



# **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](http://www.mugberiagangadharmahavidyalaya.ac.in)

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## **REPORT ON**

### **ONE DAY INTERNATIONAL WEBINAR**

**ON**

**“STRENGTHENING OF MENTAL HEALTH THROUGH MUSIC AND YOGA IN  
COVID-19 PENDING”**

## **ORGANIZED BY**

**DEPARTMENT OF MUSIC IN COLLABORATION WITH  
DEPARTMENT OF PHYSICAL EDUCATION AND RESEARCH CELL  
MUGBERIA GANGADHAR MAHAVIDYALAYA.**

**DATE: 24.08.2020 (Monday)**

**TIME: 03:00 P.M.**

## **Resolution**

The Department of Music in collaboration with Department of Physical Education and Research Cell of Mugberia Gangadhar Mahavidyalaya is going to organize an one day International webinar on “Straightening of mental health through Music and Yoga in covid-19” on 24<sup>th</sup> August, 2020 at 03:00 p.m. Prof. Pritam Katham and Dr. Biswajit Garai contacted speakers on this specific topic from India and Bangladesh and convinced them to deliver keynote addresses at the webinar.

### **Organizing Committee:**

1. Patron: Dr. Swapan Kumar Misra, (Principal)
2. Organizing Secretary: Dr. Sutapa Saha, (H.o.d, Music Dept.)
3. Convener: Pritam Katham, Asst. Prof. (Music)
4. Jt. Convener: Dr. Bidhan Chandra Samanta, (Co-ordinator, Research Cell, MGM)
5. Jt. Convener: Dr. Biswajit Garai, (H.o.d, Physical Education)

### **Eminent Speakers:**

1. **Swami Shastrajnananda**, Principal, Narendrapur RKM Residential College, West Bengal, India.
2. **Dr. Nupur Ganguly**, Assot. Prof, Dept. of Vocal Music, Rabindra Bharati University, West Bengal, India.
3. **Prof. Md. Khairul Islam Khan**, Chairman, Dept. of Physical Education & Dean, School of Education and Physical Education, Uttara University, Bangladesh.
4. **Dr. Mohoshina Akter Khanom ( Leena Taposi Khan)**, Assot. Prof., Dept. of Music, Dhaka University, Bangladesh.

### **Agendas:**

1. Mr. Pritam Katham and Dr. Biswajit Garai are responsible for sending the invitation letters to the honourable speakers.
2. Dr. Bidhan Chandra Samant was given the responsibility to look after the technical aspect.
3. Dr. Sutapa Saha, Pritam Katham and Dr. Biswajit Garai were given the task of preparing the agendas/ Programme Schedule.
4. The seminar will be conducted through Zoom application and live from YouTube and Facebook.
5. Dr. Bidhan Chandra Samantha will arrange the links for registration, feedback form and Auto generated Certificates through Google Form etc.
6. Pritam Katham and Dr. Biswajit Garai were given the responsibility to send the appreciation letters/certificates to the honourable speakers via Email.

### **Signature:**

1. Dr. Swapan Kumar Misra, Principal-
2. Dr. Bidhan Chandra samanta- HOD, Physics Dept. & Coordinator(Research Cell)-
3. Dr. Sutapa Saha- HOD, Music Dept. -
4. Pritam Katham-Asst. Prof. (Music)-
5. Dr. Biswajit Garai-HOD, Physical Education-
6. Soumen Mukherjee, SACT-1 (Music)-
7. Sajal Kumar Bera, SACT(Music)-



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**Date:- 10/08/2020**

**Notice**

This is to notify that the Department of Music in collaboration with Department of Physical Education and Research Cell of Mugberia Gangadhar Mahavidyalaya is going to organize a one day International webinar on “Straightening of mental health through Music and Yoga in covid-19” on 24<sup>th</sup> August, 2020 at 03:00 p.m.

All students, faculty and interested persons are requested to Registrar there and attend the said webinar. The Registration fees will be free.

**Registration link:** <https://forms.gle/Wmt1KhxeqMxtF9KN7>

**Youtube Link:** <https://www.youtube.com/channel/UCUhsYjw-llDjXOupZaW6g>

**Facebook link:** <https://www.facebook.com/mugberiacollege/>

**Convener**  
Pritam Katham  
Convener, Webinar Committee



**Signature of The Principal**  
Dr Swapan Kumar Misra  
**Principal**  
Mugberia Gangadhar Mahavidyalaya



**One day International Webinar on  
"Strengthening of mental health through Music and Yoga in Covid-19 pandemic"**  
Organized by: Department of Music in Collaboration with  
Department of Physical Education and Research Cell.  
Date: 24<sup>th</sup> August, 2020 & Time: 3:00 P.M.

**Organizing Committee**



**Patron**  
Dr. Swapan Kumar Misra  
Principal, Mugberia Gangadhar  
Mahavidyalaya, West Bengal, India



**Jl. Convener**  
Dr. Bidhan Ch. Samanta  
Co-ordinator, Research Cell, MGM  
Head & Associate professor, Chemistry  
Mugberia Gangadhar Mahavidyalaya,  
West Bengal, India



**Convener**  
Mr. Pritam Katham  
Assistant Professor, Department of  
Music, Mugberia Gangadhar  
Mahavidyalaya,



**Organising Secretary**  
Dr. Sutapa Saha  
Head & Assistant Professor  
Department of Music  
Mugberia Gangadhar Mahavidyalaya,  
West Bengal, India



**Jl. Convener**  
Dr. Biswajit Garai  
Head & Assistant Professor of  
Physical Education,  
Mugberia Gangadhar Mahavidyalaya,  
West Bengal, India

**Eminent Speakers**



Swami Shastrajnananda  
Principal of Narendrapur  
Ramakrishana Mission Residential  
College, West Bengal, India



Dr. Nupur Ganguly  
Associate professor  
Department of Vocal Music, Rabindra  
Bharati University, Kolkata, India



Prof. Md. Khairul Islam Khan  
Chairman, Department of Physical  
education and  
Dean, School of Education & Physical  
Education, Uttara University, Dhaka,  
Bangladesh



Dr. Mohoshina Akter Khanom  
(Leena Taposi Khan)  
Associate Professor  
Department of Music  
University of Dhaka, Bangladesh

**Members**

- > Mr. Soumen Mukherjee, SACT-I, Department of Music
- > Smt. Swati Paul, SACT, Department of Music
- > Mr. Sajal Kumar Bera, SACT, Department of Music
- > Mr. Ashak Kar, SACT, Department of Music
- > Mrs. Anindita Bera, SACT-II, Department of Physical Education.
- > Mr. Jisu Krishna Jana, SACT-II, Department of Physical Education.

- Registration: No registration fee, for registration click on the link or copy the link and paste it in Google Chrome : <https://forms.gle/Wmt1KhxeqMxtF9KN7>
- Last date of registration: 20<sup>th</sup> August, 2020
- Platform Zoom apps Streaming on  
- YouTube link : <https://www.youtube.com/channel/UCUhsYiw-IIDIXOupZaW6g>  
- Facebook link : <https://www.facebook.com/mugberiacollege/>
- WhatsApp Group Link:  
- <https://chat.whatsapp.com/CgKazi0Srvl0M1eE5xrU2a>  
- <https://chat.whatsapp.com/KdIGbaLcTITHaZyIEZ7DQq>  
- <https://chat.whatsapp.com/ERoW7Ggmtz6cLLMajISdT>  
- <https://chat.whatsapp.com/BSfXCcLLxpPBKsa6asyexm>  
- <https://chat.whatsapp.com/lmb290r1Fj1DSdGllPWwhok>
- E-certificate will be issued after sending filled feedback form.

**Programme Schedule**

Programme	Time
Introductory Address by Mr. Pritam Katham, Convener Assistant Professor, Department of Music, Mugberia Gangadhar Mahavidyalaya.	3:00 – 3:10 p.m.
Inaugural Address by Dr. Swapan Kumar Misra Patron, Principal, Mugberia Gangadhar Mahavidyalaya	3:10 – 3:15 p.m.
Opening song and Address by Dr. Sutapa Saha, Organising Secretary Head & Assistant Professor, Department of Music, Mugberia Gangadhar Mahavidyalaya.	3:15 – 3:25 p.m.
Technical Session & Question-Answer session - Coordinator: Dr. Bidhan Chandra Samanta, Coordinator, Research Cell Asso. Prof. & Head, Dept. of Chemistry, Mugberia Gangadhar Mahavidyalaya	3:25 – 5:05 p.m.
<b>Speaker - I:</b> Swami Shastrajnananda Principal of Narendrapur Ramakrishana Mission Residential College, West Bengal, India Question-Answer session	3:25 – 3:50 p.m.
<b>Speaker - II:</b> Dr. Nupur Ganguly Associate professor, Department of Vocal Music, Rabindra Bharati University, Kolkata, India Question-Answer session	3:50 – 4:15 p.m.
<b>Speaker - III:</b> Prof. Md. Khairul Islam Khan. Chairman, Department of Physical Education and Dean, School of Education & Physical Education, Uttara University, Dhaka, Bangladesh. Question-Answer session	4:15 – 4:40 p.m.
<b>Speaker - IV:</b> Dr. Mohoshina Akter Khanom (Leena Taposi Khan) Associate Professor, Department of Music, University of Dhaka, Bangladesh Question-Answer session	4:40 – 5:05 p.m.
Vote of Thanks given by Mr. Soumen Mukherjee SACT-II Dept. of Music, Mugberia Gangadhar Mahavidyalaya	5:05 – 5:15 p.m.
Closing song by Mr. Sajal Kr. Bera SACT-I Dept. of Music, Mugberia Gangadhar Mahavidyalaya	5:15 – 5:20 p.m.

All communications should be made to: Dr. Bidhan Chandra Samanta: Mob: +91 9732752907, Mr. Pritam Katham: Mob.: +91 8509912715 & Dr. Biswajit Garai: Mob.: +91 7001452741

**YouTube link:** <https://www.youtube.com/live/K6VVhWs2yXc?si=50eGtWWzVjncRR-6>

**Facebook Link:** <https://www.facebook.com/mugberiacollege/>

Invitation Letter copy:



**Mugberia Gangadhar Mahavidyalaya**  
[College with Potential for Excellence (UGC); Star College (DBT),  
Affiliated to Vidyasagar University]  
PO-Bhupatinagar; Dist. - Purba Medinipur, West Bengal - 721425, India

**One Day International Webinar on**

***"Strengthening of mental health through Music and Yoga in Covid-19 pandemic "***

***Organized by: Department of Music in Collaboration with  
Department of Physical Education and Research Cell.***

***Date: 24<sup>th</sup> August, 2020 & Time: 3:00 p.m. (India)***

**Respected Sir/Madam,**

It is a pleasure to inform you that Mugberia Gangadhar Mahavidyalaya, Purba Medinipur, West Bengal India are going to organise one day International webinar on ***"Strengthening of mental health through Music and Yoga in covid-19 pandemic "*** on 24<sup>th</sup> August, 2020 at 3:00 p.m. under the auspicious of Department of Music, Department of Physical Education and Research Cell. On behalf of Mugberia Gangadhar Mahavidyalaya . You are request to invite as a **'Speaker'** in this webinar . The Webinar are conduct through Zoom cloud meeting app.

In this regards, you are request to install Zoom cloud meeting apps in your computer, Laptop or Smart phone for smoothly conduct this webinar.



Your co-operation is solicited.

Thanking you,

**Yours faithfully,**

**Mr. Pritam Katham, Convener  
Dr. Bidhan ch. Samanta. Jt. Convener  
Dr. Biswajit Garai, Jt. Convener**

**Dr. Sutapa Saha  
Organizing Secretary**

  
Signature of The Principal  
Dr Swapan Kumar Misra  
  
Principal  
Mugberia Gangadhar Mahavidyalaya

## About the Webinar

A webinar on mental health through music and yoga in the COVID-19 pandemic can play a crucial role by providing a platform for experts to share insights and strategies. It can raise awareness about the positive impact of music and yoga on mental well-being, offering practical tools for individuals to incorporate into their daily lives. Additionally, such seminars foster a sense of community and support, which is vital during challenging times, encouraging people to prioritize their mental health. With these thoughts in mind, we have tried to take up this novel initiative of the Music Department, Physical Education Department and Research Cell of our college. Our eminent speakers have also shown great interest in this initiative and by joining us online they have given their valuable speeches which we hope will be very useful to us.

### Convener

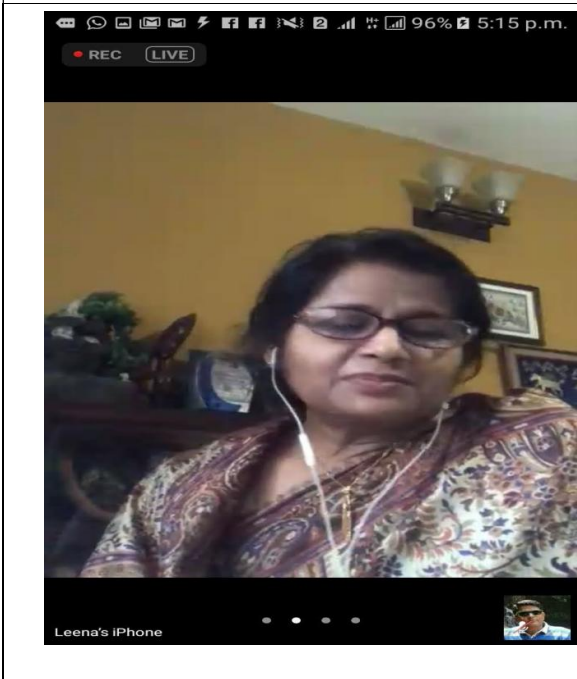
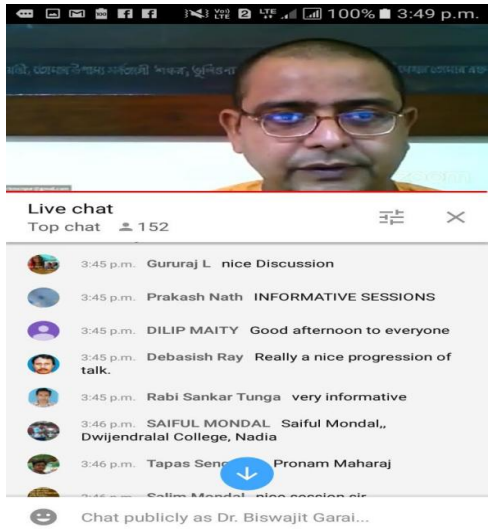
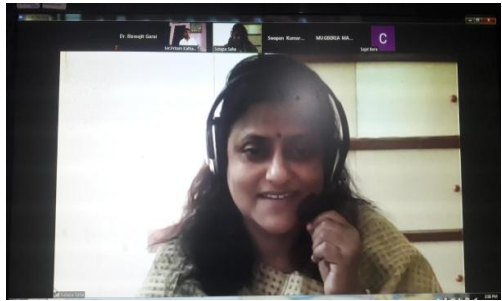
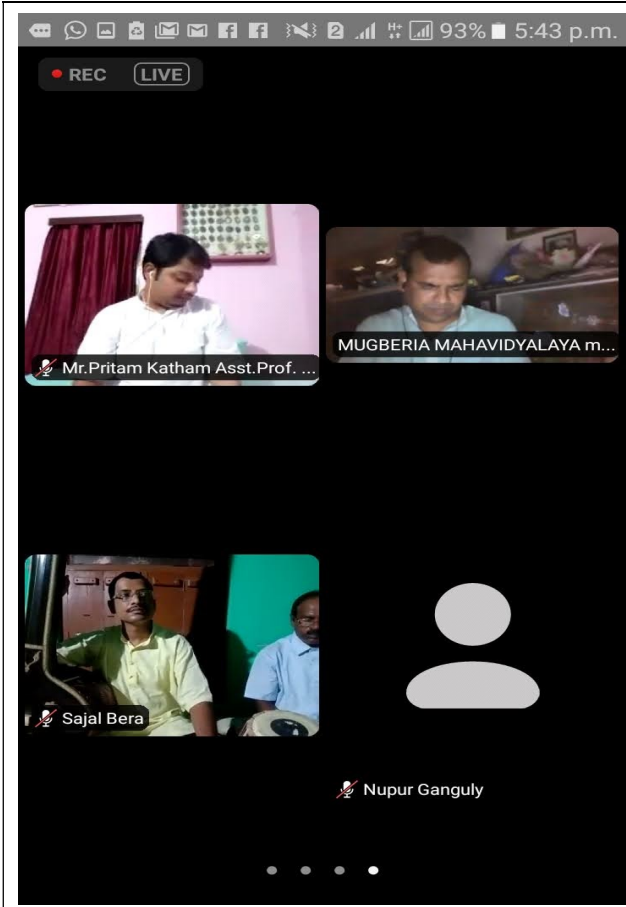
#### **Registered Candidate list:**

A total of **1131** people have registered in this webinar from all over India, Bangladesh and also from different countries like Philippines, Pakistan, Indonesia, Sri Lanka. Many of them, professors, associate professors, assistant professors, various teachers, students and common people of various colleges and universities have registered in this webinar.

- The complete Registration information is provided in a Excel File.

[file:///C:/Users/ASUS/Downloads/1689233722Final excel sheet \\_Registration \(1\).xls](file:///C:/Users/ASUS/Downloads/1689233722Final excel sheet _Registration (1).xls)

SOME IMAGES OF THE WEBINAR



96% 5:11 p.m.

**Live chat**  
Top chat 182

- 5:10 p.m. Moumita Pramanik Thank you sir
- 5:10 p.m. PUSPA RANI KAMILA thank you sir
- 5:11 p.m. Bibhas Kamila thank you sir
- 5:11 p.m. Ramesh Babu Bachina Thank you very much sir
- 5:11 p.m. Anal Das Thank you

Welcome to live chat! Remember to guard your privacy and abide by our Community Guidelines.  
[LEARN MORE](#)

Chat publicly as Dr. Biswajit Garai...

93% 5:43 p.m.

REC LIVE

Mr.Pritam Katham Asst.Prof. ...

MUGBERIA MAHAVIDYALAYA m...

Sajal Bera

Nupur Ganguly

100% 4:29 p.m.

**Live chat**  
Top chat 162

- 4:28 p.m. TAPAS KUMAR ROYCHOWDHURY nice madam....
- 4:28 p.m. Dyuti Santra so nice
- 4:28 p.m. Barnali Katham good evening to everyone
- 4:28 p.m. jabbar shaikh Excellent mam

Welcome to live chat! Remember to guard your privacy and abide by our Community Guidelines.  
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- 4:28 p.m. Anusree Roy marvelous voice 🥰🥰

Chat publicly as Dr. Biswajit Garai...

100% 3:30 p.m.

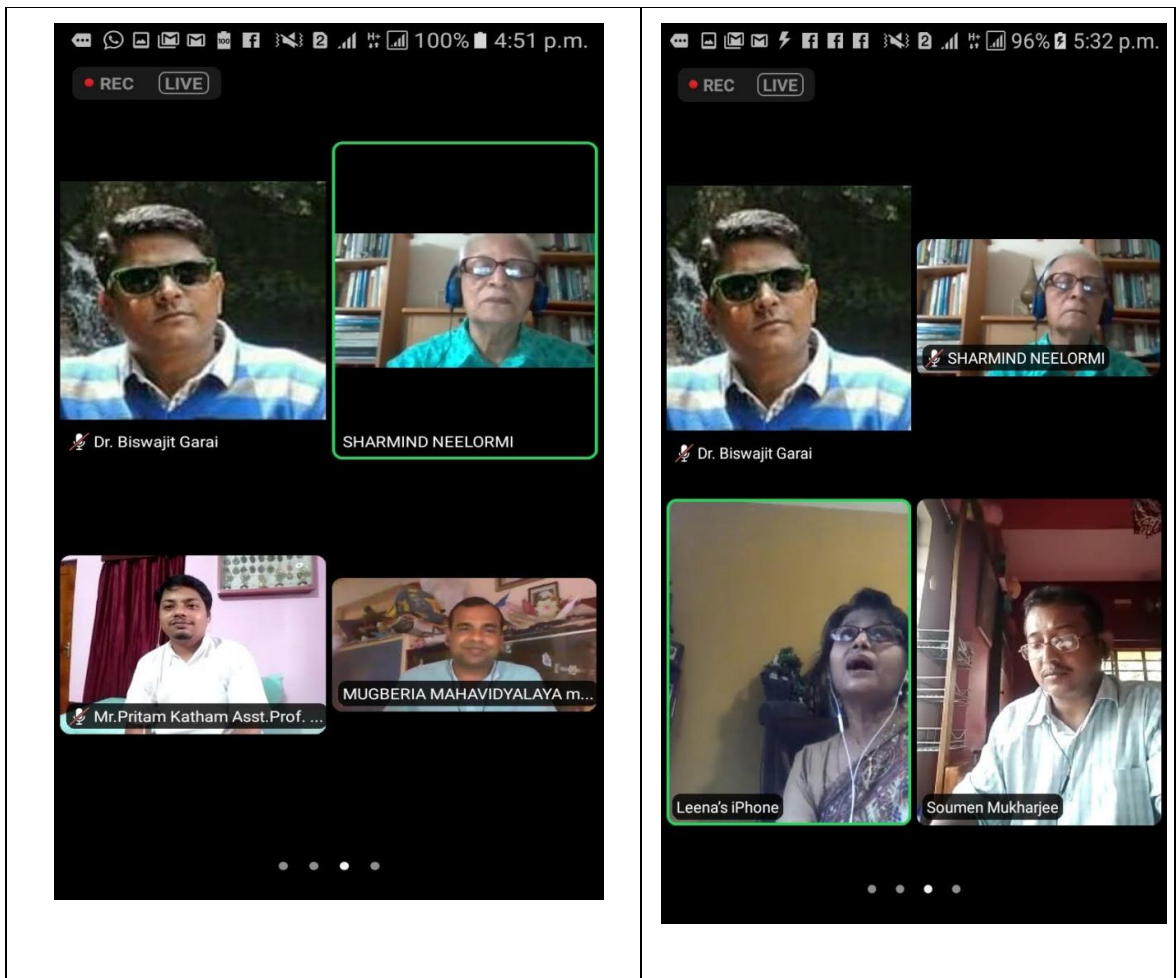
**Live chat**  
Top chat 144

- 3:29 p.m. subir neogi good afternoon
- 3:29 p.m. Mavin Das Good Afternoon
- 3:29 p.m. ARPITA RANA Good afternoon
- 3:29 p.m. Sudipta Sengupta Good afternoon
- 3:29 p.m. Achintya Kumar Samanta very interesting topic

Welcome to live chat! Remember to guard your privacy and abide by our Community Guidelines.  
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Tap the bell to adjust your notification settings





**Appreciation Certificate copy (Resource Person)**



## PARTICIPANTS CERTIFICATE COPY:



## Acknowledgement

The success of this webinar owes much to the undeniable contributions of our principal, Dr. Swapan Kumar Misra, also we extend our gratitude to the Head of the Department of Music Dr. Sutapa Saha. Dr. Bidhan Chandra Samanta, who served as the Co-ordinator of the Research Cell, providing invaluable assistance in every aspect. Special thanks are due to Dr. Biswajit Garai, whose tireless efforts were instrumental in bringing this webinar to fruition.

The connection we established with the keynote speakers at the webinar is truly indescribable. Their enlightening speeches shed light on maintaining both physical and mental well-being during the COVID-19 pandemic through the therapeutic benefits of music and yoga/exercise.

Gratitude is extended to Mr. Sajal Kumar Bera and Mr. Soumen Mukherjee, whose impactful presence and efficiency elevated the webinar to new heights. Lastly, appreciation goes out to all individuals directly and indirectly involved with the seminar.

**Convener**  
Pritam Katham  
Convener, Webinar Committee



Signature of The Principal  
Dr Swapan Kumar Misra  
**Principal**  
Mugberia Gangadhar Mahavidyalaya