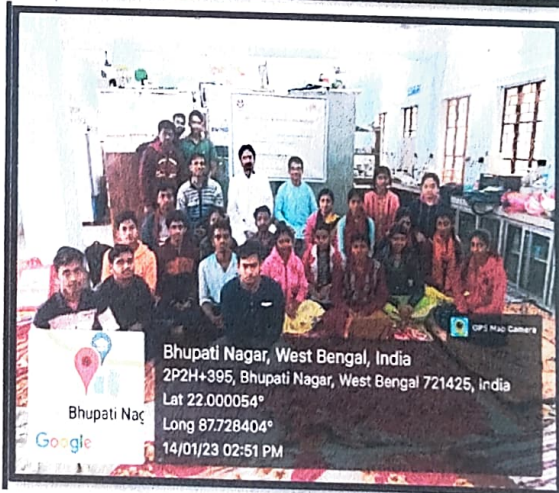
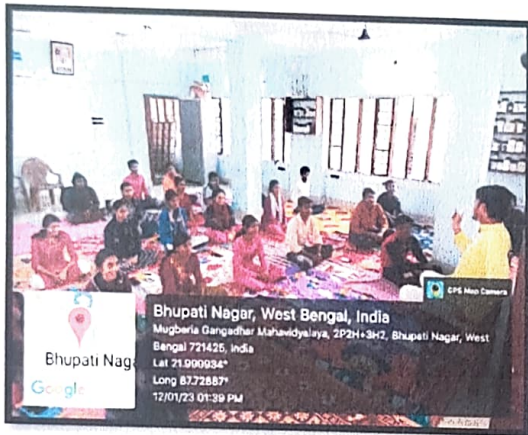
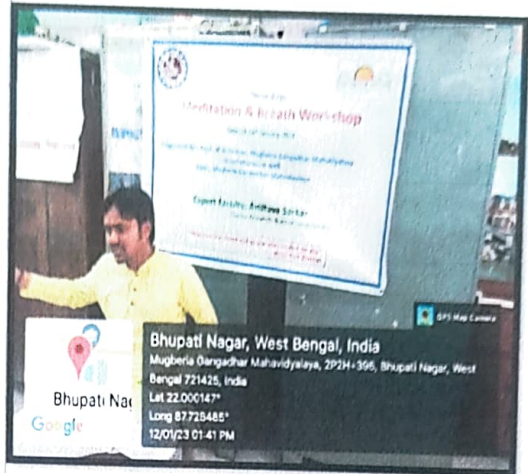


Three days
Meditation & Breath Workshop
Date: 12-14th January, 2023

Organized by - Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya
In collaboration with
IQAC, Mugberia Gangadhar Mahavidyalaya

Expert Faculty: Amitava Sarkar
(Senior Ashramite & Art of Living Faculty)

"Success is a choice and no one else can do it for you"
— Sri Sri Ravi Shankar



Attendance of Participants:-

1. Ananya Bhuina
2. Ritushree Dinda
3. Sayan Maity
4. Srijita Roy
5. Amit Pal
6. Sudip Jana
7. Surajit jana
8. Arpita Samanta
9. Biswajit Bhuina
10. Payal Manna
11. Suchitra Barik
12. Monalia Patra
13. Sanghamitra Choudhuri
14. Nirupam Bera
15. Ankan Bag
16. Susmita Ghorai
17. Arnab Jana
18. Saptami Maity
19. Anupama Kamila
20. Jagannath Mondal
21. Sanjib Das
22. Milan Giri
23. Sumita Maity
24. Surojit Barui

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition(UG&PG)

Happiness programme (12-14 January ,2023)

Student's feedback form

Name of the student: Anpita Samanta

Name of the semester: 1st semester.

1. Is the program happened every year in this Department?

a) yes

b) no

2. Do you think this type of course is helpful in our life?

a) yes

b) no

3. How many trainer were present in that program?

a) 3

b) 2

c) 4

4. Is the happiness program related with your study?

a) yes

b) no

5. Pay any comments or concerns regarding this programme.....

..... This programme is very helpfull.

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition(UG&PG)

Happiness programme (12-14 January ,2023)

Student's feedback form

Name of the student: Ananya Bhunia.

Name of the semester: 1st Semester.

1. Is the program happened every year in this Department?

a) yes

b) no

2. Do you think this type of course is helpful in our life?

a) yes

b) no

3. How many trainer were present in that program?

a) 3

b) 2

c) 4

4. Is the happiness program related with your study?

a) yes

b) no

5. Pay any comments or concerns regarding this programme.....

..... We are interested in this programme

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition(UG&PG)

Happiness programme (12-14 January ,2023)

Student's feedback form

Name of the student: Ankon Bag

Name of the semester: 1st Sem

1. Is the program happened every year in this Department?

a) yes

b) no

2. Do you think this type of course is helpful in our life?

a) yes

b) no

3. How many trainer were present in that program?

a) 3

b) 2

c) 4

4. Is the happiness program related with your study?

a) yes

b) no

5. Pay any comments or concerns regarding this programme. This

.....
course is very helpful to concentrate in our study.

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition(UG&PG)

Happiness programme (12-14 January ,2023)

Student's feedback form

Name of the student: Sanghamitra Chowdhury,

Name of the semester: 1st Semester.

1. Is the program happened every year in this Department?

a) yes

b) no

2. Do you think this type of course is helpful in our life?

a) yes

b) no

3. How many trainer were present in that program?

a) 3

b) 2

c) 4

4. Is the happiness program related with your study?

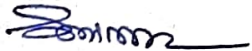
a) yes

b) no

5. Pay any comments or concerns regarding this programme..... We are

Interested in this Programme.




14.01.2023
Principal
Mugberia Gangadhar Mahavidyalaya

RESOLUTION:

1. Yoga is an ancient physical, mental and spiritual practice that originated in India.
2. The importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health.
3. Regular yoga practice also benefits healthy individuals, improving psychological well-being, satisfaction with life, and self-esteem, and reducing stress and performance anxiety.
4. The peace and happiness we access on our mats is no accident.