



MUGBERIA GANGADHAR MAHAVIDYALAYA

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

NAAC 4th Cycle Re-Accredited 'A' 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
**“MEDITATION AND
BREATHING WORKSHOP”**

ORGANIZED BY

Department of Nutrition

Mugberia Gangadhar Mahavidyalaya

DATE: 18.11.2024-20.11.2024




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Date-10.11.2024

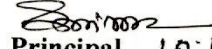
NOTICE

It is hereby notified that "Three days Meditation and Breathing Workshop" will be organized by Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya in collaboration with IQAC, Mugberia Gangadhar Mahavidyalaya from 18.11.2024 to 20.11.2024 at Mugberia Gangadhar Mahavidyalaya. So, interested students and teachers are informed to register their name to HOD, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya with in 16.11.2024.


Head 10.11.2024

Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya

Head
Dept. of Nutrition
Mugberia Gangadhar Mahavidyalaya


Principal 10.11.2024
Mugberia Gangadhar Mahavidyalaya

Principal
Mugberia Gangadhar Mahavidyalaya



REPORT

The Department of Nutrition, Mugberia Gangadhar Mahavidyalaya, in collaboration with The Art of Living, successfully conducted a three-day workshop on Meditation and Breathing from 18th November 2024 to 20th November 2024. The program was meticulously planned to help students explore the profound impact of mindfulness practices on their mental and physical well-being.

Objective of the Workshop:-

The workshop aimed to introduce students to the transformative power of meditation and breathing techniques. These practices, taught by The Art of Living, have a strong scientific basis for reducing stress, improving concentration, and promoting emotional resilience.

Key Highlights:-

The sessions were conducted by Amitava Sarkar, a skilled and experienced instructor from The Art of Living. Under his guidance, students learned various techniques such as guided meditation, rhythmic breathing, and mindfulness exercises. These practices are designed to enhance inner calmness, improve focus, and nurture a balanced mental state.

Participation and Coordination

The workshop saw enthusiastic participation from 97 students from the college, all of whom actively engaged in the sessions. The program was successfully coordinated by Mr. Prabir Jana, SACT, Department of Nutrition. His dedication ensured seamless organization and a positive learning environment throughout the event.

The inspiration for organizing this transformative workshop came from Dr. Apurba Giri, Assistant Professor and Head, Department of Nutrition, whose vision to integrate mental health initiatives with academic pursuits has been a driving force.

Feedback and Benefits:-

Students reported feeling rejuvenated and motivated after attending the workshop. They expressed that the techniques learned would not only contribute to their personal well-being but also provide long-term benefits in their academic and professional lives. The participants shared their gratitude for the opportunity to experience such a valuable program.

Conclusion:-

The workshop concluded successfully, achieving its goal of equipping students with practical tools for managing stress and fostering self-awareness. It reflects the Department of Nutrition's commitment to holistic education, blending academic rigor with initiatives that enhance mental and emotional health.

This enriching experience is a testament to the college's dedication to nurturing well-rounded individuals who are prepared to excel in every aspect of life.

Some photos of the programme



Attendance of Participants:-

| B.Sc.(Nutrition) | B.Voc.(FP) |
|-------------------------|--------------------|
| Ambika Santra | Anannya Sau |
| Anima Barman | Aniruddha Barik |
| Arpita Jana | Ankita Das |
| Asima Acharjee | Anwasha Das |
| Jayashree Maity | Arpita Panda |
| Krishna Sahoo | Barnali Patra |
| Moumita Maity | Bhiswadeb Das |
| Mukti Mirdya | Jannatun Firdoul |
| Nandini Panda | Jayeta Mandal |
| Payel Das | Kanchan Das |
| Rakhi Maity | Karim Sarkar |
| Sangita Mondal | Manisankar Shit |
| Sangita Das Adhikari | Palab Shit |
| Shreyasi Pramanik | Ratnajit Maji |
| Somnath Shit | Sriparna Mahapatra |
| Srilekha Das | Subhajit Das |
| Suprava Giri | Supriya Jana |
| Susmita Jana | Surya Bhunia |
| Tanushree Dhal | Sutapa Pal |
| Barnali Patra | Anushree Mandal |
| Nabagata Paria | Arpita Pradhan |
| Payel Shit | Minati Rath |
| Sayani Mondal | Moumita Sau |
| Suparna Sasmal | Puspita Manna |
| Snigdha Maity | Sangjukta Bhunia |
| Antara Das | Sanket Giri |
| Sk Saheb Kes | Sayantana Jana |
| Chiranjit Das | Sucheta Bera |
| Sumita Manna | Sumana Maity |
| Tanushree Jana | Sumita Jana |
| Sanchita Dinda | Suvechha Sahoo |
| Amrita Gir | Mahamuda Khatun |
| Ambika Santra | Manisankar Maity |
| | Lipika Jana |
| | Mamoni Bera |
| | Sayantani Manna |
| | Subhankar Bera |
| | Debayan Bera |
| | Ritushri Goll |
| | Susmita Das |
| | Susmita Jana |
| | Rachana Hait |
| | Susama Maity |

Attendance of Participants:-

| M.Voc(FTNM) | M.Voc(FTNM) |
|--------------------|--------------------|
| Sangita Jana | Sangita Das |
| Manoranjan Giri | Sritama Das |
| Sunita Mirdha | Pritilata Pramanik |
| Pratisruti Adak | Ratan Bera |
| Shreya Panja | Shibasis Dhowarh |
| Susmita Achariya | Robina Manna |
| Susmita Jana | Falguni Sau |
| Jahura Khatun | Pradip Kumar Bag |
| Ajay Nayak | Souvik Mait |

SOME SAMPLE OF FEEDBACK

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition (UG&PG)

Happiness program (18th -20th November, 2024)

Student's feedback form

Name of the student: *Ambika Santra*

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 trainers were present in that program?

(A) Yes (*1*)

(B) No

4. Is the happiness program related with your study?

(A) Yes

(B) No

5. Pay any comments or concerns regarding this program

*This course results in increased concentration and
the mind is ~~stuck~~ still.*

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition (UG&PG)

Happiness program (18th -20th November, 2024)

Student's feedback form

Name of the student: Chiranjit Das

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 trainers were present in that program?

(A) Yes (2)

(B) No

4. Is the happiness program related with your study?

(A) Yes

(B) No

5. Pay any comments or concerns regarding this program

It ~~is~~ aims to promote physical, mental and emotional well-being through a combination of breathing techniques, meditation, yoga and life skills training.

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition (UG&PG)

Happiness program (18th -20th November, 2024)

Student's feedback form

Name of the student: *Suparna Sasmal*

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 trainers were present in that program?

(A) Yes (1)

(B) No

4. Is the happiness program related with your study?

(A) Yes

(B) No

5. Pay any comments or concerns regarding this program

*As a result of doing this course pay attention
and the body is also healthy.*

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition (UG&PG)

Happiness program (18th -20th November, 2024)

Student's feedback form

Name of the student: *Poyel Das*

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 trainers were present in that program?

(A) Yes (*1*)

(B) No

4. Is the happiness program related with your study?

(A) Yes

(B) No

5. Pay any comments or concerns regarding this program

*As a result of doing this course pay attention.
and the body is also healthy.*

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition (UG&PG)

Happiness program (18th -20th November, 2024)

Student's feedback form

Name of the student: Barnali Patra

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 trainers were present in that program?

(A) Yes (1)

(B) No

4. Is the happiness program related with your study?

(A) Yes

(B) No

5. Pay any comments or concerns regarding this program

As a result of doing this course pay attention and the body is also healthy.

