



Reg. No. 4154/28.08.2008

Physical Education Foundation of India
National Sports Promotion Organisation
Recognised by
Ministry of Youth Affairs & Sports (Government of India)

West Bengal Chapter

FOUNDER MEMBERS

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Dr. Mahesh S Khetmalis
Dr. Michael B Dhan
Dr. Bidya Roy

Ref. No.:

Date:

To
The Vice Principal
Narajole Raj College
Narajole, Paschim Medinipur
West Bengal, India

From
Dr. Deba Prasad Sahu
Secretary
PEFI, West Bengal Chapter
India

Sub: Collaboration between Narajole Raj College and the Physical Education Foundation of India (PEFI), West Bengal Chapter.

Sir,

I gladly inform you that as discussed in the BOS convened by you on 18.06.2022, the Physical Education Foundation of India (PEFI), West Bengal Chapter extends its collaboration with the Yoga Centre, Narajole Raj College, to offer the Value-Added Course on Yoga and Meditation in Narajole Raj College from June to December 2022 in the academic session 2022-23. I hope that this collaboration will benefit the students and will add value to the course.

Thank you.

Principal
15/07/24
Principal
Narajole Raj College
Narajole, Pin-729 211



Secretary
Secretary
PEFI, West Bengal Chapter India

Office Address- C/O Dr. Deba Parasad Sahu, Vill-Terapekhiya, PO-Mahishadal, Purba Medinipur, WB, India, 721628

Contact-



Find us - www.pefindia.org



Email us - pefiwestbengal@gmail.com



Call Us- 9433122259
70034 35694



NARAJOLE RAJ COLLEGE
(NAAC Accredited B Grade Govt. – Aided College)
NARAJOLE: PASCHIM MEDINIPUR: PIN-721211



CONSTITUTION OF YOGA CENTRE

(w.e.f. June 21, 2022)

Principal
Narajole Raj College
Narajole, Pin-721 211



- * **Dr. Ranajit Kumar Khalua.** – Vice Principal and Chaiman, Yoga Centre.
- * **Prof. Bholanath Mahato.** – Assistant Professor, Dept. of Philosophy, Convenor of this Yoga Centre.
- * **Dr. Atanu Nanda.** - Assistant Professor, Dept. of Physical Education as Member.
- * **Prof. Nandita Bhakat** - Assistant Professor, Dept. of Botany as Member.
- * **Prof. Partha Kumar Manna.** –State Aided College Teacher, Dept. of Physical Education as Member.
- * **Prof. Singray Tudu.** - Assistant Professor, Dept. of Philosophy as Member.
- * **Dr. Rabindranath Maity.** –State Aided College Teacher, Dept. of Sanskrit as Member.
- * **Dr. Uttam Kumar Singha** – State Aided College Teacher ,Dept. of Sanskrit as Member.
- * **Prof. Bilas Samanta.** –State Aided College Teacher, Dept. of History as Member.
- * **Prof. Prasenjit Senapati.** –State Aided College Teacher, Dept. of Political Science as Member.
- * **Prof. Supen Sarkar.** - Assistant Professor, Dept. of Political Science as Member.
- * **Dr. Sukamal Maity.** – State Aided College Teacher, Dept. of Geography as Member.
- * **Prof. Tumpa Jana.** - Assistant Professor, Dept. of Sanskrit as Member.

A Value – added Course on Yoga & Meditation : This Value – added Course on Yoga & Meditation is carried out through Offline Mode by the Yoga Centre of the Narajole Raj College .

A Syllabus was assigned to them .The classes of this course were taken from 21.06.2022 to 20.09.2022 through offline mode.

Fifty students (50) were enrolled . In this context it is good to state that The Physical Education Foundation of India (PEFI) , West Bengal Chapter extends its collaboration with the Yoga Centre , Narajole Raj College in the academic session 2022-2023.

Details of the experts / Yoga Trainers :

1 .Name : Prof. Bholanath Mahato.

Designation: Assistant Professor.(Philosophy)

Qualification: M.A. in Philosophy.

Professional qualification: The Art of Living Teacher.

Other qualification: UGC-NET.

2. Name: Prof.Nandita Bhakat.

Designation: Assistant Professor.(Botany)

Qualification: M.Sc. in Botany.

Professional qualification: B.Ed.


Other qualification: W.B.SET.

3. Name : Dr. Atanu Nanda.

Designation: Assistant Professor.(Physical Education)

Qualification: M.A. , Ph.D.

Other qualification: Short term Course in Yoga.


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Learning Outcome & necessity of the course:

- * Students can easily learn different types of Yoga, Meditation and Pranayama.
- * To culture a habit of regular Yoga and Meditation practice.
- * To increase the body flexibility as well as mental peace.
- * To make the students aware towards the benefits of Yoga and Meditation.
- * Right way to think for something or someone.
- * How to be motivated by one's own self.
- * How to remove the pessimistic aspects of life.
- * How to utilize the present moment.

Prof. Bholanath Mahato.

Convenor, Yoga Centre.

Narajole Raj College.



NARAJOLE RAJ COLLEGE
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NARAJOLE: PASCHIM MEDINIPUR: PIN-721211



Yoga Centre

Registered candidates of VAC on Yoga & Meditation

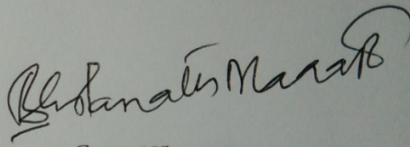
Roll no.	Name
01.	Panchanan Jana.
02.	Prasenjit Das.
03.	Rebati Dolai.
04.	Supriya Samanta.
05.	Pinki Dolai.
06.	Manas Bera.
07.	Puja Jana.
08.	Mamoni Mondal.
09.	Bhuban Hait.
10.	Papiya Maji.
11.	Tithi Patra.
12.	Somali Paramanik.
13.	Manju Dhara.
14.	Asit Jana.
15.	Partha Bagra.
16.	Akash Maji.
17.	Malay Rana.
18.	Titli Chakraborty.
19.	Debika Roy.
20.	Rajesh Hait.
21.	Ananya Mondal.
22.	Mandira Dolai.
23.	Manjushri Khatua.
24.	Sumi Pathak.
25.	Payel Pattanayak.
26.	Manisha Shee.
27.	Piyali Pattanayak
28.	Tapasi Mandal.
29.	Moumita Sabud.
30.	Puja Mandal.
31.	Anjali Khanra.
32.	Molina Patra.
33.	Rimpa Pal.
34.	Krishna Adhikary.
35.	Susmita Maity.
36.	Suman Jana.
37.	Tulsi Poria.
38.	Papiya Dolai.
39.	Madhumita Dhara.
40.	Basanti Santra.
41.	Paramita Chorai.
42.	Sampa Jana.


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43. Bijoy Mondal.
44. Madhumita Samanta.
45. Sujit Kundu.
46. Priyanka Pramanik.
47. Pinki Chowdhury.
48. Baishakhi Dolai.
49. Soumen Jana.
50. Surajit Dal.

N.B : Classes will be held in room no.S-6.


Convenor
Yoga Centre
NarajoleRaj College


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Narajole Raj College
Narejole, Pin-721 211





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NARAJOLE: PASCHIM MEDINIPUR: PIN-721211



Yoga Centre

Tentative course schedule for VAC on Yoga & Meditation

Date	Time	Topic	Name of the trainer/trainers.
21/06/2022.	9:00-10:00	Introduction of Yoga & Meditation & Benefits.	Prof.Bholanath Mahato. Prof.Nandita Bhakat. Dr. Atanu Nanda.
22/07/2022	9:00-10:00	Free hand excercises & Benefits.	Prof.Bholanath Mahato.
23/07/2022	9:00-10:00	Free hand excercises & Benefits. 2	Prof.Bholanath Mahato.
28/07/2022	9:00-10:00	Surya Namaskar & Benefits.	Prof.Bholanath Mahato.
29/07/2022	9:00-10:00	Surya Namaskar & Benefits.2	Prof.Bholanath Mahato.
04/08/2022	9:00-10:00	The relation between yoga & meditation along with benefits.	Prof.Bholanath Mahato.
05/08/2022	9:00-10:00	Important of meditation.	Prof.Bholanath Mahato.
06/08/2022	9:00-10:00	Bajrasana,Vastrika Pranayama & its benefits Vastrika.	Prof.Bholanath Mahato.
08/08/2022	9:00-10:00	Gorurasana, Gomukhasana & benafits.	Dr. Atanu Nanda.
10/08/2022	9:00-10:00	Padmasana , Vujangasana & its benefits.	Prof. Nandita Bhakat
12/08/2022	9:00-10:00	Salvasana, Brikshasana & its benefits.	Prof.Bholanath Mahato.
13/08/2022	9:00-10:00	Meditation for Inner peace.	Prof.Bholanath Mahato.
17/08/2022	9:00-10:00	Bajrasana,Ushtrasana & benefits.	Prof.Nandita Bhakat
20/08/2022	9:00-10:00	AstangaYoga: yama,niyam,asana & benefits.	Prof.Bholanath Mahato.
22/08/2022	9:00-10:00	Pranayam, Pratyahar, Dharana &benefits.	Prof.Bholanath Mahato.
25/08/2022	9:00-10:00	Bhadrasana ,Dhanurasana& benefits.	Dr. Atanu Nanda.
26/08/2022	9:00-10:00	Dhyana,Samadhi & benefits	Prof.Bholanath Mahato.

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27/08/2022	9:00-10:00	Free hand excercises & benefits	Prof.Nandita Bhakat.
29/08/2022	9:00-10:00	Anulom - Bilom & benefits.	Prof.Bholanath Mahato.
30/08/2022	9:00-10:00	The benefits Vastrika.	Prof.Bholanath Mahato.
01/09/2022	9:00-10:00	Sarbangasana,Paschimasana & benefits.	Prof.Nandita Bhakat .
02/09/2022	9:00-10:00	Bhadrasana ,Dhanurasana& benefits.(2)	Dr. Atanu Nanda.
03/09/2022	9:00-10:00	Halasana,Padahasana & benefits.	Dr. Atanu Nanda.
09/09/2022	9:00-10:00	Sarbangasana,Paschimasana & benefits.(2)	Prof.Nandita Bhakat
10/09/2022	9:00-10:00	Halasana,Padahasana & benefits.(2)	Dr. Atanu Nanda.
12/09/2022	9:00-10:00	Gorurasana, Gomukhasana & benafits.(2)	Dr. Atanu Nanda.
13/09/2022	9:00-10:00	Free hand excercises & benefits(2)	Prof.Nandita Bhakat
17/09/2022	9:00-10:00	Padmasana , Vujangasana & its benefits.	Dr. Atanu Nanda.
19/09/2022	9:00-10:00	Padmasana , Vujangasana & its benefits.(2)	Prof.Nandita Bhakat
20/09/2022	9:00-10:00	Bajrasana,Ushtrasana & benefits.	Prof.Nandita Bhakat

N.B : Classes will be held in room no.S-6.

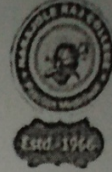
Bholanath Mahato

Convenor
Yoga Centre
NarajoleRaj College

Convenor
Yoga Centre
Narajole Raj College
Narajole, PIN: 721211

Principal
8/5/07/22
Principal
Narajole Raj College
Narajole, Pin-721 211





NARAJOLE RAJ COLLEGE
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NARAJOLE, PASCHIM MEDINIPUR: PIN-721211

Value Added Course on Yoga and Meditation

Syllabus for VAC on Yoga & Meditation

Part A: Yoga

1. Yoga and its important. 3 Classes.)
2. Free hand exercises . 3 Classes.)
3. Surya Namaskar . 3 Classes)
4. Padmasana and Bhujangasana. 2 Classes)
5. Salvasana and Brikhasana. 2 Classes)
6. Bajrasana and Ushtrasana, Padahasnasana. 2 Classes)
7. Gorudasana and Gamukhasana. 2 Classes)
8. Vadradasana and Dhanurasana. 2 Classes)
9. Dhanurasana and Halasana . 2 Classes)
10. Sarbangasana and Paschimatanasana. 2 Classes)

Part B: Asatantga Yoga (3 Classes)

The eight limbs of yoga are yama (abstinences), niyam (observances), asana (yoga postures), pranayama (breath control), pratyahara (withdrawl of senses), dharana (concentration), dhyana (meditation) and samadhi (absorbtion).

Part C: Meditation

Prayer through mantra chanting. 1 Class.

Meditation for inner peace (1 Class)

Anulom-Bilom (1 Class)

Vastrika (1 Class.)

Pragya Paramita Mondel,

Signature of the IQAC Coordinator
Narajole Raj College

CO-ORDINATOR,
I Q A C
NARAJOLE RAJ COLLEGE
NARAJOLE, PASCHIM MEDINIPUR

Signature of the External Expert
With designation & affiliation

Secretary
PEFI, West Bengal Chapter India

Principal
Narajole Raj College
Narepta, Pin-721 211





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National Sports Promotion Organisation

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West Bengal Chapter

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MEMBERS

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Vice-President

Shendu Pradhan
Raj Mukhopadhyay
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Ramesh Ranjan Pan
Swajit Bala

Secretary

Deba Prasad Sahu

Joint Secretary

Dr. Sumalya Roy
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Ref. No.:

Date:

To
The Vice Principal
Narajole Raj College
Narajole, Paschim Medinipur
West Bengal, India

From
Dr. Deba Prasad Sahu
Secretary
PEFI, West Bengal Chapter
India

Sub: Collaboration between Narajole Raj College and the Physical Education Foundation of India (PEFI), West Bengal Chapter.

Sir,

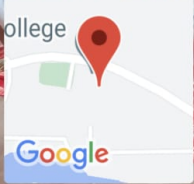
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Thank you.

Secretary
PEFI, West Bengal Chapter India

Principal
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Narepale, Pin-721 211

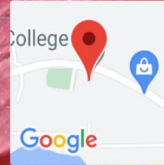




Kismat Narajole, West Bengal, India

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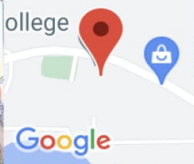
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Kismat Narajole, West Bengal, India

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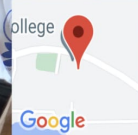
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Kismat Narajole, West Bengal, India

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Kismat Narajole, West Bengal, India

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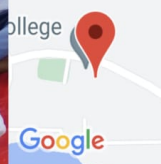
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Kismat Narajole, West Bengal, India

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Kismat Narajole, West Bengal, India

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