



MUGBERIA GANGADHAR MAHAVIDYALAYA

P.O.—BHUPATINAGAR, Dist.—PURBA MEDINIPUR, PIN.—721425, WEST BENGAL, INDIA

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia_college@rediffmail.com // www.mugberiagangadharmahavidyalaya.ac.in

Report

On

Life Skill Orientation Program “Meditation and Mindfulness”

Organized by

Department of Mathematics(UG & PG)

Mugberia Gangadhar Mahavidyalaya

Under

DBT Star College Strengthening Scheme, Govt. of India

<https://twitter.com/Swapank26545954/status/1632026712564432898?s=19>



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Notice

Date-20.02.2023

This is to notify all the students that the Dept. of Mathematics, Mugberia Gangadhar Mahavidyalaya will organize a life skill orientation program "Meditation and Mindfulness" from 04th March 2023 to 28th March 2023 in the said department through offline mode. The interested students of the department are requested to be presented positively.

With best Wishes

Swam 20.02.2023
Dr. Swapan Kumar Misra

Principal
Principal
Mugberia Gangadhar Mahavidyalaya



A life skill orientation program “Meditation and Mindfulness” is held from 04th March 2023 at 2.15p.m to 4.30p.m in Mathematics department. This program is inaugurated by Dr. Swapan Kumar Misra, Principal, Mugberia Gangadhar Mahavidyalaya. In this program Dr. Kalipada Maity , HOD Dept. of Mathematics said about “Meditation and Mindfulness”. Dr. Manoranjan De, Mr. Bikash Panda Mr. Santu Hati, Mr. Goutam Kumar Mandal are present in this program. The programme is closed on 28th March 2023.

Coordinator: Dr. Kalipada Maity, HOD & Associate Professor, Dept of Mathematics

Course Director & Teacher: Mr. Santu Hati, Contractual Assistant Professor, Dept. of Mathematics.

Course Description:

This course provides an overview on the relation of mindfulness (the ability to attend in a nonjudgmental way to one’s own physical and mental processes during ordinary, everyday tasks) with various health outcomes and disease risk factors such as diet, obesity, physical activity, sleep, depression, and anxiety. Mechanisms by which mindfulness may influence health will be addressed. The course will assess studies in the field for methodological rigor, and students will be taught strengths and weaknesses of current research. Mixed teaching methods will be used, such as small and large group discussions, informal student presentations, and lectures. Students will be taught various mindfulness practices including direct experience with mindfulness meditation.

Mindfulness and meditation interventions have become more mainstream in behavioral medicine and psychiatry, with the advent of therapies such as Acceptance and Commitment Therapy (ACT), Dialectic Behavior Therapy (DBT), Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Cognitive Therapy (MBCT), Mindfulness Training for Smoking (MTS), Mindfulness-Based Eating Awareness Training (MB-EAT), amongst others. Mindfulness-based interventions have been building evidence to potentially, in part, alleviate many of the critical health outcomes that public health is focused on, such as depression, anxiety, and cardiovascular disease. However, moving forward, it is important to provide students with a methodologically rigorous, critical evaluation of the evidence to date, plausible mechanisms, and interventions with the strongest evidence base to be effective.

Course Goals & Targets:

1. Strengthening the mental power:

- Students will easily understand the power of mind and its various functions theoretically and practically. So the power of concentration is high of any student if she/he practices meditation regularly.
- Students will gradually practice the systematic method for enrichment of the mind power.
- Students will be the source of the hope and inspiration in their community /organization/industrial environment.

2. Intellectual Enrichment:

- Students will learn to think critically and gather knowledge from different field of study.
- Students will be exposed to several well-established models that have been developed for the purpose of understanding human personality development, including cognitive, behavioral, biological, social-cultural, and spiritual perspectives.

The Power of Concentration:

The main difference between men and the animals is the difference in their power of concentration. All success in any line of work is the result of this. Everybody knows something about concentration. We see its results every day. High achievements in art, music, etc. are the results of concentration. An animal has very little power of concentration. Those who have trained animals find much difficulty in the fact that the animal is constantly forgetting what is told him. He can not concentrate his mind long upon anything at a time. Herein is the difference between man and the animals-man has the greater power of concentration. The difference in their power of concentration also constitutes the difference between man and man. Compare the lowest with the highest man. The difference is in the degree concentration. This is the only difference.

Everybody's mind becomes concentrated at times. We all concentrate upon those things we love, and we love those things upon which we concentrate our minds. What mother is there that does not love the face of her homeliest child? That face is to her the most beautiful in the world. She loves it because she concentrates her mind upon it;

and if everyone could concentrate his mind on that same face, everyone would love it. It would be to all the most beautiful face. We all concentrate our minds upon those things we love.

The great trouble with such concentrations is that we do not control the mind; it controls us. Something outside of ourselves, as it were, draws the mind into it and holds it as long as it chooses. We hear melodious tones or see a beautiful painting, and the mind is held fast; we cannot take it away.

If I speak to you well upon a subject you to like, your mind becomes concentrated upon what I am saying. I draw your mind away from yourself and hold it upon the subject in spite of yourself. Thus our attention is held, our minds are concentrated upon various things, in spite of ourselves. We cannot help it.

Now the question is: Can this concentration be developed, and can we become masters of it? The Yogis say, yes. The Yogis say that we can get perfect control of the mind. On the ethical side there is danger in the development of the power of concentration-the danger of concentrating the mind upon an object and then being unable to detach at will. This state causes great suffering. Almost all of our suffering is caused by our not having the power of detachment. So along with the development of concentration we must develop the power of detachment. We must learn not only to attach the mind to one thing exclusively, but also to detach it at a moment's notice and place it on something else. These two should be developed together to make it safe.

This is systematic development of the mind. To me the very essence of education is concentration of mind, not the collecting facts. If I had to do my education over again and had any voice in the matter, I would not study facts at all. I would develop the power of concentration and detachment, and then with a perfect instrument I could collect facts at will. Side by side, in the child, should be developed the power of concentration and detachment.

SUGGESTED DAILY ROUTINE FOR THE STUDENTS

Sl. No	Items	Time
1	Getting Up	
2	Bed Folding, Washing, etc.	
3	Meditation	
4	Prayer and Chanting	
5	Exercise and Yogasana	
6	Breakfast	
7	Room cleaning, Washing, Bath, etc.	
8	Morning Study Hours	
9	Lunch	
10	College Hour	
11	Games and Sports	
12	Tiffin	
13	Evening Study Hours	
14	Dinner	
15	Sleep	

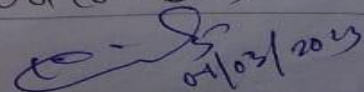
List of presented students is given below

Life Skill Orientation Program ^{04/03/2023}
 "Meditation and Mindfulness" Date: / /
Page:

Inaugurated by Dr. ~~R~~ Swanpan Kumar
 Misra, Principal, Mugheria Gangadhar
 Mahavidyalaya.

Signature of Present Members.

- 1.
2. (C) Maity, 04/03/2023 HOD, Dept. of Math. M.
3. Santu Hiti 04/03/2023
4. Goutam K. Mandal.
5. Sudeshna Maity PG (4th Sem)
6. Sumana Maity PG (4th sem)
7. Snigdha Mandal PG (4th Sem)
8. Priti Das Adhikari PG (4th Sem)
9. Shrabani Jana PG (4th sem)
10. Suchismita Pradhan PG (4th Sem)
11. Bireya Jana PG (4th sem)
12. Tapasi Karan PG (4th sem)
13. Subinoy Patra PG (4th Sem)
14. Dipankar Barman PG (4th sem)
15. Pradyot Dalapati PG (4th Sem).
16. Biren Patra PG (4th Sem)
17. Subhadip Mandal. PG (4th Sem)
18. Buddhadev Jana PG (4th Sem)
19. Goutam Jana PG (4th Sem)
20. Sojan Sahoo UG (4th Sem)
21. Rajakumar Shee PG (4th sem)
22. Debajyoti Maity PG (4th sem)
23. Sahab Bera PG (4th Sem)
24. Soumyadeep Bera UG (6th Sem)
25. Sumajit Maity UG (6th Sem)
26. Amarendra Maity UG (6th sem)
27. Jatindranath Samant UG (6th sem)
28. Soumitra Das UG (6th sem)
29. Baichaspati Mondal UG (6th sem)
30. Sudeshna Maity UG (6th Sem)

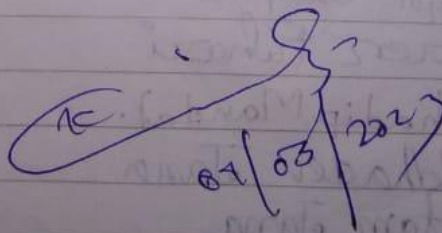

 04/03/2023

Meditation and Mindfulness

09/03/2023

Date: 1/1/
Page: 1

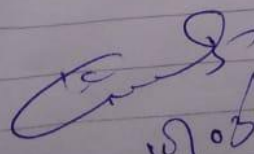
- | | |
|-------------------------------------|----------------|
| 31. Sonali Mandal | UG (6th sem). |
| 32. Megha Ranisahoo | UG (6th sem) |
| 33. Paramita Maity | UG (6th sem) |
| 34. Bidisha Sasmal | UG (6th sem) |
| 35. Gourangi Pal | UG (6th sem) |
| 36. Amiya Mandal. | P.G (4th sem). |
| 37. Atanu Maity | UG (6th sem) |
| 38. Ayon Pradhan | UG (6th sem) |
| 39. Shubhanshu Gini | UG (6th sem) |
| 40. Shubham Majhi | UG (4th sem) |
| 41. Sandip Kumar Paul | UG (4th sem) |
| 42. Sandip Kumar Paul | UG (4th sem) |
| 43. Puspendu Sen | P.G (4 sem) |
| 44. Soumyakanti Mondal | P.G (4 sem) |
| 45. Dipak Paria. | P.G (1st sem) |
| 46. Chayan Kumar Jana | P.G (1st sem) |
| 47. Manoranjan Te, Asat Prof. Mathi | |
| 48. Bikash Panda | SACT, math |


09/03/2023

Life skill Orientation program "Meditation and Mindfulness"

Date: 10/03/2023
Page: 1

	Name	
1.	Bachaspati Mondal	UG (6th sem)
2.	Soumitra Das	UG (6th sem)
3.	Shubhajit Ghisi	UG (6th sem)
4.	Soumyadeep Das	UG (6th sem)
5.	Jatindranath Samanta	UG (6th sem)
6.	Sumagjit Maity	UG (6th sem)
7.	Amigendra Maity	UG (6th sem)
8.	Hemajun Datta	PG (1st sem)
9.	Chayan Kumar Jana	PG (1st sem)
10.	Tapas Karan	PG (4th sem)
11.	Poushali Tripathy	PG (4th sem)
12.	Soumitra Das	PG (1st sem)
13.	Sudeshna Maity	PG (4th sem)
14.	Goutam Jana	PG (4th sem)
15.	Dipak Paria	PG (1st sem)
16.	Sayantani Ghisi	PG (1st sem)
17.	Lalita Patra	PG (1st sem)
18.	Soumya Kanti Mandal	PG (4th sem)
19.	Pratik	
20.	Pratik	


10/03/2023

Life skill orientation Program
"Meditation and Mindfulness" class

Date: 17/03/2023

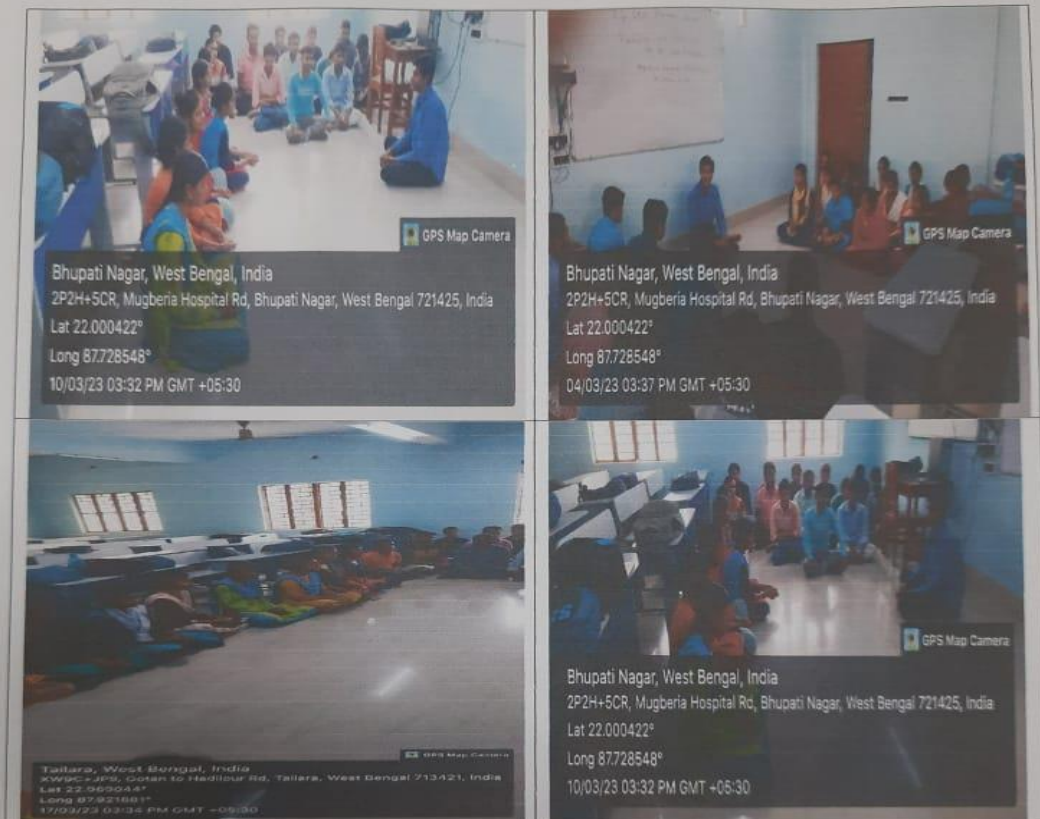
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	Name	Sem	Signature
1)	Santu Hati		Santu Hati
2)	Sayan Sahoo	UG-IV	Sayan Sahoo
3)	Shibam Majhi	UG-IV	Shibam Majhi
4)	Sandip Kumar Paul	UG-IV	Sandip Kumar Paul
5)	Jenarjun Datta	PG-II	H. Datta.
6)	Pradyot Dalapati	PG-IV	Pradyot Dalapati
7)	Saumitra Das	UG-G	Saumitra Das
8)	Shubhajit Gini	UG-G	Shubhajit Gini
9)	Saumitra Das	PG-2nd	Saumitra Das
10)	Goutam Jana	PG-4th	Goutam Jana
11)	Souryadeep Bej	UG-6th	Souryadeep Bej
12)	Atanu Maity	UG-6th	Atanu Maity
13)	Jatindranath Samanta	UG-6th	Jatindranath Samanta
14)	Bachaspati Mondal	UG-6th	Bachaspati Mondal
15)	Tapasi Karan	PG-4th	Tapasi Karan
16)	Poushali Tripathy	PG-4th	P. T.
17)	Sudeshna Maity	PG-4th	S. Maity
18)	Sayantani Giri	PG-2nd	Sayantani Giri
19)	Susmita Sahoo	PG-4th	S. Sahoo
20)	Paramita Maity	UG-6th	P. Maity
21)	Bidisha Sasmal	UG-6th	B. Sasmal
22)	Megha Ranisahoo	UG-6th	Megha R. Sahoo
23)	Gourangi Pal.	UG-6th	Gourangi Pal.
24)	Senali Mandal	UG-6th	Senali Mandal.
25)	Annesha Khataa	UG-6th	Annesha Khataa
26)	Sumana Maity	PG-4th	Sumana Maity
27)	Manoj Maity	PG-2nd	Manoj Maity
28)	Sanchayan Laha	PG-4th	S. Laha

Total → 28







Habi
 29.03.2023



Soni/Son
 29.03.2023
 Principal
 Mugberia Gangadhar Mahavidyalaya

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