

**REPORT**  
**ON**  
**HAPPINESS PROGRAMME**  
**ORGANIZED BY**  
**Department of Nutrition**  
**Mugberia Gangadhar Mahavidyalaya**



# 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

Date: 19.05.2022

## 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 24.05.2023 to 26.05.2023 at Mugberia Gangadhar Mahavidyalaya. So, interested students and teachers are informed to register their name to HOD, Dept. of Nutrition, MGM.

*Apurba Ghosh*  
05/05/2023

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

*Sankar* 19.05.22  
Principal

Mugberia Gangadhar Mahavidyalaya  
Principal  
Mugberia Gangadhar Mahavidyalaya





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## Happiness programmed 24th-26<sup>th</sup> May 2022

### REPORT:

Department of Nutrition organized an inter three days departmental workshop on "Happiness program" entitled on 24-26<sup>th</sup> May, 2022 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. Total participants 34 in 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.

**PHOTOS:**



### **Attendance of Participants:**

1. Apurba Giri
2. Tanmoy Giri
3. Prabir Jana
4. Monalisa Roy
5. Sruti Mondal
6. PranatiBera
7. MoumitaSamanta
8. Khokan Chandra Gayen
9. Biswajit Das
10. Ayan Mondal
11. Tanushree Jana
12. Ambika Das Adhikari
13. ArkaMukharjee
14. AsimaMaity
15. Istayani Jana
16. Krishna Jana
17. Manisha Barik
18. Parbati Ghorai
19. RaikamalBera
20. Sangita Majhi
21. Sathi Chatterjee
22. Sathi Das
23. Sathi Jana
24. Sougata Acharya
25. Srikrishna Jana
26. SukantaBhunia
27. Parbati Ghorai
28. ShiuliBera
29. Siulikar
30. Debjani Adak
31. Kabita Das
32. Kabita Das
33. PralayDas
34. Surjashree Dalai
35. Urmila Bag
36. SukantaBhunia
37. KedarnathMaity
38. Sagar maity

## **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.



Mugberia Gangadhar Mahavidyalaya  
Department of Nutrition(UG&PG)  
Happiness programme (24<sup>th</sup>-26th May,2022)  
Student's feedback form

Name of the student: *Ayem Mondal*  
Name of the semester: *3rd*

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 much help but I motivated,*



Mugberia Gangadhar Mahavidyalaya  
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Student's feedback form

Name of the student: *Ponbati Ghonvi*  
Name of the semester: *1st*

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.....

*Happiness programme is more motivated  
and happy.*



*[Signature]*  
26.05.2022  
Principal  
Mugberia Gangadhar Mahavidyalaya