



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.mugberiangangadharmahavidyalaya.ac.in

REPORT ON

THE UGC SPONSORED YOGA CERTIFICATE COURSE

Recognised By

*The Mugberia Gangadhar Mahavidyalaya
Bhupatinagar, Purba Medinipur, West Bengal, 721425*

Organised by

Department of Physical Education

*The Mugberia Gangadhar Mahavidyalaya
Bhupatinagar, Purba Medinipur, West Bengal, 721425*

26th July, 2023

Members Presents

1. Principal	:	Dr. Swapan Kumar Misra
2. TCS	:	Dr. Bidhan Samanta
3. IQAC Coordinator	:	Dr. Prasenjit Ghosh
4. NAAC Coordinator	:	Dr. Kalipada Maity
5. Course Coordinator	:	Dr. Biswajit Garai
6. Co-Coordinator	:	Mrs. Anindita Si Bera
7. Co-Coordinator	:	Mr. Jisu Krishna Jana

A short meeting was held on 10th May, 2023 at 3 pm at Principal chamber regarding the implementation of a certificate course on “The UGC sponsored Yoga certificate course” in the Department of Physical Education. All the teachers of the department and the Principal of the college were present in the said meeting. It was chaired by the Principal of the college.

Following decisions were taken in the meeting:

- ❖ It is decided that Dr. Biswajit Garai will be the coordinator of this course.
- ❖ It is decided that Mrs. Anindita Si Bera and Sri. Jisu Krishna Jana will be co-coordinator of this course.
- ❖ The course will be scheduled from 29th May, 2023
- ❖ Course Duration: 30+ hrs
- ❖ Delivery Mode: Offline
- ❖ Registration Fees Rs. 100/-

The meeting was ended by comes to an end with a vote of thanks

✚ NUMBER OF PARTICIPANTS: 97

✚ NUMBER OF MALE PARTICIPANTS: 49

✚ NUMBER OF FEMALE PARTICIPANTS: 48

✚ NAME OF THE YOGA TEACHER: MRS. UMA BHUNIA

NOTICE



MUGBERIA GANGADHAR MAHAVIDYALAYA

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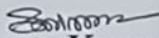
DBT Star College Scheme Award Recipient

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NOTICE

Date : 18.05.2023

This is to notify that UGC sponsored Yoga (Men & Women) certificate course is scheduled to be held on and from 29th. May, 2023 at 8.00 a.m. at college campus. Interested students are requested to register their name at the Department of Physical Education on or before 27th May, 2023.

 18.05.2023
Dr. Swapan Kumar Misra
Principal

Principal
Mugberia Gangadhar Mahavidyalaya

Registration Fees : Rs.100/-

Contact person :

1. Dr. Biswajit Garai – 9475671808
2. Sri Jisukirshna Jana- 9641596986
3. Smt. Anindita Si Bera – 8768983184
4. Sri Pratap Chandra Raut – 6290031493



INTRODUCTION

Yoga studies are an insight of practices of mind and body through different kinds of body postures also known as Asanas in Yoga, meditation and breathing techniques. Yoga has become an important part of almost everyone's daily schedule to maintain good physical as well as mental health, flexibility, endurance, and peace of mind.

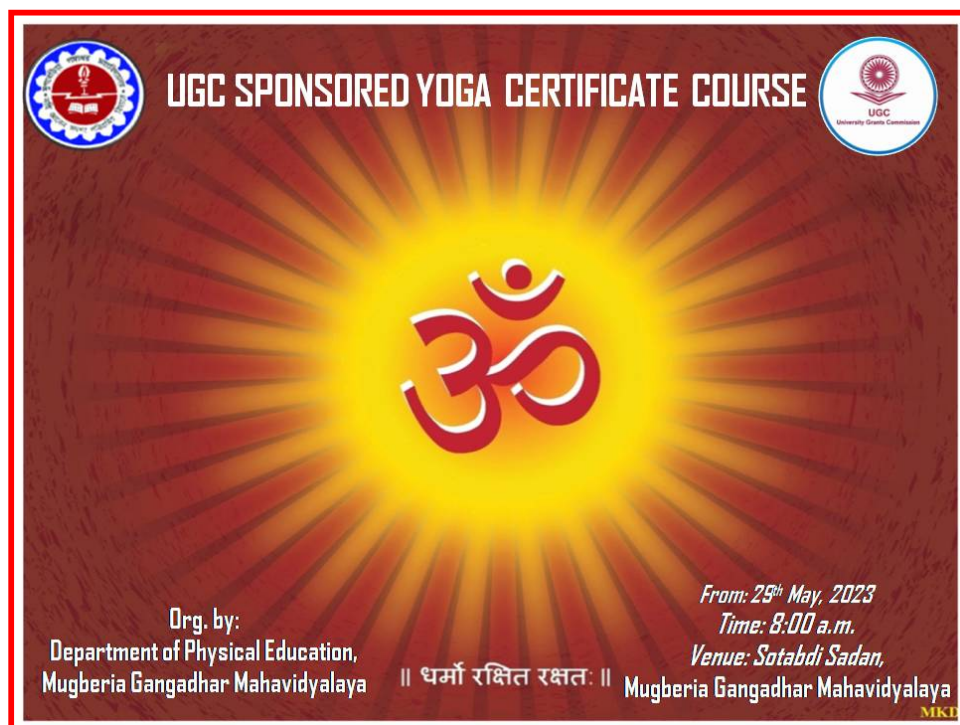
- Yoga Courses are a study of Asanas, their benefits, mindfulness, meditation, introspection, healthcare, proper nutrition, etc.
- In Yoga courses, students are introduced to various aspects of Yoga such as Diet and Nutrition, Yoga for different age groups, Yoga for maternity, Asanas, spiritual energy and the list goes on.
- Students can pursue Yoga courses at Certification, Bachelor's, Master's, Ph.D., and Diploma levels of study.
- Some popular Yoga courses are, namely, Certificate in Yoga Education (CYEd), BA in Yoga, MA in Yoga, Diploma in Yoga, etc.

Objectives of the Course

Yoga is a meditative process of self-discovery and liberation. It is a diverse collection of practices that aims to control the mind, recognize a detached witness consciousness, and free oneself from the cycle of birth and death. It teaches us to see ourselves clearly, to understand what is true about who we are, and to let go of anything that does not serve us. It helps us to become aware of our thoughts, feelings, and beliefs, and to change them when they no longer serve us. It gives us the tools to make better choices in life, and to live more fully.

Yoga is a practice that allows us to transform and purify our bodies, minds, and souls. It expands our consciousness to help us connect with nature and the universe around us. It also gives us greater access to inner resources to teach us about self-awareness, acceptance, compassion, patience, gratitude, forgiveness, humility, love, peace, and joy.

BANNER



SYLLABUS

Paper-III	Pranayama : Anulom - Vilom, Shitali, Shitkari,	5
(A)	Ujjayi, Bhramari, Bhraman Pranayam and Western Pranayam	
(B)	Dhauti : Agnisara Dhauti, Vaman Dhauti, Barisara Dhauti	5
(C)	Neti : Jala Neti, Sutra Neti	5
(D)	Mudras : Ashwini-Mudra, Mahaved-Mudra, Yoga-Mudra Uddian-Bandh-Mudra, Viparitarani-Mudra, Maha-Mudra, Mula-Bandh-Mudra, Shaktichalani-Mudra, Hasta-Mudra & Pada-Mudra	5
(E)	Vasti-Kriya : Sahaja Vasti Kriya, Snan Vidhi & Upavasa Vilhi	5
Paper-IV	Asanas Related to different ailments with special reference to Hypo kinetic Diseases – Workbook.	25

Career Oriented Programme in Income Tax and Goods & Service Tax Practice

Syllabus on Income Tax

- * Introduction to Income Tax,
- * Residential Status of an Assessee,
- * Various Heads of Income including Salary, Income under the head House Property, Profit & Gains from Business and Profession, Income from Capital Gains & other Sources,
- * Income Tax, Set off and carry forward of losses,
- * Return Filing under Income Tax, Filing online Application for PAN,
- * E-Filing of Income Tax return,
- * Introduction to Income Tax portal and credit statements
- * Concept of TDS,
- * Computation and Payment of TDS, Generating TDS Challans and Filing of TDS Returns.

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- * Income Tax computation
- * Training Students how to file Income Tax Return Training Students how to file E TDS return online
- * Permanent Account No
- * application and its procedure
- * E TDS Return filing Practical Training
- * Income Tax return filing techniques
- * How to compute Income Tax on Salary Income.
- * How to prepare Form 16 online and manual How to fill up Form 49A, 49B
- * Preparation of Challan 281 and 280 manual and computerized both
- * Income Tax Assessment procedure and handling Income Tax cases
- * Income Tax notice and Scrutiny Cases under section 143
- * Form 3CD Tax Audit procedure and laws practical training

Syllabus on Goods & Service Tax Practice

- What is GST: - Goods and Service Tax indirect Tax for the whole India
- Overview of Goods & Service Tax, Registration under GST (Regular and Composition),
- Meaning & Scope of Supply, Time of Supply, Value of Supply, Tax Rate structure, invoicing under GST regime, Input Credit Mechanism Return under GST (GSTR1, GSTR2, GSTR3 and so on), Payment of Taxes, Consequences of non – compliance and Compliance Rating, Transition to GST,
- E-commerce and ISD, Audit and Appeals in GST, GSTN and GSP.
- GST Administration
- GST Registration Process
- GST Payment
- GST Returns

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The activities may take place on an individual or group basis, and may be face to face or at a distance (including helplines and web-based services). They include career information provision (in print, ICT-based and other forms), assessment and self-assessment tools, counsellings interviews, career education programmes (to help individuals develop their self-awareness, opportunity awareness, and career management skills), tester programmes (to sample options before choosing them), work search programmes, and transition services.

In view of those Mugberia Gangadhar Mahavidyalaya intended to offer Career Oriented Programme [COP] to the students with the help of financial support from University Grant Commission, New Delhi, India. And offering four COP programmes viz. (i) Yoga Therapy Course (ii) Income and Goods & Service Tax Practice, (iii) Business Management and (iv) Communicative English (v) Foundation Course on Human Rights (vi) Certificate Course on Uses of Vermi Compost in Agriculture.

We hope the students from rural background as well as economically backward will be benefited to place themselves in self employment programme for their lively-hood.

Syllabus for Certificate Course in Yoga Therapy

Total Marks – 200	Periods – 200
Theoretical = 75	Periods = 75
Practical = 125	Periods – 125

THEORY

Paper	Content	Marks
Paper-I	Yoga – Its meaning and application : Meaning of the Terms. Aims and objectives of Yoga. Types of Yoga - Ashtanga Yoga. Yoga as Therapy. Yoga and Human Values.	75
	Psychological aspects of Yoga : Yoga and mental Health. Characteristics of mental health. Mental abnormalities. Role of Yoga in promoting mental health.	

2

Human body (Anatomical & physiological aspect) :
Brief description of the systems of human body. Effect of Yogic practices on various systems of human body. Postural deviations and remedies through Yogic practice.

Diet and components of food :
Principles of diet. Diet and nutrition – balance diet. Role of diet and management of diseases.

Stress and its management through Yoga.
Meaning and science of stress and tension. Psycho - physical aspects of tension. Stress related disease and role of Yogic practices in stress management.

PRACTICAL

Paper	Content	Marks-50
Paper-II	Asanas - Compulsory (Cultural, Meditative & Curative)	
	Ardha Chakrasana	Ardha Matsyendrasana
	Ardha Kurmasana	Bhujangasana
	Chakrasana	Dhanurasana
	Gomukhasana	Halasana
	Janushirasana	Kurmasana
	Makarasana	Matsyasana
	Padahasthasana	Padmasana
	Paschimotthanasana	Pawanuktasana
	Sarvangasana	Shasangasana
	Shalabhasana	Shasanasana
	Shirasana	Shyanapaschimotthanasana
	Supravajrasana	Trikonasana
	Ustrasana	Vadrasana
	Vajrasana	

Paper-II Groups	Asanas-Optional (any two from each group)			25
	A	B	C	
	Akamadharunasana	Kumbhimsana	Kuktasana	
	Parvatasana	Sankatasana	Uthitpadmasana	
	Singhasana	Kurmasana	Uthitakurmasana	

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ATTENDANCE SHEET
SAMPLE COPY

UGC SPONSORED YOGA

CERTIFICATE COURSE → 2023

Date 29.5.23

<u>SL</u>	<u>NAME</u>	<u>SEM</u>	<u>Roll</u>
1.	Supriya Mandal	1 th	1046
2.	Namita Barik	4 th	900
3.	Pranmit chandra	4 th	920
4.	Rajkumar Moities	4 th	940
5.	Anushree Samanta.	4 th	815
6.	Mom Patna	4 th	891
7.	Subhasit Jona		
8.	Ikram Ali Khan	4 th	1025
9.	Manishikha Jona	4 th	867
10.	Sanchita Gisi	4 th	1119
11.	Barun mandal	4 th	970
12.	Souvik maity	4 th	836
13.	Sujata Bera	4 th	1021
14.	Mallika Bhumia	4 th	1036
15.	Soumya Gisi	4 th	883
16.	Ayan Manna	4 th	1015
17.	Snehalita Gisi	4 th	1080
18.	Tanushree palra	6 th	1319
19.	Asim Bhumia	6 th	1293
20.	Bpai Bar	4 th	1078
21.	Puja Bag	4 th	906
22.	Sushamita oha	6 th	1239
23.	Radhakalab Das Adhikari	4 th	1113
			1103

YOGADate - 30.5.2023

<u>Name</u>	<u>Semester</u>	<u>ROLL</u>
① Supriya Mandal	1 th	1016
② Patai Bar	4 th	906
③ Anushree Samanta	4 th	815
④ Manishikha Jana	1 th	1119
⑤ Soumyajit Gisi	4 th	1015
⑥ Imran Ali Khan	1 st	857
⑦ Souvik Maiti	4 th	1021
⑧ Tamonay Mishra	6 th	1174
⑨ Arghya Saktara	6 th	1221
⑩ Rajesh Mandal	6 th	1266
⑪ Dipankar Gisi	6 th	881
⑫ Namita Basik	4 th	900
⑬ Sujata Bera	4 th	1036
⑭ Sanchita Gisi	4 th	970
⑮ Barnali Pramanik	2 nd	961
⑯ Sujata Surajit Rana	2 nd	1339
⑰ Sharmistha Gisi	2 nd	1203
⑱ Arpita Kotal	6 th	1225
⑲ Pramit Chandra	4 th	420 920
⑳ Prince Das	4 th	1102
㉑ Saheli Paria	6 th	1273
㉒ Anurima Paria	6 th	1219



MUGBERIA GANGADHAR MAHAVIDYALAYA

Bhupatinagar, Purba Medinipur, 721425, West Bengal

UGC SPONSORED YOGA CERTIFICATE COURSE

Org. by: Department of Physical Education

From: 29th May, 2023, Time: 8:00 a.m.,

Venue: Sotabdi Sadan, Mugberia Gangadhar Mahavidyalaya

Attendance Sheet

DATE: 06.06.23

Sl. No.	NAME (in Capital)	Roll No.	Department	Semester	Signature
1.	Durgabati Mondal	999	PED(G)	2nd	D. Mondal
2.	Soumy Ghoshal	1424	PED(G)	2nd	S. Ghoshal
3.	Gopal Sree	1002	PED(G)	2nd	G. Sree
4.	Subhika Boromman	1282	PED(G)	2nd	S. Boromman
5.	Imam Ali Khan	867	PED(G)	4th	I.A.K
6.	Swajit Rana	1339	PED(G)	2nd	S. Rana
7.	Sansib Jana	1090	PED(G)	4th	S. Jana
8.	Subhasit Jana	1025	PED(G)	4th	S. Jana
9.	Sorvik Maity	1021	11	4th	S. Maity
10.	Asim Bhunia	1078	PED(G)	4th	A. Bhunia
11.	Barun Mandal	836	PED(G)	4th	B. Mandal
12.	Sibsondoro Das	995	PED(G)	4th	S. Das
13.	Kemaram Giri	1381	PED(G)	2nd	K. Giri
14.	Papai Bar	906	PED(G)	4th	P. Bar
15.	Rajkumar Maity	910	PED(G)	4th	R. Maity
16.	Pranmit Chandra	920	PED(G)	4th	P. Chandra
17.	Sushamita Ojha	1113	PED(G)	6th	S. Ojha
18.	Tashoda Sahoo	1328	PED(G)	6th	T. Sahoo
19.	Pratibha Panda	1263	PED(G)	6th	P. Panda
20.	Sucharita Gueri	1349	PED(G)	6th	S. Gueri
21.	Swarnali Bhattacharya	1329	PED(G)	6th	S. Bhattacharya
22.	Arpita Kotal	1225	PED(G)	6th	A. Kotal
23.	Ankita Midya	1320	PED(G)	6th	A. Midya
24.	Nandita Bera	1257	PED(G)	6th	A. Bera
25.	Rishi Das	1269	PED(G)	6th	R. Das



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Org. by: Department of Physical Education

From: 29th May, 2023, Time: 8:00 a.m.,

Venue: Sotabdi Sadan, Mugberia Gangadhar Mahavidyalaya

Attendance Sheet

DATE: 02.06.23

Sl. No.	NAME (in Capital)	Roll No.	Department	Semester	Signature
1.	Papai Bar	306	PED	1 st	P. Bar
2.	Rajesh Mandal	1266	P.E	6 th	R. Mandal
3.	Sanghamitra Guin	1167	PED	2 nd	S. Guin
4.	Rajkumar Maity	940	P.Ed	4 th	Raj M
5.	Subhajit Jana	1025	PED	4 th	S. Jana
6.	Pranmit chandra	920	"	4 th	P. chandra
7.	Iqbal Ali Khan	867	PED(G)	4 th	I.A.K
8.	Radhakrishna Das Adhikari	1103	PED	4 th	R. Das Adhikari
9.	Nabaranjan Maiti	1256	PED(UT)	6 th	N. Maiti
10.	Souvik Maity	1021	"	4 th	S. Maity
11.	Durgapada Mondal	909	"	2 nd	D Mondal
12.	Mohan Jana	1054	"	"	M. Jana
13.	Susmita Sinha	1355	P.E(G)	2 nd	S. Sinha
14.	Shruti Mandal	1209	PED(G)	2 nd	S. Mandal
15.	Sukhesi's Barman	1282	PED(G)	2 nd	S. Barman
16.	Sibsundar Das	995	PED(G)	4 th	S.D.S.
17.	Manoj Roy Choudhury	1466	"	2 nd	M. Roy Choudhury
18.	Soumitra Das	1160	"	2 nd	S. Das
19.	Birendra Bera	968	"	2 nd	B. Bera
20.	Sumana Maity	1438	"	2 nd	S. Maity
21.	Rita Ghoshal	1439	"	2 nd	R. Ghoshal
22.	Mitali Manna	1052	"	2 nd	M. Manna
23.	Sharmistha Giri	1203	"	"	S. Giri
24.	Asim Bhattacharya	1078	"	4 th	Asim
25.	Barun Mandal	836	"	2 nd	B. Mandal



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Org. by: Department of Physical Education

From: 29th May, 2023, Time: 8:00 a.m.,

Venue: Sotabdi Sadan, Mugberia Gangadhar Mahavidyalaya

Attendance Sheet

DATE: 22.06.23

Sl. No.	NAME (in Capital)	Roll No.	Department	Semester	Signature
1.	Tammay Mishra	1174	Po. Ed	6th	T. Mishra
2.	Rupai Bar	306	"	4th	P. Bar
3.	Kenarcan Giri	1381	PHED	2nd	K. Giri
4.)	Birendra Bera	967	"	2nd	B. Bera
5.	Rajesh Mandal	1266	P. Ed.	6th	R. Mandal
6.	Rupai Bar Suman Ghosh	1424	P. Ed	2nd	S. Ghosh
7.	Prasemjit Bera.	1456	"	2nd	P. Bera
8.	Samin Kar	1160	"	2nd	S. Kar
9.	Durgapada Mandal	999	"	2nd	D. Mandal
10.	Gopal Shee	1002	"	2nd	G. Shee
11.	Mohan Jana	1004	"	"	M. Jana
12.	Mona Roy Choudhuri		"	"	M. R. C
13.	Akash Samanta	803	"	4th	A. Samanta
14.	Soukanya Patraik	1238	"	2nd	S. Patraik
15.	Sourav Jana	1436	"	"	S. Jana
16.	Madhumangal Maity	1030	"	"	M. Maity
17.	Nabamangal Maity	1256	"	6th	N. Maity
18.	Debabrata Maity	860	"	"	D. Maity
19.	Sourav Jana	1283	"	"	S. Jana
20.	Sohanjit Jana	1157	"	"	S. Jana
21.	Debagoti Maity	1299	"	"	D. Maity
22.	Pittika Fokari	986	"	4th	P. Fokari
23.	Supriya Mandal	1046	"	4th	S. Mandal
24.	Arghya Saxena	1221	"	6th	A. Saxena
25.	Debgopal Bera.	1237	"	6th	D. Bera.



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From: 29th May, 2023, Time: 8:00 a.m.,

Venue: Sotabdi Sadan, Mugberia Gangadhar Mahavidyalaya

Attendance Sheet

DATE: 23.06.23

Sl. No.	NAME (in Capital)	Roll No.	Department	Semester	Signature
1.	Tanusree patra	1293	P.ED	6th	T. Patra
2.	Papai Barz	906	"	4th	P. Barz
3.	Nabamoni Maiti	1256	"	6th	N. Maiti
4.	Radhakanta Das Adhikari	1103	"	4th	R. D. Adhikari
5.	Subhjit Jana	1025	"	4th	S. Jana
6.	Souvik Maiti	1021	"	"	S. Maiti
7.	Ismam Ali Khan	867	"	"	I. A. K.
8.	Dwiga Pata Mondal	999	"	2nd	D. Mondal
9.	Samir Kar	1160	"	"	S. Kar
10.	Mohan Jana	1054	"	"	M. Jana
11.	Monoj Roy choudhuri	1446	"	"	M.R.C.
12.	Bisendra Bera	967	"	"	B. Bera
13.	Somen Ghosal	1424	"	"	S. Ghosal
14.	Ritik Palani	988	"	6th	R. Palani
15.	Arghya Sautra	1221	"	6th	A. Sautra
16.	Abhijit Bera	1237	"	6th	A. Bera
17.	Sucharita Giri	1349	"	"	S. Giri
18.	Sandeep Jana	1345	"	"	S. Jana
19.	Sahanjit Jana	1157	P.ED (12F)	"	S. Jana
20.	Tanmay Mishra	1174	P.ED	"	T. Mishra
21.	Debjyoti Maiti	1299	"	6th	D. Maiti
22.	Mahumangul Maiti	1030	2nd 11	2nd	M. Maiti
23.	Rajesh Mondal	1266	"	6th	R. Mondal
24.	Suryakanta Barman	1344	"	2nd	S. Barman
25.	Sourav Barman	1248	"	"	S. Barman



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From: 29th May, 2023, Time: 8:00 a.m.,

Venue: Sotabdi Sadan, Mugberia Gangadhar Mahavidyalaya

Attendance Sheet

DATE: 24.06.23

Sl. No.	NAME (in Capital)	Roll No.	Department	Semester	Signature
1.	Rajesh Mandal	1266	P.Ed	1 st	R. Mandal
2.	Papai Bar	906	"	4 th	P. Bar
3.	Suman Dhali	1040	"	4 th	S. Dhali
4.	Shirli Mandal	1209	P.E.d	2 nd	S. Mandal
5.	Sanghamitra Guin	1167	PED	2 nd	S. Guin
6.	Mitali Monna	1052	P.E.D	2 nd	M. Monna
7.	Sharmistha Giori	1203	"	"	S. Giori
8.	Pealami Patra	1085	"	"	P. Patra
9.	Sharmistha Maity	1204	"	"	S. Maity
10.	Satli Pal	1192	"	"	S. Pal
11.	Suhasita Maity	1288	"	"	S. Maity
12.	Susmita Bar	1410	"	"	S. Bar
13.	Supriya Mandal	1046	"	4 th	S. Mandal
14.	Sona Bhattacharya	863	"	4 th	A. Bhattacharya
15.	Namita Barik	960	"	4 th	N. Barik
16.	Sanchita Giori	970	"	4 th	S. Giori
17.	Anushree Samanta.	815	P. Ed	4 th sem	A. Samanta.
18.	Manishikha Jana	1119	P. Ed	4 th	M. Jana
19.	Suhasita Giori	1340	"	6 th	S. Giori
20.	Anurupa Paria	1219	"	6 th	A. Paria
21.	Saheli Paria	1273	"	6 th	S. Paria
22.	Sohamjit Jana	1157	"	6 th	S. Jana
23.	Tanmay Mishra	1174	P. Ed	6 th	T. Mishra
24.	Prasenjit Bera.	1456	"	2 nd	P. Bera.
25.	Moham Jama	1054	"	2 nd	M. Jama.



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Org. by: Department of Physical Education

From: 29th May, 2023, Time: 8:00 a.m.,

Venue: Sotabdi Sedan, Mugberia Gangadhar Mahavidyalaya

Attendance Sheet

DATE: 26.06.23

Sl. No.	NAME (In Capital)	Roll No.	Department	Semester	Signature
1.	PRASENJIT BERA	1456	P.E.D	2nd	P. Bera
2.	Diyapa Mondal	999	"	"	D. Mondal
3.	Papai Bar	906	"	4th	P. Bar
4.	manoj Roy chowdhury	1466	"	2nd	m. Roy chowdhury
5.	Sunja Kanta Barman	1344	"	2nd	S. Bar
6.	Saumen Ghoshai	1424	"	2nd	S. Ghoshai
7.	Soupar Jana	1436	"	2nd	S. Jana
8.	Sami Kar	1160	"	2nd	S. Kar
9.	Soubhagya Paik.	1238	"	"	S. Paik
10.	Anushree Samanta.	815	P.E.D	4th sem	A. Samanta
11.	Mohan Jana	1054	P.E.D	2nd	M. Jana
12.	Sujata Bera.	1036	P.E.D	4th sem	S. Bera
13.	Sanchita Giri	970	P.E.D	4th sem	S. Giri
14.	Mallika Bhunia	883	P.E.D	4th sem	M. Bhunia
15.	Sona Bhattacha	863	P.E.D	4th sem	S. Bhattacha
16.	Durga Karika	864	P.E.D	4th sem	D. Karika
17.	Supriya Mandal	1046	"	4th	S. Mandal
18.	Sharmistha Maity	401209	P.E.D	2nd	S. Maity
19.	Isami Sahoo	945	P.E.D	2nd	A. Sahoo
20.	Rita Ghoshai	1439	P.E.D	2nd	R. Ghoshai
21.	Su Samita. bar	1410	P.E.D	2nd	S. bar
22.	Barnali Pramanik	961	"	"	B. Pramanik
23.	Banghamitra Gupta	1167	P.E.D	2nd	S. Gupta
24.	Mitali Manna	1052	P.E.D	2nd	M. Manna
25.	Sumana Maity	1438	P.E.D	2nd	S. Maity



MUGBERIA GANGADHAR MAHAVIDYALAYA

Bhupatinagar, Purba Medinipur, 721425, West Bengal

UGC SPONSORED YOGA CERTIFICATE COURSE

Org. by: Department of Physical Education

From: 29th May, 2023, Time: 8:00 a.m.,

Venue: Sotabdi Sadan, Mugberia Gangadhar Mahavidyalaya

Attendance Sheet

DATE: 30.06.23

Sl. No.	NAME (in Capital)	Roll No.	Department	Semester	Signature
1.	Rajesh Mandal	1266	P.E.D	6th	R. Mandal
2.	Tanusree Patra	1293	"	"	T. Patra
3.	Anushree Samanta.	815	"	4th	A. Samanta.
4.	Supriya Mandal.	1046	"	4th	S. Mandal.
5.	Soumyajit Guri	1015	"	4th	S. Guri
6.	Subhish Boromann	1282	"	2nd	S. Boromann
7.	Souvik Maity	1021	"	4th	S. Maity
8.	Sourav Jana	1283	"	6th	S. Jana
9.	Gopal Sree	1002	"	2nd	G. Sree
10.	Durgadevi Mandal	099	"	"	D. Mandal
11.	Prasenjit Berca.	1456	"	2nd	P. Berca.
12.	Sourav Barman	1248	"	2nd	S. Barman
13.	Akash Samanta	803	"	4th	A. Samanta
14.	Sourav Jana	1436	"	2nd	S. Jana
15.	Prati Bar	906	"	4th	P. Bar
16.	Sanir Kar	1160	"	2nd	S. Kar
17.	Manoj Roy Chowdhury	1466	"	2nd	M. Roy Chowdhury
18.	Biswajit Das	0971	"	2nd	B. Das
19.	Sunya Kanta Barman	1344	"	2nd	S. K. Barman
20.	Borun Mandal	886	"	4th	B. Mandal
21.	Mohan Jana	1059	2nd "	2nd	M. Jana.
22.	Debabrata Maity	860	"	6th	D. Maity
23.	Nababonon Maity	1246	"	6th	N. Maity
24.	Debijyoti Maity	1299	"	6th	D. Maity
25.	Dipankar Guri	871	"	6th	D. Guri

PHOTO GALLERY
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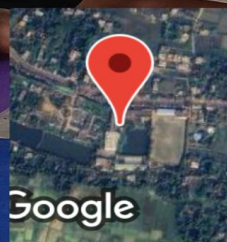






GPS Map Camera

Bhupati Nagar, West Bengal, India
2P2H+8CJ, Bhupati Nagar, West Bengal 721425, India
Lat 22.00081°
Long 87.728695°
01/06/23 07:39 AM GMT +05:30

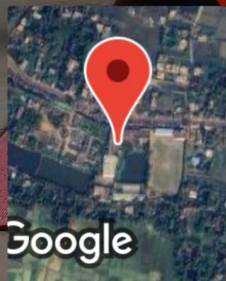


Google



GPS Map Camera

Bhupati Nagar, West Bengal, India
2P2H+8CJ, Bhupati Nagar, West Bengal 721425, India
Lat 22.000878°
Long 87.72869°
01/06/23 07:55 AM GMT +05:30



Google

CERTIFICATE DISTRIBUTION PHOTOS
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Bhupati Nagar, West Bengal, India

721, near Mugberia Gangadhar Mahavidyalaya, Bhupati
Nagar, West Bengal 721626, India

Lat 22.001056°

Long 87.728871°

20/07/23 12:47 PM GMT +05:30



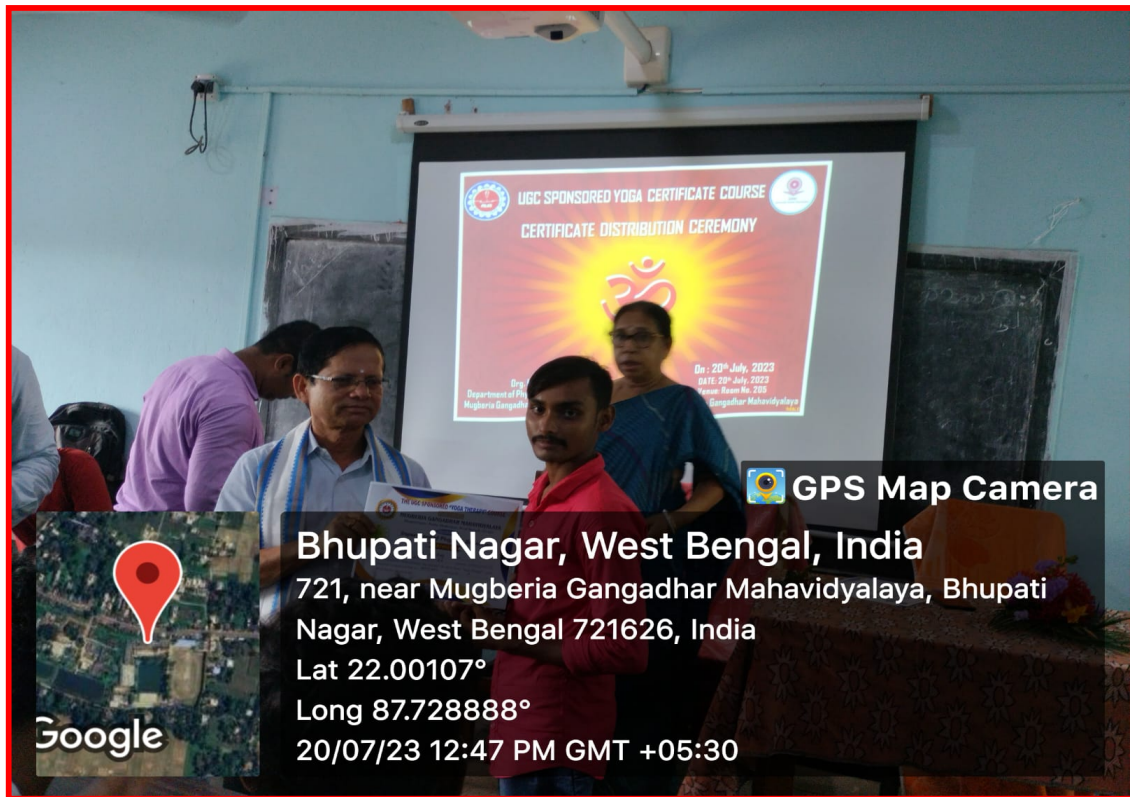
Bhupati Nagar, West Bengal, India

721, near Mugberia Gangadhar Mahavidyalaya, Bhupati
Nagar, West Bengal 721626, India

Lat 22.00107°

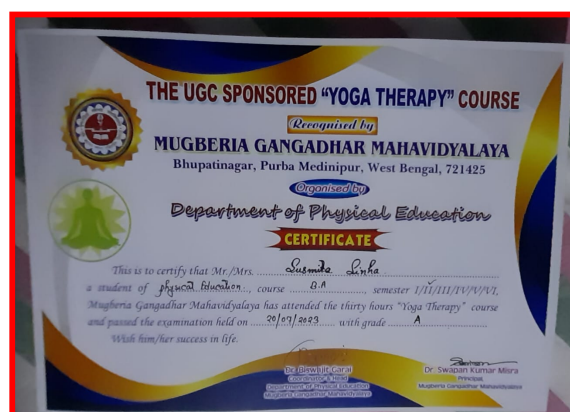
Long 87.728888°

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**CERTIFICAT
SAMPLE COPY**





FEEDBACK SAMPLE COPY

MUSHERIA GANGADHAR MAHAVIDYALAYA
Bhupatnagar, Purba Medinipur, 721425, West Bengal

UGC SPONSORED YOGA CERTIFICATE COURSE

FEEDBACK FORM

Students Name: Ayan Manna Course Name: Yoga
Sem: 4th (B.A.G.) Mob. No: 9547533332 E-mail: ayannanna03@gmail.com

List of ten questions:

- Did you acquire sound and sufficient knowledge of the courses thought?
Excellent ☒ Good ☐ Average ☐ Poor ☐
- Rate your skill development in terms of critical thinking and reasoning offered in the programme?
Excellent ☐ Good ☒ Average ☐ Poor ☐
- How much are the programme offered to you suggesting the programme related question?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses as per their communication skill and attitude?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Give the courses help in developing self - directed learning?
Excellent ☐ Good ☒ Average ☐ Poor ☐
- Rate the Courses in terms of their experimental learning and employability option:
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of their updating with recent developments.
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of their environmental awareness and relevance to sustainable measures?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of developing research - oriented skill.
Excellent ☐ Good ☐ Average ☐ Poor ☐
- How far the courses are relevant in terms of job opportunities and research / further studies?
Excellent ☐ Good ☒ Average ☐ Poor ☐

Ayan Manna
Signature of the participant

MUSHERIA GANGADHAR MAHAVIDYALAYA
Bhupatnagar, Purba Medinipur, 721425, West Bengal

UGC SPONSORED YOGA CERTIFICATE COURSE

FEEDBACK FORM

Students Name: Prasenjit Bera Course Name: Yoga
Sem: 2nd (B.A.G.) Mob. No: 9933915431 E-mail: prasenjitbera52@gmail.com

List of ten questions:

- Did you acquire sound and sufficient knowledge of the courses thought?
Excellent ☐ Good ☒ Average ☐ Poor ☐
- Rate your skill development in terms of critical thinking and reasoning offered in the programme?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- How much are the programme offered to you suggesting the programme related question?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses as per their communication skill and attitude?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Give the courses help in developing self - directed learning?
Excellent ☐ Good ☒ Average ☐ Poor ☐
- Rate the Courses in terms of their experimental learning and employability option:
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of their updating with recent developments.
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of their environmental awareness and relevance to sustainable measures?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of developing research - oriented skill.
Excellent ☐ Good ☐ Average ☐ Poor ☐
- How far the courses are relevant in terms of job opportunities and research / further studies?
Excellent ☐ Good ☐ Average ☐ Poor ☐

Prasenjit Bera
Signature of the participant

MUSHERIA GANGADHAR MAHAVIDYALAYA
Bhupatnagar, Purba Medinipur, 721425, West Bengal

UGC SPONSORED YOGA CERTIFICATE COURSE

FEEDBACK FORM

Students Name: Soupar Jena Course Name: Yoga
Sem: 2nd Mob. No: 7957848910 E-mail: jasouparjena@gmail.com

List of ten questions:

- Did you acquire sound and sufficient knowledge of the courses thought?
Excellent ☐ Good ☒ Average ☐ Poor ☐
- Rate your skill development in terms of critical thinking and reasoning offered in the programme?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- How much are the programme offered to you suggesting the programme related question?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses as per their communication skill and attitude?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Give the courses help in developing self - directed learning?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of their experimental learning and employability option:
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of their updating with recent developments.
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of their environmental awareness and relevance to sustainable measures?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of developing research - oriented skill.
Excellent ☐ Good ☐ Average ☐ Poor ☐
- How far the courses are relevant in terms of job opportunities and research / further studies?
Excellent ☐ Good ☐ Average ☐ Poor ☐

Soupar Jena
Signature of the participant

MUSHERIA GANGADHAR MAHAVIDYALAYA
Bhupatnagar, Purba Medinipur, 721425, West Bengal

UGC SPONSORED YOGA CERTIFICATE COURSE

FEEDBACK FORM

Students Name: Gopal Sircar Course Name: Yoga
Sem: 2nd Mob. No: 9083300717 E-mail:

List of ten questions:

- Did you acquire sound and sufficient knowledge of the courses thought?
Excellent ☐ Good ☒ Average ☐ Poor ☐
- Rate your skill development in terms of critical thinking and reasoning offered in the programme?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- How much are the programme offered to you suggesting the programme related question?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses as per their communication skill and attitude?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Give the courses help in developing self - directed learning?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of their experimental learning and employability option:
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of their updating with recent developments.
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of their environmental awareness and relevance to sustainable measures?
Excellent ☐ Good ☐ Average ☐ Poor ☐
- Rate the Courses in terms of developing research - oriented skill.
Excellent ☐ Good ☐ Average ☐ Poor ☐
- How far the courses are relevant in terms of job opportunities and research / further studies?
Excellent ☐ Good ☐ Average ☐ Poor ☐

Gopal Sircar
Signature of the participant

UGC SPONSORED YOGA CERTIFICATE COURSE

FEEDBACK FORM

Students Name: Asim Bhanu Course Name: Yoga
Sem: 1st Mob. No.: 9564975290 E-mail: _____

List of ten questions:

1. Did you acquire sound and sufficient knowledge of the courses thought?	Excellent	Good	Average	Poor
2. Rate your skill development in terms of critical thinking and reasoning offered in the programme?	Excellent	Good	Average	Poor
3. How much are the programme offered to you suggesting the programme related question?	Excellent	Good	Average	Poor
4. Rate the Courses as per their communication skill and attitude?	Excellent	Good	Average	Poor
5. Give the courses help in developing self - directed learning?	Excellent	Good	Average	Poor
6. Rate the Courses in terms of their experimental learning and employability option?	Excellent	Good	Average	Poor
7. Rate the Courses in terms of their updating with recent developments.	Excellent	Good	Average	Poor
8. Rate the Courses in terms of their environmental awareness and relevance to sustainable measures?	Excellent	Good	Average	Poor
9. Rate the Courses in terms of developing research - oriented skill.	Excellent	Good	Average	Poor
10. How far the courses are relevant in terms of job opportunities and research / further studies?	Excellent	Good	Average	Poor

Signature of the participant

Asim Bhanu

UGC SPONSORED YOGA CERTIFICATE COURSE

FEEDBACK FORM

Students Name: Amal Kumar Course Name: Yoga
Sem: 1st Mob. No.: 9564975290 E-mail: _____

List of ten questions:

1. Did you acquire sound and sufficient knowledge of the courses thought?	Excellent	Good	Average	Poor
2. Rate your skill development in terms of critical thinking and reasoning offered in the programme?	Excellent	Good	Average	Poor
3. How much are the programme offered to you suggesting the programme related question?	Excellent	Good	Average	Poor
4. Rate the Courses as per their communication skill and attitude?	Excellent	Good	Average	Poor
5. Give the courses help in developing self - directed learning?	Excellent	Good	Average	Poor
6. Rate the Courses in terms of their experimental learning and employability option?	Excellent	Good	Average	Poor
7. Rate the Courses in terms of their updating with recent developments.	Excellent	Good	Average	Poor
8. Rate the Courses in terms of their environmental awareness and relevance to sustainable measures?	Excellent	Good	Average	Poor
9. Rate the Courses in terms of developing research - oriented skill.	Excellent	Good	Average	Poor
10. How far the courses are relevant in terms of job opportunities and research / further studies?	Excellent	Good	Average	Poor

Signature of the participant

Amal Kumar

UGC SPONSORED YOGA CERTIFICATE COURSE

FEEDBACK FORM

Students Name: Shubhankar Nishy Course Name: Yoga
Sem: 1st Mob. No.: 6297625892 E-mail: pratikshabhatnagar@gmail.com

List of ten questions:

1. Did you acquire sound and sufficient knowledge of the courses thought?	Excellent	Good	Average	Poor
2. Rate your skill development in terms of critical thinking and reasoning offered in the programme?	Excellent	Good	Average	Poor
3. How much are the programme offered to you suggesting the programme related question?	Excellent	Good	Average	Poor
4. Rate the Courses as per their communication skill and attitude?	Excellent	Good	Average	Poor
5. Give the courses help in developing self - directed learning?	Excellent	Good	Average	Poor
6. Rate the Courses in terms of their experimental learning and employability option?	Excellent	Good	Average	Poor
7. Rate the Courses in terms of their updating with recent developments.	Excellent	Good	Average	Poor
8. Rate the Courses in terms of their environmental awareness and relevance to sustainable measures?	Excellent	Good	Average	Poor
9. Rate the Courses in terms of developing research - oriented skill.	Excellent	Good	Average	Poor
10. How far the courses are relevant in terms of job opportunities and research / further studies?	Excellent	Good	Average	Poor

Signature of the participant

Shubhankar Nishy

FEEDBACK FORM

Students Name: Sanjay Sana Course Name: Yoga
Sem: 1st Mob. No.: 9883404056 E-mail: 5369433@gmail.com

List of ten questions:

1. Did you acquire sound and sufficient knowledge of the courses thought?	Excellent	Good	Average	Poor
2. Rate your skill development in terms of critical thinking and reasoning offered in the programme?	Excellent	Good	Average	Poor
3. How much are the programme offered to you suggesting the programme related question?	Excellent	Good	Average	Poor
4. Rate the Courses as per their communication skill and attitude?	Excellent	Good	Average	Poor
5. Give the courses help in developing self - directed learning?	Excellent	Good	Average	Poor
6. Rate the Courses in terms of their experimental learning and employability option?	Excellent	Good	Average	Poor
7. Rate the Courses in terms of their updating with recent developments.	Excellent	Good	Average	Poor
8. Rate the Courses in terms of their environmental awareness and relevance to sustainable measures?	Excellent	Good	Average	Poor
9. Rate the Courses in terms of developing research - oriented skill.	Excellent	Good	Average	Poor
10. How far the courses are relevant in terms of job opportunities and research / further studies?	Excellent	Good	Average	Poor

Signature of the participant

Sanjay Sana



26.07.23
Principal
Mugheria Gangadhar Mahavidyalaya