सत्यमेव जयते

LECTURE

ON

CONTAGIOUS DISEASES

Its Prevention and Control

ORGANISED BY

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE



DATE: 09.07.2019

Prof. Mithun Bhangi

Assistant Professor, Department of Philosophy

Government of West Bengal

Nayagram Pandit Raghunath Murmu Government College

Baligeria, Nayagram, Jhargram 721125

Memo No: NPRMGC/ HH /19-20 / 01

Date: 05.07.2019

NOTICE

This is to notify all the students of our college that a Health and Hygiene Awareness Workshop shall be organised by the college on 09.07.2019 at 12:30 pm in the PRM Hall. Prof. Mithun Bhangi shall be speaking on **'Contagious Diseases: Its prevention and Control'**. Willing students are hereby asked to report at PRM Hall for free registration of the programme on the said date at 11.30 am.

Dr. Netai Chandra Das
Officer-in-Charge
Nayagram PRM Govt. College

(DR. NETAI CHANDRA DAS)
OFFICER-IN-CHARGE
NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

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Report on
Health and Hygiene Session

Topic: Contagious Diseases: Its Prevention and Control

Date: 09.07.2019

An one-day Health and Hygiene workshop was organised by then college on 09.07.2019 in the PRM Hall at 12.30 P.M where Prof. Mithun Bhangi (Dept. of Philosophy) made an ardent attempt to spread awareness among the students on contagious disease, its prevention and control. Contagious diseases, also known as infectious diseases, are illnesses caused by pathogens that can be spread from person to person. Prevention and control are crucial to stopping the spread of contagious diseases. Prof. Bhangi talked of some key measures to prevent and control contagious diseases:

Prevention:

1. Vaccination: Get vaccinated against specific diseases like COVID-19, influenza, and HPV.
2. Hand hygiene: Wash hands frequently with soap and water or use alcohol-based hand sanitizers.
3. Social distancing: Maintain a safe physical distance from others, especially during outbreaks.
4. Safe water and food: Ensure access to clean water and safe food handling practices.

Control:

1. Early detection and isolation: Identify and isolate infected individuals to prevent further transmission.
2. Contact tracing: Track and monitor individuals who have come into contact with someone infected.
3. Isolation: Restrict movement and gatherings to contain outbreaks.
4. Improved ventilation: Enhance airflow and ventilation in public spaces to reduce transmission risk.
5. Public awareness and education: Inform communities about disease risks, prevention, and control measures.

It was an enriching experience for the pupils. Dr.Swapan Kr. Maity (Dept. of Geography), Prof. Shyam Sundar Mandal (Dept. of History), Prof. Uday Shankar Khatua (Dept. of Sanskrit) and Mr. Bankim Bhakta (non-teaching staff) were also present in this workshop.

Sk Nasim Ali

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Nayagram P.R.M. Govt. College

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Officer-in-charge
Nayagram P.R.M. Govt. College

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SIGNATURE SHEET

One day workshop (Contagious Diseases : Its precation & Control)

Date: 09.07.2019

Sl. No.	Student Name	Signature
1	AMBALIKA SAU	Ambalika Sau
2	AMBALIKA SAU	Ambalika Sau
3	AMBIKA MAHATA	Ambika Mahata
4	AMBIKA MAHATA	Ambika Mahata
5	ANANYA PATTANAYAK	Ananya Pattanayak
6	ANANYA PATTANAYAK	Ananya Pattanayak
7	ASIMA MAHATA	Asima Mahata
8	ASTAMI MURMU	Astami Murmu
9	ATASI MAHAPATRA	Atasi Mahapatra
10	AVIK SINGHA	Avik Singha
11	BAHA SAREN	Baha Saren
12	BAHAMONI HEMBRAM	Bahamoni Hembram
13	BALHI SAREN	Balhi Saren
14	BANASHREE MAHATA	Banashree Mahata
15	BARSHA MAITY	Barsha Maity
16	BHABANI PATRA	Bhabani Patra
17	BHABESH MAHATA	Bhabesh Mahata
18	NILIMA SHIT	Nilima Shit
19	NILU MAHATA	Nilu Mahata
20	PALASH BERA	Palash Bera
21	PANKAJ GHOSH	Pankaj Ghosh
22	PARBATI HEMBRAM	Parbati Hembram
23	PRADIP BERA	Pradip Bera
24	UKIL MURMU	Ukil Murmu
25	UKIL MURMU	Ukil Murmu

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WEST BENGAL, 721125

26	UMA BERA	Uma Bera
27	UMA BERA	Uma Bera
28	UMA RANI MAHATA	Uma Rani Mahata
29	UMA RANI MAHATA	Uma Rani Mahata

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WEST BENGAL, 721125




ESTABLISHED: 2014
Awarenes Program
On
Contagious diseases,
it's Prevention & Control







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HOW TO LIVE

WITH COVID

বিশ্ব বাংলা

BISWA BANGLA

ORGANISED BY

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE

BALIGERIA, NAYAGRAM, JHARGRAM-721125



Date: 02.01.2022



Dr. Debasish Mahata

Superintendent cum BMOH

Nayagram SSH

Government of West Bengal
Nayagram Pandit Raghunath Murmu Government College
Baligeria, Nayagram, Jhargram 721125

Memo No : NPRMGC/ HH /21-22 / 01

Date : 29.12.2021

NOTICE

This is to notify all the students of our college that a Health and Hygiene Awareness Workshop shall be organised online by the college on 02.01.2022 at 12 pm. Dr. Debasish Mahata, Superintendent cum BMOH, Nayagram SSH, shall be speaking on **'How to live with COVID'**. Interested students are hereby asked to join the Google meet link to be provided on the said date at 11.45 am.

Dr. Netai Chandra Das
Officer-in-Charge
Nayagram PRM Govt. College

(DR. NETAI CHANDRA DAS)
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Report on
Health and Hygiene Session

Topic: How to live with COVID

Date: 02.01.2022

An one-day online Discussion Session was organised by the college on 02.01.2022, at 12 p.m, and the resource person Dr. Debasish Mahata, Superintendent cum BMOH, Nayagram SSH, spoke on 'How to live with COVID'. As we cannot overcome this COVID situation overnight, we need to learn and acquire the techniques of living a happy and healthy life even during this pandemic.

Living with COVID-19 requires a combination of precautions, mindset adjustments, and self-care practices. He gave some tips to help the students navigate the new normal:

1. ***Stay informed***: Follow reliable sources for updates and guidelines.
2. ***Practice hygiene***: Wash hands frequently, use masks, and maintain social distancing.
3. ***Boost immunity***: Engage in regular exercise, healthy eating, and sufficient sleep.
4. ***Manage stress***: Meditate, practice yoga, or engage in relaxing activities.
5. ***Stay connected***: Leverage technology for virtual socializing and community building.
6. ***Prioritize mental health***: Seek support for anxiety, depression, or trauma.
7. ***Embrace flexibility***: Adapt to changing circumstances and restrictions.
8. ***Find joy***: Engage in hobbies, creative pursuits, or other activities that bring happiness.
9. ***Support others***: Offer help, kindness, and compassion to those in need.
10. ***Focus on the present***: Practice mindfulness and gratitude to cope with uncertainty.

Dr. Mahata went on repeating the fact that living with COVID-19 requires resilience, empathy, and a commitment to collective well-being. By taking care of one self and others, we can navigate this challenging time together.

Tarak Jana
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LECTURE

ON

STAYING HAPPY & HEALTHY

DURING COVID PENDEMIC



ORGANISED BY

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE



DATE: 07.01.2022

Dr. Swadesh Ranjan Pan

Assistant Professor, Department of Physical Education

Government of West Bengal
Nayagram Pandit Raghunath Murmu Government College
Baligeria, Nayagram, Jhargram 721125

Memo No: NPRMGC/ HH /21-22 / 02

Date : 02.01.2022

NOTICE

This is to notify all the students of our college that a Health and Hygiene Awareness Workshop shall be organised online by the college on 07.01.2022 at 12 pm .Dr. Swadesh Ranjan Pan shall be speaking on **'Staying happy and healthy during COVID pandemic'**. Interested students are hereby asked to join the Google meet link to be provided on the said date at 11.45 am.

Dr. Netai Chandra Das
Officer-in-Charge
Nayagram PRM Govt. College

(DR. NETAI CHANDRA DAS)
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Contact: +919732779838 :: Website: https://nayagramprmgovtcollege.ac.in

Report on
Health and Hygiene Session

Topic: Staying Happy and Healthy during COVID pandemic

Date : 07.01.2022

An one-day online Discussion Session was organised by the college on 07.01.2022. Keeping in mind the ongoing COVID pandemic, Dr. Swadesh Ranjan Pan (Dept. of Physical Education) chose to speak on 'Staying happy and healthy during Covid'. The topic was introduced by Dr. Netai Chandra das, Officer-in-Charge of the college and Dr. Pan took utmost care to raise an awareness on mental and physical health during COVID among the pupils. The COVID-19 pandemic has significantly impacted both mental and physical health worldwide. Some key effects include:

Physical Health: -
Increased risk of cardiovascular disease, diabetes, and respiratory problems due to prolonged lockdowns and reduced physical activity

- Higher rates of hospitalization and mortality from COVID-19 itself
- Disruptions to regular healthcare services and delayed diagnoses for non-COVID conditions
-

Mental Health: -

- Heightened stress, anxiety, and fear due to uncertainty and isolation
- Increased rates of depression, post-traumatic stress disorder (PTSD), and substance abuse
- Strains on mental health resources and support systems

सत्यमेव जयते

LECTURE

ON

Personal Hygiene

The key to a healthy life

ORGANISED BY

Alumni, Nayagram Pandit Raghunath Murmu Government College







DATE: 05.04.2023

Ajit Mahata & Subhadip Mahata

Alumni Member, Nayagram P.R.M. Govt. College

Government of West Bengal
Nayagram Pandit Raghunath Murmu Government College
Baligeria, Nayagram, Jhargram 721125

Memo No: NPRMGC/ HH /22-23/ 02

Date : 01.04.2023

NOTICE

This is to notify all the students of our college that a Health and Hygiene Awareness Workshop shall be organised by the college in collaboration with Alumni members on 05.04.2023 at 12 pm in the PRM Hall. Some of the alumni members shall speak on **'Personal Hygiene: The Key to a healthy life'**. Interested students are hereby asked to report at PRM Hall for free registration of the programme on the said date at 11.30 am.

Dr. Netai Chandra Das
Officer-in-Charge
Nayagram PRM Govt. College

(DR. NETAI CHANDRA DAS)
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Report on
Health and Hygiene Session

Topic:
Personal Hygiene : The Key to a Healthy Life

Date: 05.04.2023

Personal hygiene is indeed a crucial aspect of maintaining a healthy life. Good personal hygiene practices help prevent the spread of illnesses, boost self-confidence, and enhance overall well-being. Nayagram PRM Govt. college, in collaboration with its alumni members organised a session on personal hygiene on 05.04.2023 in the PRM Hall. Some of the alumni members were the speakers in this programme. They suggested their juniors to adopt some good habits regarding personal hygiene:

1. Frequent hand washing: Use soap and water for at least 20 seconds, especially after using the bathroom and before eating.
2. Regular showering or bathing: Aim for at least once a day, using soap and shampoo.
3. Brushing and flossing teeth: Twice a day, morning and night, to maintain oral health.
4. Wearing clean clothes: Change clothes regularly, especially after physical activity or sweating.
5. Practising good hygiene during menstruation: Use sanitary products and change them regularly.
6. Washing hands after using the bathroom: A must to prevent the spread of bacteria and viruses.
7. Trimming nails and keeping hair clean: Regular grooming to prevent dirt and bacteria accumulation.

It was altogether a different type of experience for both the alumni members and the present students of the college. Given the fact that young people of this area is generally shy, this was an excellent opportunity to do away with this shyness, and overcoming stage fright on the part of the alumni members, while the present students also got a chance to interact with their seniors.

Tarak Jana.

Coordinator
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Co-ordinator
I Q A C
Nayagram P.R.M. Govt. College

Officer-in-charge
Nayagram P.R.M. Govt. College

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SIGNATURE SHEET

One day workshop (Personal Hygiene : The key to a Healthy Life)

Date: 05.04.2023

Sl. No.	Student Name	Signature
1	ABANI MAHATA	Abani Mahata
2	ADITYA SHIT	Aditya Shit
3	AJIT MAHATA	Ajit Mahata
4	AJOY MAHATA	[illegible]
5	AKSHAY SAHOO	[illegible]
6	AMBALIKA SAU	Ambalika Bera
7	AMBIKA MAHATA	Ambika Mahata
8	ANANYA PATTANAYAK	Ananya Pattanayak
9	BISWANATH PATRA	[illegible]
10	BUBAY ROUT	BUBAY ROUT
11	CHAITAN MAHATA	Chaitanya
12	CHAITANYA GUI	[illegible]
13	KRITTIBAS MAHATA	Krittibas Mahata
14	KUNAMI MURMU	Kunami Murmu
15	LABANI DANDAPAT	Labani Dandapat
16	LABANI SHIT	Labani Shit
17	LAKSHIRAM HANSDA	Lakshiram Hansda
18	LATIKA PATRA	[illegible]
19	RUPALI MURMU	[illegible]
20	RUPAM PALUI	[illegible]
21	SAHISHNUPRIYA BERA	Sahisnupriya Bera
22	SAKLA KISKU	Sakla Kisku
23	SUMANA PATRA	Sumana Patra
24	SUMANA SEN	[illegible]
25	SUMITRA DEHURI	Sumitra Dehuri

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WEST BENGAL, 721125

26	TUTUL MANGAL	Tutul Mahata
27	UKIL MURMU	U'kil Murmu
28	UMA BERA	Uma Bera
29	UMA RANI MAHATA	উমারানী মাহাতো
30	UMARANI MAHATA	Umarani Mahata
31	UTPAL MAHATA	Utpal Mahata
32	UTTAM MAHATA	Uttam Mahata.

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Personal Hygiene:
The key to a healthy life









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LECTURE

ON

MENTAL AND PHYSICAL HEALTH

ORGANISED BY

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE



DATE: 07.01.2023

Dr. Swadesh Ranjan Pan

Assistant Professor, Department of Physical Education

Government of West Bengal
Nayagram Pandit Raghunath Murmu Government College
Baligeria, Nayagram, Jhargram 721125

Memo No: NPRMGC/ HH /22-23 / 01

Date : 02.01.2023

NOTICE

This is to notify all the students of our college that a Health and Hygiene Awareness Workshop shall be organised by the college on 07.01.2023 at 12 pm in the PRM Hall. Dr. Swadesh Ranjan Pan shall be speaking on **'Mental and Physical Health'**. Interested students are hereby asked to report at PRM Hall for free registration of the programme on the said date at 11.30 am.

Dr. Netai Chandra Das
Officer-in-Charge
Nayagram PRM Govt. College

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Report on
Health and Hygiene Session

Topic: Mental and Physical Health

Date : 07.01.2023

Mental and physical healths are deeply interconnected. Good physical health can support mental well-being, and good mental health can positively impact physical health. This is the reason why Nayagram Pandit Raghunath Murmu Govt. College arranged for a health and hygiene awareness programme on 07.01.2023 in the PRM hall where Dr. Swadesh Ranjan Pan mentioned some connections between physical and mental health. Some key connections between the two include:

Physical Health:

- Regular exercise reduces stress and anxiety.
- Healthy eating supports mood and energy levels.
- Adequate sleep essential for mental restoration.

Mental Health:

- Mindfulness and relaxation techniques lower blood pressure and improve cardiovascular health.
- Positive thinking and stress management boost the immune system.
- Social connections and relationships impact mental and physical well-being.

Dr. Pan ended the session with some tips to support both mental and physical health:

- Engage in activities that bring joy and relaxation.
- Practise self-care and prioritize rest.
- Stay hydrated and fuels your body with nutritious foods.
- Connect with others and build strong relationships.
- Seek professional help when needed.

The programme went on well as today's generation got a comprehensive guidance to maintain both physical and mental health. Dr. Sujit Rajbanshi (Dept. of History), Prof. Sohini Kundu (Dept. of Sociology) and Prof. Soumen Chakraborty (Dept. of Sanskrit) remained present in the session which was chaired by Dr. Netai Chandra Das, respected Officer-in-Charge of the college.

Tarak Jana.
Co-ordinator
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Officer-in-charge
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SIGNATURE SHEET

One day workshop (Mental & Physical Health)

Date: 07.01.2023

Sl. No.	Student Name	Signature
1	ADITYA PATRA	Aditya Patra
2	AJANTA SAREN	Ajanta Saren
3	AKASH DANDAPAT	Akash Dandapat
4	AKASH HANSDA	Akash Hansda
5	AKASH SHEE	Akash shee
6	BISWANATH HEMBRAM	Biswanath Hembram
7	BISWANATH SEN	Biswanath Sen
8	BITASTA MAHATA	Bitasta Mahata
9	BOBITA RANI SHIT	Bobita Rani Shit
10	BRAJAGOPAL JANA	Brajagopal Jana
11	BRAJEN MAHATA	Brajen Mahata
12	BRISHANU MAHATA	B. Mahata
13	BUDDHADEB MAHAPATRA	[illegible]
14	CHANDRAMOHAN MURMU	[illegible]
15	CHHABI MAHATA	Chhabi Mahata
16	CHHITA TUDU	[illegible]

(DR. NETAI CHANDRA DAS)
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WEST BENGAL, 721125

17	CHIRANJIT SAHOO	চিরঞ্জিত সাহু
18	CHITTA RANJAN BARIK	C. R. Barik.
19	DALTAN KOTAL	D.K.
20	DASMATH TUDU	দাসমাথ টুডু
21	DEBABRATA MAHATA	Debabrata Mahata
22	DEBABRATA MAJHI	দেবব্রত মাঝি
23	PURNENDU RANA	Purnendu Rana
24	PURNIMA HANSDA	P. Hansda
25	PUTUL HANSDA	Putul Hansda
26	RABINDRA PATRA	Rabindra Patra
27	RABINDRANATH MAHATA	Rabindranath Mahata
28	RADHI BERA	রাধি বেরা
29	TARUN MAHATA	TARUN MAHATA
30	TARUN MAHATA	তরুন মাহাতো
31	TILKA MURMU	তিলকা মুর্মু
32	TITHI BERA	তিথি বেরা
33	TUMPA DAS	তুম্পা দাস
34		

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सत्यमेव जयते

LECTURE

ON

Education through blended mode

ORGANISED BY

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE



DATE: 01.01.2022

Dr. Arghya Sukul

Assistant Professor, Department of Sociology

NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE

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Contact: 9732779838
Website: https://nayagramprmgovtcollege.ac.in

Memo No: NPRMGC/SOP/21-22/2

Date: 29.12.2021

NOTICE

This is to notify all the students of our college that a Student Orientation Programme is going to be held on 01.01.2022 at 11:30 am in online mode. Therefore, the willing students are hereby asked to join this programme within 11:15 am on the date mentioned above. The Google Meet Link for the said programme will be notified later in all the Whatsapp Groups of the respective subjects. Asst. Professor Dr. Arghya Sukul will discuss on the topic: **Education through blended mode.**

Dr. Netai Chandra Das
Officer-in-charge
Nayagram PRM Govt. College

(DR. NETAI CHANDRA DAS)
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Report on
Students' Orientation Programme on Education through Blended Mode

Date: January 01, 2022
Mode: Online
Organised by Nayagram Pandit Raghunath Murmu Government College, Baligeria, Jhargram, West Bengal, 72125.

Nayagram Pandit Raghunath Murmu Government College had organized an online orientation programme for all students to introduce them to the concept of Education through Blended Mode on 01/01/2022 at 11:30 A.M. This programme was aimed to familiarize students with the blend of online and in-person learning that will be a key part of their academic journey in present social environment.
Actual enactment of the blended learning in education system, laid down in the NEP 2020 may address the challenge of cumulative issue of inclusion and conveying education and training for sustainable development. So, it needs appropriate IT infrastructure, online teaching platform, development and diffusion of digital content, capacity building of teachers etc.

Chief objectives of this programme were as follows:

1. To introduce students to the course of blended learning model.
2. To make them understand complementary and reciprocal relationship between online and in-person learning.
3. To demonstrate the use of the various online learning platform.
4. To provide guidelines for effective learning in a blended environment.
5. To address students' queries and concerns regarding blended learning.

Programme Schedule

- **Welcome Address:** Officer-in-Charge, Dr. Netai Chandra Das
- **Speaker:** Dr. Arghya Sukul

Topics Covered:
Introduction to Blended Learning:

- Definition and benefits of blended learning
- Structure of the blended learning model at Nayagram Pandit Raghunath Murmu Government College
- Expectations from students

Demonstration of the Online Learning Platform:

- Navigation of the learning management system (LMS)
- Accessing course materials and submitting assignments
- Participating in online discussions and forums
- Technical support and resources available

Effective Learning Strategies:

- Time management and self-discipline
- Active participation in both online and in-person sessions
- Utilizing available resources for academic support

Interactive Q&A Session:

Topics Covered:

- Addressing students' concerns
- Clarifying doubts about the blended learning process

Closing Remarks:

- **Speaker:** Teachers' Council Secretary, Mr. Pradyout Ghara
- Encouragement to embrace the blended learning model

Participants' reaction:

The orientation programme saw enthusiastic participation from students. The interactive session was particularly well-received, with many students actively engaging and posing insightful questions.

Feedback

Feedback collected from students indicated a high level of satisfaction with the programme. Many students appreciated the clarity of the presentations and the practical demonstrations of the online platform. Suggestions for future sessions included more hands-on workshops and individual support sessions.

Conclusion

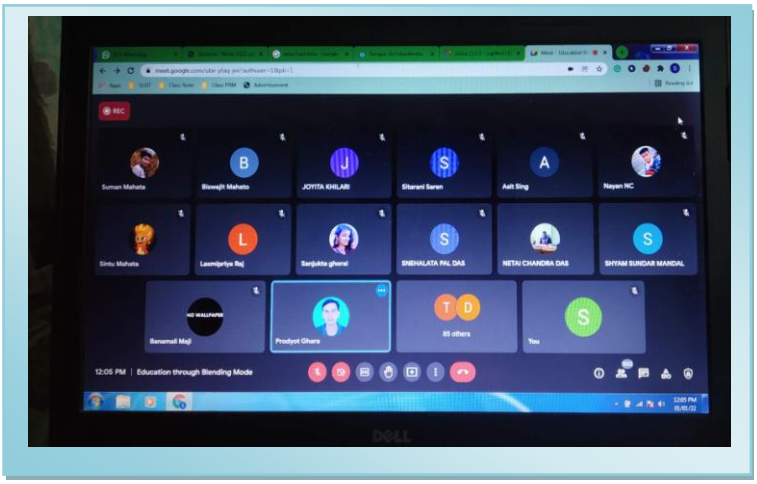
The orientation programme successfully achieved its objectives, equipping students with the knowledge and skills needed to navigate their education through the blended mode. The positive feedback and active participation highlight the students' readiness to embrace this innovative approach to learning.

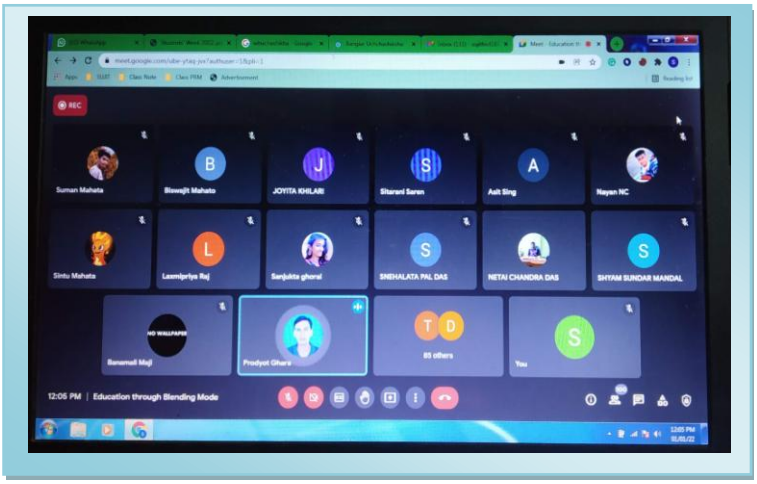
Co-ordinator
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Coordinator
IQAC
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Officer-in-charge
Nayagram P.R.M. Govt. College

(DR. NETAI CHANDRA DAS)
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BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125


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Sitarani Saren
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सत्यमेव जयते

LECTURE

ON

Use of computer & internet in education

ORGANISED BY

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE



DATE: 03.01.2023

Dr. Arghya Sukul

Assistant Professor, Department of Sociology

LIBRARY

ORIENTATION PROGRAMME

सत्यमेव जयते



ORGANISED BY

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE

BALIGERIA, NAYAGRAM, JHARGRAM-721125

Date: 03.01.2023

Arati Munda
Librarian

NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE

Vill. & P.O. – Baligeria : P.S. – Nayagram : Dist. - Jhargram (W.B.) : Pin. –721125
Email: principal2014nprmgc@gmail.com/ ned2014oic@gmail.com
Contact: 9732779838
Website: https://nayagramprmgovtcollege.ac.in

Memo No: NPRMGC/SOP/22-23/2

Date: 01.01.2023

NOTICE

This is to notify all the students of our college that a Student Orientation Program is going to be held on 03.01.2023 at 11:30 am in the Seminar Hall. Therefore, the willing students are hereby called for a free registration for this program within 11:00 am on the date mentioned above. Asst. Professor Dr. Arghya Sukul will discuss on the topic: **Use of Computer and Internet in Education.**

Dr. Netai Chandra Das
Officer-in-charge
Nayagram PRM Govt. College

(DR. NETAI CHANDRA DAS)
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Memo No: NPRMGC/SOP/22-23/3

Date: 01.01.2023

NOTICE

This is to notify all the students of our college that a Student Orientation Program is going to be held on 03.01.2023 at 12:30 pm in the Seminar Hall. Therefore, the willing students are hereby called for a free registration for this program within 12:00 pm on the date mentioned above. Librarian Mrs. Arati Munda will discuss on the topic: **Library Orientation Programme: Creating awareness among students.**

Dr. Netai Chandra Das
Officer-in-charge
Nayagram PRM Govt. College

(DR. NETAI CHANDRA DAS)
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Report on
Students' Orientation Programme: Use of Computer and Internet in Education

Date: January 03, 2023
Venue: Seminar Hall, 1st Floor, NPRMGC
Organised by Nayagram Pandit Raghunath Murmu Government College, Baligeria, Jhargram, West Bengal, 721125.

Introduction:

Nayagram Pandit Raghunath Murmu Government College arranged an orientation programme for all students and interested persons on 3/01/2023 at 11:30 A.M. in Seminar Hall, 1st Floor of the Institution to introduce them to the Critical Role of Computers and the Internet in Education, with a special focus on the present-day educational scenario and socio-cultural context. This programme aimed to equip students with the necessary knowledge and skills to effectively utilize these technologies throughout their academic journey.

Objectives

1. To highlight the importance of computers and the internet in education in general and Indian scenario particularly.
2. To demonstrate key educational software and online resources.
3. To provide guidelines for safe and responsible use of the internet.
4. To address students' queries and concerns regarding the use of technology in their studies.

Programme Schedule

This programme was inaugurated by Dr. Netai Chandra Das, Officer-in-Charge, Nayagram Pandit Raghunath Murmu Government College in presence of faculty members and non-teaching staffs of the institution followed by an elegant but short inaugural ceremony conducted by institution's girl students.

Dr. Netai Chandra Das, Officer-in-Charge presided this programme. He introduced Dr. Arghya Sukul, and Assistant Professor of Sociology of this Institution as the speaker of this orientation programme.

Topics Covered:

Importance of Computers and the Internet in Education in India:

- The role of technology in modern Indian education
- Government initiatives like Digital India and their impact on education
- Benefits of using computers and the internet for learning
- Examples of successful integration of technology in Indian schools and colleges

Demonstration of Key Educational Software and Online Resources:

- Overview of essential software (e.g., Microsoft Office, Google Workspace, SPSS etc.).
- Using Indian educational platforms (e.g., SWAYAM, NPTEL).
- Navigating various online learning management systems (LMS).
- Accessing online resources like E-Pathshala, National Digital Library of India.

Safe and Responsible Use of the Internet:

- Online privacy and security measures.
- Recognizing and avoiding online threats (e.g., phishing, malware).
- Ethical considerations and digital citizenship.
- Government policies and guidelines on internet safety in India.

Interactive & Closing Session:

- Addressing students' concerns
- Clarifying doubts about using technology in their studies
- Encouragement to leverage technology for academic success

Attendance and Participation & Feedback

The orientation programme saw enthusiastic and directly interactive participation from over 600 participants. The interactive sessions were particularly well-received, with many students actively engaging and posing insightful questions.

Feedback collected from students indicated a high level of satisfaction with the programme. Many students appreciated the clarity of the presentations and the practical demonstrations of educational software and online resources. Suggestions for future sessions included more hands-on workshops and individual support sessions.

Conclusion

This programme was officially announced closed in valedictory session by Mr. Uday Shankar Khatua, Assistant Professor of Sanskrit of this institution.

The orientation programme successfully achieved its objectives, equipping students with the knowledge and skills needed to effectively use computers and the internet for their education in the Indian context. The positive feedback and active participation highlight the students' readiness to encirclement these essential technologies for academic success.

Tarak Jana.

Co-ordinator
IQAC
Nayagram P.R.M. Govt. College

Officer-in-charge
Nayagram P.R.M. Govt. College
(DR. NETAI CHANDRA DAS)
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Contact: +91 9732779838 :: Website: https://nayagramprmgovtcollege.ac.in

Report
On

Library Orientation Programme: Creating awareness among students
(2022-23)

1. Introduction:

College is the place where one can get higher education for achieving pupil's career goal. A college is an academic institution. A college is a degree-awarding educational institution. So, college is meant to provide education in the country and also a strong base of youth generation. For achieving knowledge, they try to seek new knowledge and information. Here, they come to the library of their own college. But they face problems about using the library. It is the time to a Librarian to teach users about library use. With library orientation programme. College library plays an important role in achieving the college's academic goals.

2. Library orientation- way to awareness:

Library orientation is making the students familiar with different section, collections, services and staffs. LO is done to help and serve the users who visit the library. The Librarian can serve and help the users more by telling them about what the library has for them. It educating the users on how to use the library and make maximum use of its collection and services offered by library.

3. Objectives of Library Orientation Programme:

The main purpose of college library orientation is

- To help the students with the universal information of college education.
- To guide the new users who are not aware about how to use library.
- To provide instruction about the use of library.
- To help students to understand role of library in their learning process.
- To create awareness about different library resources
- To make awareness about different sections like Reading room, Circulation section, Reference section etc.
- To help student to understand the library and save the time of the users.
- To indulge student in the library and to develop reading habits among the users.

4. Components of Library Orientation:

In the library orientation programme various components should be included –

Library Rules and Regulations:

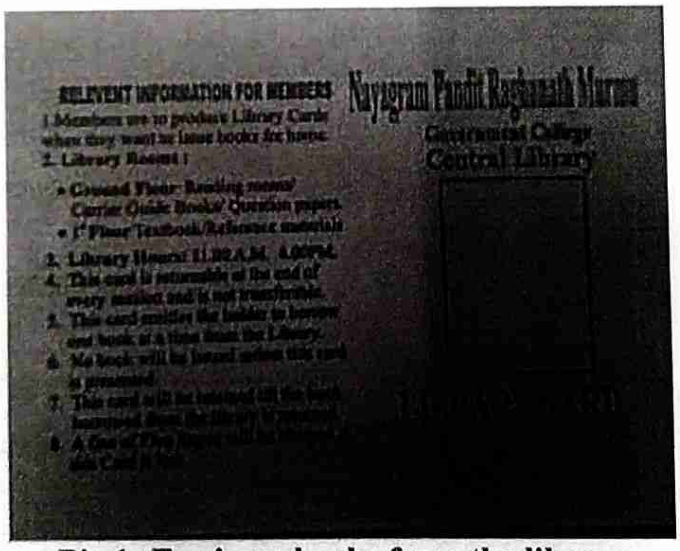
Library rules and regulations should be explained before the library users in Library Orientations Programme

- Strict silence and disciplined must be maintained in the library. Use of cell-phones in the library is strictly prohibited.
- Members have to keep their belongings (excluding purse and mobile) in the baggage counter with their responsibility.
- The library is under CCTV surveillance.
- Readers should not damage the library documents.
- No students are allowed to take additional copy of same title at a time.
- Smoking, eating, talking loudly are strictly prohibited in the library.

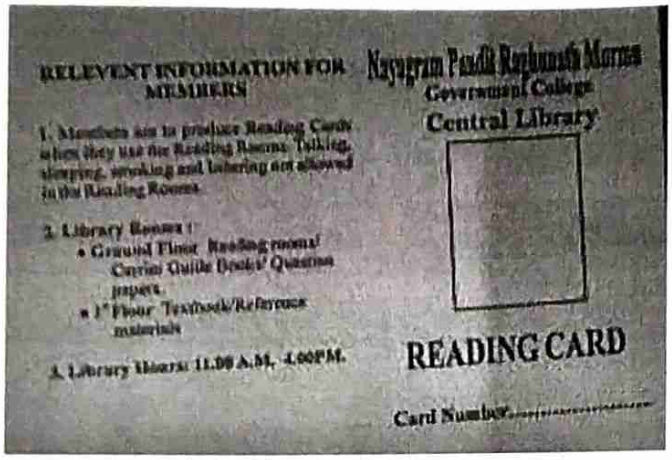
Library membership:

All faculty, staff and students of the college are entitled to become library members. Membership (excluded student) is allowed only after submitting a duly filled in and signed membership form, duly recommended by the concerned HoD or office order of joining in the college. Each student should be a member for using the library. A non-member may use the library material on the premises with the permission of the Librarian. Members are to produce Library Cards when they want to issue books for home.

Student Membership Card:



Pic 1: For issue books from the library



Pic 2: For reading room

Issue /Return Rules:

Users are divided into following categories:

Sl. No.	Library Users	No. of Books Issued	Period
1.	Students	2 Books	15 Days
2.	Teaching Staff	5 Books	3 Months
3.	Administrative Staff	5 Books	3 Months

Library Services:

Following Library services have been provided for the students, teaching and administrative staffs

- Circulation service (Book borrowing, Book drop)
- Reference and information services
- Photocopying and printing facility
- Library orientation programme

Library Hours:

Monday to Friday – 10:00 a.m. to 5:00 p.m.
Saturday- 10:00 to 2:30 p.m.

Library book issue/return timing:

Monday to Friday – 11:00 a.m. to 4:00 p.m.
Saturday- 11:00 to 2:00 p.m.

Library Collection:

- The library is part of the institution
- Library has collections of books on various branches of Knowledge
- Almost 5000+ collection of books is present in the library

Library staffs:

Different category library staff and their assigned duties should be explained in the orientation programme. If the user faces any difficulties at the time of using the library, they may contact the responsible person of the library.

Human Resources: -

Name	Designation	Contact No.
Arati Munda	Librarian	8145225354
Rameswar Laya	Library Assistant	8159844207
Gopal Mondal	Library Attendant	8910503541
Susanta Nayak	Library Attendant	9337564377

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Officer-in-charge
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WEST BENGAL, 721125

Nayagram Pandit Raghunath Murmu Govt. College

Baligeria, Nayagram, Jhargram – 721125

SIGNATURE SHEET

ONE DAY ORIENTATAION PROGRAMME ON

USE OF COMPUTER IN EDUCATION & LIBRARY ORIENTATION PROGRAMME: CREATING AWARENESS AMONG STUDENTS

DATE - 03.01.2023

Student Name	Year/Semester	Student ID	Course Type	Course /Subject	Signature
AKASH DANDAPAT	1st Semester	221310240	GENERAL	B.A.	A. Dandapat
BANNYA AGUAN	1st Semester	221310028	HONOURS	English	Bannya Aguan
CHANDMONI TUDU	1st Semester	221310039	HONOURS	Sanskrit	C. Tudu
DEEPAK GIRI	1st Semester	221310308	GENERAL	B.A.	Deepak Giri
GAJENDRA BESRA	1st Semester	221310319	GENERAL	B.A.	G. Besra
GOUTAM KUILA	1st Semester	221310058	HONOURS	History	Goutam Kuila
JABA MANDI	1st Semester	221310062	HONOURS	Philosophy	Jaba Mandi
JYOTSNA DUARY	1st Semester	221310069	HONOURS	Sanskrit	J. Duary
MAHASHWETA MAHATA	1st Semester	221310369	GENERAL	B.A.	Mahashweta Mahata
MAYNO TUDU	1st Semester	221310094	HONOURS	History	Mayno Tudu
PADMALOCHAN MAHATA	1st Semester	221310411	GENERAL	B.A.	P. Mahata
PARAMESWAR MAJHI	1st Semester	221310415	GENERAL	B.A.	P. Majhi
REKHA MURMU	1st Semester	221310457	GENERAL	B.A.	Rekha Murmu

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USE OF COMPUTER IN EDUCATION & LIBRARY ORIENTATION PROGRAMME: CREATING AWARENESS AMONG STUDENTS

DATE - 03.01.2023

TUTUL MANGAL	1st Semester	221310236	HONOURS	Bengali	Jutul Mangal
AMBIKA DHAL	3rd Semeter	211023757	GENERAL	B.A.	A. M.
BAHAMONI HEMBRAM	3rd Semeter	211023784	GENERAL	B.A.	B. H.
BIRMULI TUDU	3rd Semeter	211023567	HONOURS	Sanskrit	Birmuli Tudu
DIPANKAR MAHATA	3rd Semeter	211023831	GENERAL	B.A.	Dipankar Mahata
KAJAL HANSDA	3rd Semeter	211023859	GENERAL	B.A.	Kajal Hansda
LATIKA PATRA	3rd Semeter	211023881	GENERAL	B.A.	Latika Patra
MAMPI PARIA	3rd Semeter	211023619	HONOURS	History	মাম্পি পাড়িয়া
MITUN NAYEK	3rd Semeter	211023919	GENERAL	B.A.	Mitun Nayek
NAMITA SING	3rd Semeter	211023639	HONOURS	English	N. S.
PRASANTA MAHALI	3rd Semeter	211023965	GENERAL	B.A.	P. M.
RAJESH HEMBRAM	3rd Semeter	211023670	HONOURS	English	R. Hembram
SAKLA KISKU	3rd Semeter	211024011	GENERAL	B.A.	S. Kisku
SANJIB MURMU	3rd Semeter	211024024	GENERAL	B.A.	সঞ্জীব মুর্মু
SHAKUNTALA HEMBRAM	3rd Semeter	211024039	GENERAL	B.A.	শকুন্তলা হেমব্রম
SITARANI SAREN	3rd Semeter	211024055	GENERAL	B.A.	Sitarani Saren

Nayagram Pandit Raghunath Murmu Govt. College

Baligeria, Nayagram, Jhargram – 721125

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USE OF COMPUTER IN EDUCATION & LIBRARY ORIENTATION PROGRAMME: CREATING AWARENESS AMONG STUDENTS

DATE - 03.01.2023

SOURADIPA MAHATA	3rd Semeter	211023725	HONOURS	Political Science	Souradipa Mahata
SUDIPTA GIRI	3rd Semeter	211023732	HONOURS	Bengali	S. G.
SUPARNA GHOSH	3rd Semeter	211023738	HONOURS	Philosophy	S. G.
TARUN MAHATA	3rd Semeter	211024131	GENERAL	B.A.	Tarun Mahata
ANANYA PATTANAYAK	5th Semester	1310004	HONOURS	Sociology	A. Pattanayak
EKATA SAU	5th Semester	1310047	HONOURS	English	E. Sau
PALASH BERA	5th Semester	1310088	HONOURS	History	Palash Bera
SOURAV DANDAPAT	5th Semester	1310151	HONOURS	Sanskrit	Sourav Dandapat
ARCHANA MAHATA	5th Semester	1310210	GENERAL	B.A.	A. M.
MAMONI HEMBRAM	5th Semester	1310292	GENERAL	B.A.	M. H
SHILABOTI SAREN	5th Semester	1310395	GENERAL	B.A.	S. Saren
SURJA KANTA SAHOO	5th Semester	1310430	GENERAL	B.A.	Surya K. Sahoo
ANUPAM MAHATA	5th Semester	1310457	GENERAL	B.A.	A. Mahata


GPS Map Camera
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NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE

BALIGERIA, NAYAGRAM, JHARGRAM -721125

NON FORMAL SANSKRIT LEARNING (NFSE)

Sanskrit is the world's oldest literary language. Texts written in Sanskrit are the foundation of ancient Indian knowledge. And this language is the mother of almost all Indian languages. Therefore, various courses have been taken by the Central Sanskrit University, Delhi for the promotion, preservation and dissemination of this language among people of all groups of society. One of them is a certificate course called 'Non-Formal Sanskrit Education', which offer people to learn Sanskrit language in simple method.

Nayagram Pandit Raghunath Murmu Govt. College, West Bengal established an extended Non-Formal Sanskrit Education Center in 2022 in collaboration with Central Sanskrit University to promote and spread Sanskrit among the masses in Nayagram and its surrounding areas.

Academic Counselors

- Co-ordinator/ Authorised Officer of the NFSE Centre -
  Sri Soumen Chakraborty, Assistant Professor (WBES)
- Teacher's name of the NFSE Course -
  Smt. Soumi Bhattacharya

Course offered

1. **Certificate Course in Sanskrit Language** (संस्कृतभाषाप्रमाणपत्रीयपाठ्यक्रमः) – 8 Credit
2. **Diploma in Sanskrit Language** (संस्कृतभाषादक्षतापाठ्यक्रमः) – 12 Credits

(The duration of each course is one year.)

(DR. NETAI CHANDRA DAS)
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BALIGERIA, NAYAGRAM, JHARGRAM,
WEST BENGAL, 721125

Fees Structure

Admission Fees	200/-	Total amount payable at the time of admission. Rs. 1200/- to be deposited.
Study Material Fees	500/-	
Teaching Fees	500/-	
Examination Fees	300/-	Before the exam Rs. 300/- to be deposited
Total	1500/-	

Silent Features of this course

- One can understand basic Sanskrit grammar.
- One can learned Sanskrit songs.
- One can chant Sanskrit slokas and mantras in proper way.
- One can communicate with others fluently in Sanskrit.

Enrolled Students (2022 - 2024)

Sl. No.	Course Name	No of Students	
1	Certificate Course in Sanskrit Language	Male – 14	Total 73
		Female – 59	
2	Diploma in Sanskrit Language	Male – 1	Total 10
		Female – 9	

(DR. NETAI CHANDRA DAS)
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WEST BENGAL, 721125

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সংস্কৃত পেশায় সুবর্ণ সুযোগ

কেন্দ্রীয়-সংস্কৃত-বিশ্ববিদ্যালয়' দ্বারা পরিচালিত

অনৌপচারিক-সংস্কৃতশিক্ষণ

(সার্টিফিকেট কোর্স)

স্থান - নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্ণমেন্ট কলেজ

শিক্ষিকা - সৌমী ভট্টাচার্য

যোগ্যতা - সংস্কৃত শিখতে ও বলতে ইচ্ছুক

বয়স - বয়সের কোন সীমা নেই

প্রবেশ মূল্য - ৫০০/-টাকা

ভর্ত্তির শেষ তারিখ - ২০ শে সেপ্টেম্বর, ২০২২

তত্ত্বাবধায়ক -

সৌমেন চক্রবর্তী (৮২৪০০২৬১০৩)

Nayagram P.R.M Govt. College

http://www.sanskrit.nic.in

केन्द्रीय संस्कृत विश्वविद्यालय
संसद के अधिनियम द्वारा स्थापित
(पूर्व में राष्ट्रिय संस्कृत संस्थान, मानित विश्वविद्यालय)
शिक्षा मन्त्रालय, भारत सरकार के अधीन
56-57, संस्थागत क्षेत्र, जनकपुरी, नई दिल्ली – 110058

Central Sanskrit University
Established by an Act of Parliament
(Formerly Rashtriya Sanskrit Sansthan, Deemed to be University)
Under Ministry of Education, Govt. of India
56-57, Institutional Area, Janakpuri, New Delhi – 110058

के.सं.वि./अनौ.अस्थायी.शि.नि./2022-23/ 319

29.08.2022

सविधे,

Principal
Nayagram Pandit Raghunath Murmu Government College,
Baligeria, Nayagram, Jhargram, West Bengal - 721125

विषय – **अनौपचारिक संस्कृत शिक्षण केन्द्र के सन्दर्भ में।**

महोदय,

अत्यन्त हर्ष के साथ सूचनीय है कि आपके द्वारा प्रेषित आवेदन के आधार पर आपकी संस्था में अनौपचारिक संस्कृत शिक्षण केन्द्र चलाने हेतु केन्द्रीय संस्कृत विश्वविद्यालय, दिल्ली के मान्य कुलपति महोदय के द्वारा स्वीकृति प्रदान की गई है। एतदर्थ श्रीमती/सुश्री सौमी भट्टाचार्य को शिक्षक के रूप में 15 मई 2023 तक के लिए नियुक्त किया गया है। आपके द्वारा निर्धारित समय पर केन्द्र में अध्यापन करने के बाद संस्कृत के प्रचार-प्रसार हेतु शिक्षक अन्य समीपस्थ केन्द्रों पर भी अध्यापन करेंगे।

श्रीमती/सुश्री सौमी भट्टाचार्य को आपके कार्यालय में यथाशीघ्र योगदान करने हेतु सूचित किया गया है।

कृपया प्रत्येक महीने के प्रथम सप्ताह में शिक्षक के द्वारा किए गए (पूर्व मास के) कार्यों का प्रगति विवरण सम्बद्ध प्रपत्र में हमारे कार्यालय को भेजने का कष्ट करें जिससे समय पर उन्हें पारिश्रमिक दिया जा सके।

अनौपचारिक संस्कृत शिक्षण केन्द्र की मार्गदर्शिका संलग्न है।

Sub: - **Regarding Non-Formal Sanskrit Education Centre.**

Sir,

It is my earnest pleasure to inform you that following your application the Hon'ble Vice-Chancellor of Central Sanskrit University, Delhi has been pleased to approve the Non-Formal Sanskrit Education Centre in your Institution Srimati/Miss **Soumi Bhattacharya** has been appointed as the Teacher in your Centre till 15th May, 2023. In addition to the teaching in your Centre he/she will conduct classes in other nearby Centres also.

Srimati/Miss **Soumi Bhattacharya** is informed to report for the duty in your office at the earlist.

May I request you to send the Monthly Progress Report (of the pervious month) of the Teacher to our office in the prescribed proforma in the first week of every month which will enable us to pay his/her remuneration in time.

The Guidelines of Non-Formal Sanskrit Education Centre are attached herewith.

With regards

Yours

(Dr. Ratna Mohan Jha)
Director
Institute of Distance Education

PRINCIPAL / OFFICER-IN-CHARGE
NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

24, 1:54 PM Gmail - Fwd: NFSE शिक्षक/शिक्षिका का कार्यकाल बढ़ाने के संदर्भ में

Gmail NAYAGRAM PRM GOVT. COLLEGE <nprmgcnaac@gmail.com>

Fwd: NFSE शिक्षक/शिक्षिका का कार्यकाल बढ़ाने के संदर्भ में

SOUMEN CHAKRABORTY <soumensans17@gmail.com> Tue, Jul 30, 2024 at 1:53 PM
To: nprmgcnaac@gmail.com

---------- Forwarded message ---------
From: **NFSE SECTION CSU** <nfse@csu.co.in>
Date: Fri, 12 May, 2023, 4:55 pm
Subject: NFSE शिक्षक/शिक्षिका का कार्यकाल बढ़ाने के संदर्भ में
To:

आदरणीय महोदय/महोदये

सादर वन्दनानि

आशा है कि आपके सहयोग से आपकी संस्था में केन्द्रीय संस्कृत विश्वविद्यालय, नवदेहली द्वारा संचालित अनौपचारिक संस्कृत शिक्षण केन्द्र योग्यतया चल रहा है।

आपको विदित है कि आपके केन्द्रशिक्षक/केन्द्रशिक्षिका का कार्यकाल 15.05.23 तक निर्धारित था, जिसे बढ़ाया गया है। शिक्षक/शिक्षिका 31.05.23 तक केन्द्र संचालन कर सकता/सकती है।

22-23 सत्र में भाग लिए छात्रों की परीक्षा जून में 24 तथा 25 तारिख को आनलाइन माध्यम से संभावित है। कार्यकाल समाप्त होने के पश्चात् परीक्षा होने तक शिक्षक/शिक्षिका अपनी सुविधानुसार छात्रों का मार्गदर्शन कर सकता है। परीक्षा के विषय में आगे विस्तृत सूचना दी जाएगी।

23-24 शैक्षिक सत्र में पुनः केन्द्र संचालन हेतु आवेदन करना अपेक्षित है। आवेदन पत्र यहाँ संलग्न है। यह पत्र भरकर 31.05.23 तक भेजने का कष्ट करें।

भवदीयः-

निदेशकः
मुक्तस्वाध्यायपीठम्
केन्द्रीयसंस्कृतविश्वविद्यालयः
56-57, सांस्थानिकक्षेत्रम्, जनकपुरी
नवदेहली - 110058
Email- nfse@csu.co.in

PRINCIPAL / OFFICER-IN-CHARGE
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BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

Application for NFSE.pdf
537K

Government of West Bengal

Office of the Principal

Nayagram Pandit Raghunath Murmu Government College

Baligeria, Nayagram, Jhargram – 721125

Ref no: **NPRMGC/NFSTJRL/01/2022** Date: 05/09/2022

To,
The Director
Institute of Distance Education
Central Sanskrit University, Delhi

Sub: Joining information of Srimati Soumi Bhattacharya as Non-formal Sanskrit Teacher at Nayagram Pandit Raghunath Murmu Govt. College.

Sir,

With great pleasure we would like to imform you that, against your letter ref no के.सं.वि/अनौ.अस्थायी.शि.नि/2022-23/319 dated 29.08.2022, Srimati Soumi Bhattacharya has been joined our institution as Non-formal Sanskrit Teacher on 5th September 2022 at 11 A.M. As per regulation our centre coordinator will provide monthly progress report to you.

Thanks and regards,

Dr. Netai Chandra Das
Principal/Officer-in-Charge
Nayagram PRM Govt. College

PRINCIPAL / OFFICER-IN-CHARGE
NAYAGRAM P.R.M. GOVT. COLLEGE

Authorised Officer
Non-formal Sanskrit Education Centre
Nayagram PRM Govt. College

Assistant Professor
WBES
Department of Sanskrit
Nayagram P.R.M. Govt. College
Nayagram,Paschim Medinipur

Central Sanskrit University

Non Formal Sanskrit Education

Tabulation of
Certificate Course in Sanskrit Language

2022 - 2023

Name Of the NFSE Centre-

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL

Serial No	Enrollment No	Name	Fathers Name	Result
1	22C1349	ANIMA HANSDA	BHATU HANSDA	PASS
2	22C1350	ANIMA PATRA	BRAJA GOPAL PATRA	PASS
3	22C1354	ANINDITA CHOWDHURY	KALIDAS CHOWDHURY	Absent
4	22C1472	ANUPAM MAHATA	LATE PHANIBHUSHAN MAHATA	PASS
5	22C1547	ARCHANA KARAN	UMAKANTA KARAN	PASS
6	22C1569	ARJUN RANA	SHYAMSUNDAR RANA	FAIL
7	22C1708	ATASI MAHAPATRA	AMARENDRA MAHAPATRA	PASS
8	22C1741	AYUSHI SENAPATI	ANANDA SENAPATI	PASS
9	22C1852	BHAGBAT PARIA	SUMIT PARIA	FAIL
10	22C2000	BISHNUPRIYA BERA	HARADHAN BERA	PASS
11	22C2031	BUBAY ROUT	SHIBSANKAR ROUT	PASS
12	22C2072	CHANDMONI TUDU	MEGHRAI TUDU	Absent
13	22C2118	CHHITA TUDU	RAMANATH TUDU	Absent
14	22C2519	FULU MURMU	REPA MURMU	Absent
15	22C2822	INDRAJIT MANNA	KRITTIBAS MANNA	Absent
16	22C2923	JAYANTI DHARA	KUSHAL DHARA	PASS
17	22C2950	JHUMPA SHIT	NILKANTA SHIT	Absent
18	22C3054	JYOTSNA DUARY	ARABINDA DUARY	PASS
19	22C3100	KAKALI SING	HAREKRISHNA SING	PASS
20	22C3193	KARISHM A HANSDA	TIKARAM HANSDA	PASS
21	22C3414	KRITTIBAS MAHATA	SATYARANJAN MAHATA	PASS
22	22C3461	LABANI DANDAPAT	UTPAL DANDAPAT	PASS
23	22C3764	MANISHA ROUT	RAMESH ROUT	PASS
24	22C4006	MOU GHOSH	UTTAM GHOSH	PASS
25	22C4379	NITU MSAHATA	PARITOSH MAHATA	PASS
26	22C4466	PAMPA GHOSH	KALIPADA GHOSH	PASS
27	22C4496	PAPIYA DUTTA	TAPAN DUTTA	PASS

(DR. NETAI CHANDRA DAS)
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28	22C4673	POULAMI MANDAL	PANKAJ MANDAL	PASS
29	22C4774	PRASENJIT MAHATA	DHIRENDRANATH MAHATA	Absent
30	22C4791	PRATIBHA CHAKRABORTY	TRIBHANGA CHAKRABORTY	PASS
31	22C4842	PRIHWIRAJ MAHATA	NITYANANDA MAHATA	PASS
32	22C4905	PRIYANKA PATRA	SABIR PATRA	PASS
33	22C5025	RADHA RANI SAHOO	ADIKANTA SAHOO	PASS
34	22C5090	RAJASHREE DAS	KANCHAN DAS	PASS
35	22C5212	RANI GHOSH	JHANTU GHOSH	PASS
36	22C5359	RINKU GHOSH	SANTIPROSAD GHOSH	Absent
37	22C5583	SAJANI HEMBRAM	DASA HEMBRAM	Absent
38	22C5650	SANCHITA SHIT	GOBARDHAN SHIT	PASS
39	22C5667	SANDIP BARAMAJHI	SWAPAN BARAMAJHI	FAIL
40	22C5700	SANGJUKTA GHOSH	AJAY GHOSH	PASS
41	22C5768	SARASWATI BARIK	DURGESH BARIK	Absent
42	22C5914	SHAKUNTALA ROUTH	GANESH ROUTH	Absent
43	22C5940	SHANTI TUDU	KISUN TUDU	PASS
44	22C6082	SHRABANI PATRA	AMAL PATRA	PASS
45	22C6182	SILPA PARIA	SUKUMAR PARIA	PASS
46	22C6275	SOMA MAHATA	SUKDEB MAHATA	PASS
47	22C6342	SOUMEN KUNAR	ASIT KUNAR	Absent
48	22C6361	SOURAV DANDAPAT	BHASKAR DANDAPAT	PASS
49	22C6432	SUBHA GIRI	HARIHAR GIRI	Absent
50	22C6444	SUBHAM DAS	BISHWESHWAR DAS	PASS
51	22C6538	SUKANYA PANI	SUKUMAR PANI	Absent
52	22C6561	SUMANA PATRA	LATE PATITPABAN PATRA	PASS
53	22C6580	SUMITA DAS	JOYKRISHNA DAS	PASS
54	22C6632	SUPRIYA SAHOO	NILAMBAR SAHOO	PASS
55	22C6663	SURUBALI SAREN	LAKHAI SAREN	PASS
56	22C6708	SUSMITA SINGH	BIRBAL SINGH	PASS

(DR. NETAI CHANDRA DAS)
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WEST BENGAL, 721125

Enrolment Number	Name Of The Student	Logged In	Programme	NFSE Centres	Father Name	Email Id
22C2923	Jayanti Dhara	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Kushal Dhara	jayantidhara22@gmail.com
22C4006	MOU GHOSH	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	UTTAM GHOSH	moug91012@gmail.com
22C1569	ARJUN RANA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SHYAMSUNDAR RANA	arjunrana121314@gmail.com
22C4842	PRIHWIRAJ MAHATA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	NITYANANDA MAHATA	pappumahata556@gmail.com
22C2822	INDRAJIT MANNA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	KRITTIBAS MANNA	indrajitmanna432@gmail.com

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22C6444	SUBHAM DAS	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	BISHWESHWAR DAS	dassubham735@gmail.com
22C5940	Shanti Tudu	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Kisun Tudu	tudushanti173@gmail.com
22C6708	SUSMITA SINGH	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	BIRBAL SINGH	singhsusmita04913@gmail.com
22C6632	Supriya Sahoo	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Nilambar Sahoo	supriyasahoo350@gmail.com
22C1349	Anima Hansda	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Bhatu Hansda	animahansda32@gmail.com

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22C1547	ARCHANA KARAN	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	UMAKANTA KARAN	chittabarik91@gmail.com
22C3764	Monisha Routh	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	RAMESH ROUT	routhromesh345@gmail.com
22C3054	JYOTSNA DUARY	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	ARABINDA DUARY	purnimaduary2001@gmail.com
22C4466	PAMPA GHOSH	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Kalipada Ghosh	pg858582@gmail.com
22C5667	SANDIP BARAMAJHI	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SWAPAN BARAMAJHI	sandipbaramajhi@gmail.com

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22C1852	BHAGBAT PARIA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SUMIT PARIA	bhagbatparia27@gmail.com
22C4496	PAPIYA DUTTA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	TAPAN DUTTA	papiyadutta827@gmail.com
22C5650	SANCHITA SHIT	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Gobardhan Shit	sanchitashit809@gmail.com
22C4791	PRATIBHA CHAKRABORTY	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	TRIBHANGA CHAKRABORTY	pratibhachakraborty9@gmail.com
22C3100	KAKALI SING	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	HAREKRISHNA SING	kakalising79@gmail.com

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22C4673	POULAMI MANDAL	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	PANKAJ MANDAL	poulamimandal1111@gmail.com
22C5768	SARASWATI BARIK	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	DURGESH BARIK	sonalibarik490@gmail.com
22C5090	RAJASHREE DAS	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	KANCHAN DAS	rajashreedasdas183@gmail.com
22C6275	SOMA MAHATA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SUKDEB MAHATA	somamahatawb2003@gmail.com
22C5212	RANI GHOSH	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	JHANTU GHOSH	ranighosh560@gmail.com

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22C3461	LABANI DANDAPAT	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	UTPAL DANDAPAT	dandapatlabani@gmail.com
22C6361	SOURAV DANDAPAT	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	BHASKAR DANDAPAT	dandapatsourav202@gmail.com
22C4379	Nitu Mahata	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	PARITOSH MAHATA	nitumahata7@gmail.com
22C1741	AYUSHI SENAPATI	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	ANANDA SENAPATI	ayushisenapati5@gmail.com
22C6663	SURUBALI SAREN	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	LAKHAI SAREN	surubalisaren3@gmail.com

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22C3193	Karishma Hansda	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	TIKARAM HANSDA	khansda2001@gmail.com
22C6561	SUMANA PATRA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	LATE PATITPABAN PATRA	sumanapatra093@gmail.com
22C4905	PRIYANKA PATRA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SABIR PATRA	priyankap3002@gmail.com
22C6580	SUMITA DAS	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	JOYKRISHNA DAS	dadsonu361@gmail.com
22C5025	RADHA RANI SAHOO	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	ADIKANTA SAHOO	radharanisahoo165@gmail.com

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22C1472	ANUPAM MAHATA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	LATE PHANIBHUSHAN MAHATA	anupammahata001@gmail.com
22C2000	BISHNUPRIYA BERA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	HARADHAN BERA	bishnupriyabera05@gmail.com
22C1350	ANIMA PATRA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	BRAJA GOPAL PATRA	hisubrata123@gmail.com
22C1708	ATASI MAHAPATRA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	AMARENDRA MAHAPATRA	atasimahapatra16@gmail.com
22C6082	SHRABANI PATRA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	AMAL PATRA	shrabanipatra000@gmail.com

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22C2031	BUBAY ROUT	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SHIBSANKAR ROUT	bubayrouth@gmail.com
22C6182	SILPA PARIA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SUKUMAR PARIA	silpaparia583@gmail.com
22C3414	KRITTIBAS MAHATA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SATYARANJAN MAHATA	krittibasmahata497@gmail.com
22C5700	SANGJUKTA GHOSH	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	AJAY GHOSH	sangjuktag02@gmail.com

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DEPARTMENTAL WALL MAGAZINE

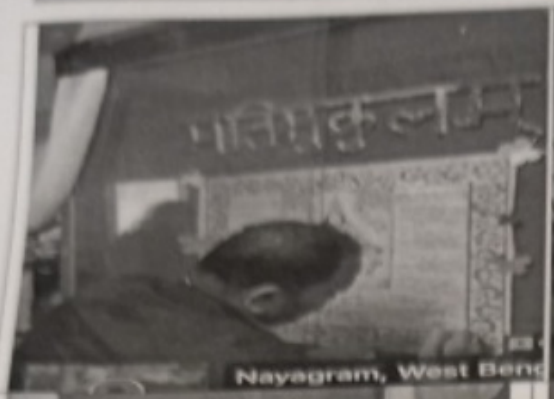
WALL MAGAZINE

The heart of an educational institution is its students, because it is through their all-round development that the development of the institution is established and the vision and mission of the institution are determined. Wall magazines are helpful for the overall development of students, as wall magazine are a place for creativity, teamwork and empathy among students.

The Sanskrit Department of Nayagram Pandit Raghunath Murmu Government College also has two wall magazines named **Āyatiḥ (आयतिः)** and **Matimukulam (मतिमुकुलम्)**, which strive to foster creativity through writing, artwork, and other creative means and empathy among students within the department.

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WALL MAGAZINE PHOTO GALARAY

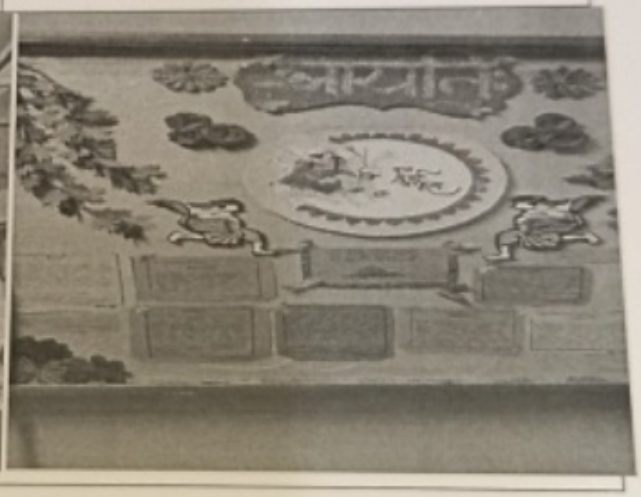












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নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্ণমেন্ট কলেজ

নয়াগ্রাম, বালিগেড়িয়া, ঝাড়গ্রাম, পিন-৭২১১২৫

গল্প-পাঠের আসর

প্রত্যেক মাসের দ্বিতীয় এবং চতুর্থ বৃহস্পতিবার

৩০৭ নং কক্ষ, সময় : দুপুর ১টা - ২টো

শুভারম্ভ - ২২ ডিসেম্বর, ২০২২ বৃহস্পতিবার

সূচক ভাষণ - ড. নিতাই চন্দ্র দাস

ভারপ্রাপ্ত অধ্যক্ষ, নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্ণমেন্ট কলেজ

উপস্থাপনায়

বাংলা বিভাগ

নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্ণমেন্ট কলেজ

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বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

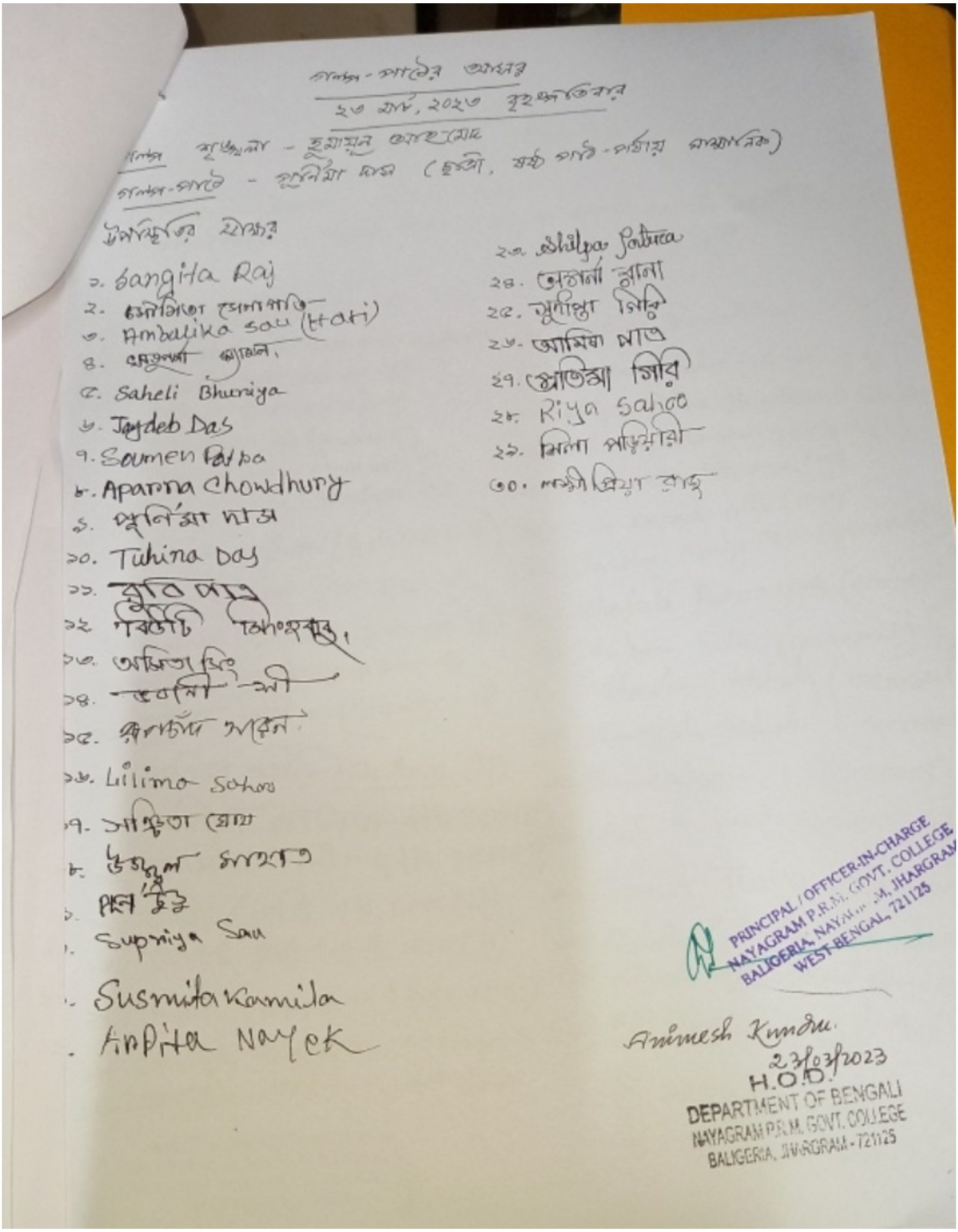
বাংলা বিভাগ

তাং- ২৩-১২-২০২২

নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজের বাংলা বিভাগের উদ্যোগে শুরু হল 'গল্প পাঠের আসর'। ২২ ডিসেম্বর, ২০২২ বৃহস্পতিবার আসরের শুভারম্ভ হয় কলেজের পি. আর. এম. সভাগৃহে। সূচক ভাষণ দেন কলেজের ভারপ্রাপ্ত অধ্যক্ষ ড. নিতাইচন্দ্র দাস মহাশয়। রবীন্দ্রনাথ ঠাকুরের 'ঘাটের কথা' গল্পের কিছুটা অংশ পাঠ করেও শোনান তিনি। আসরে উপস্থিত ছিলেন বাংলা বিভাগের শিক্ষক সহ অন্যান্য বিভাগের শিক্ষক ও শিক্ষিকাবৃন্দ। শ্রোতৃবর্গে উপস্থিত ছিলেন বাংলা বিভাগ সাম্মানিক ও সাধারণ শিক্ষার্থী। উপস্থিত ছিলেন অন্যান্য বিভাগেরও কয়েকজন শিক্ষার্থী। সভার আহ্বায়ক তথা বাংলা বিভাগের প্রধান ড. অনিমেষ কুণ্ডু মহাশয় আসরের উপযোগিতা বিষয়ে সংক্ষিপ্ত বক্তব্য রাখেন। প্রত্যেক মাসের দ্বিতীয় এবং চতুর্থ বৃহস্পতিবার, দুপুর ১ টা থেকে ২টো পর্যন্ত সময়ে, ৩০৭ নং কক্ষে এই আসর বসবে বলে জানিয়েছেন তিনি। গল্প পাঠে বিভাগের শিক্ষার্থীরাই থাকবেন বলেও জানান তিনি। কলেজের সাংস্কৃতিক উপ-সমিতির আহ্বায়ক তথা সংস্কৃত বিভাগের শিক্ষক মৃণাল পাকিরা মহাশয় এই মহতী উদ্যোগকে স্বাগত জানিয়েছেন।

ভারপ্রাপ্ত অধ্যক্ষ
নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ
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অনিমেষ কুণ্ডু
বিভাগীয় প্রধান
বাংলা বিভাগ
H.O.D.
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নন্দন - পাঠের আসর
২৩ মার্চ, ২০২৩ বৃহস্পতিবার
নন্দন শৃঙ্খলা - হুমায়ুন আহমেদ
নন্দন-পাঠে - পুরনিমা দাস (ষষ্ঠী, ষষ্ঠ পাঠ-পর্যায় সাম্মানিক)

উপস্থিতির হাজিরা

১. Sangita Raj
২. অম্বালিকা সোরেন
৩. Ambalika Sau (Hati)
৪. সেঁজুতি কোনার
৫. Saheli Bhuniya
৬. Jaydeb Das
৭. Soumen Patra
৮. Aparna Chowdhury
৯. পুনির্মা দাস
১০. Tuhina Das
১১. [illegible]
১২. [illegible]
১৩. অভিজিৎ [illegible]
১৪. [illegible]
১৫. [illegible]
১৬. Lilima Soren
১৭. সাফিনা খাতুন
১৮. [illegible]
১৯. [illegible]
২০. Supriya Sau
২১. Susmita Kamila
২২. Arpita Nayek
২৩. Shilpa Soren
২৪. সোহানী হাঁসদা
২৫. সুপ্রিয়া গিরি
২৬. আমিয়া দাস
২৭. প্রীতিমা গিরি
২৮. Riya Sahoo
২৯. মিলা পাড়িয়ারী
৩০. শর্মিষ্ঠা রায়

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Animesh Kundu
23/03/2023
H.O.D.
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নয়াগ্রাম - কলেজ অফিস
29-09-2020, বৃহস্পতিবার

নয়াগ্রাম - 'হোয়' - নবাগতদের হোয়েলকাম
নয়াগ্রাম কলেজ - অনুষ্ঠানী কলেজ (নবাগত ছাত্রদের স্বাগতিক ছাত্রদের মধ্যে পরিচয়)

উপস্থিতির তালিকা:

১. Binoda Sahoo - 4th sem - General
২. আরেলী মুর্মু (2nd Sem - H)
৩. মুর্মিলা সাহু (2nd sem - H)
৪. Laxmi Priya Raj (4th sem - H)
৫. Manasi Berua (4th sem - H)
৬. Uma Berua (4th Sem - H)
৭. Sampa Patra (4th Sem - H)
৮. Manasi Berua (4th sem - H)
৯. Poulami Mahakul (2nd sem - H)
১০. সৌমিত্রা হাঁসদা (2nd Sem - H)
১১. সুস্মিতা গিরি - (4th Sem - H)
১২. প্রতিমা গিরি - 4th Sem (H)
১৩. অর্পিতা নায়েক - 4th sem (H)
১৪. আমিষা পাত্র - 4th sem (H)
১৫. রুমী, গিরি - 4th sem (H)
১৬. অপর্ণা রানা - 4th sem (H)
১৭. Chanki Manna - 4th sem (H)
১৮. Shilpa Ghosh - 4th sem (H)
১৯. ~~অনুষ্ঠানী সাহু - 4th Sem~~
২০. Kanaklata Sahoo - 4th sem - (H)
২১. Tanusri Shaw - 4th Sem - (H)
২২. Shilpa Patra Bengali (Hons) 4th Sem
২৩. Bidisha Santha 4th Sem (H)
২৪. Piyali Bera 4th sem (H)
২৫. Mou Sarmal 4th (Hons)
২৬. Barsha Maity 4th (general)
২৭. Shefali Patra 4th (General)
২৮. Bhabani Patra (General)
২৯. Subhadra Mahata (General)
৩০. Dhurjati Mahata (General)
৩১. Bharat Kisku (General)
৩২. Ukil Murmu (Gen) 4th -
৩৩. Sarit Tudu (4th Sem Ge
৩৪. Abdulal Mistu (4th. Sem. Ge
৩৫. Rajesh Ghee (2nd Sem - Ge
৩৫ Sayan Pakhi (2nd sem Ge
৩৬ Sangita Raj (2nd Sem
৩৭ Mougumi Mahapatra (Hons.) (2nd Sem

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38) Rupali Barik (2nd Sem, Hons.)
39) Puja Mahakul [2nd sem, General]
40) Monika Shee (2nd Sem. General)
41) Shila Agujan (2nd sem, Hons)
42) Purnima Paikira (2nd sem, Hons)
43) Lilima Sahoo (2nd Sem, Hons)
44) Anita Sing (2nd Sem. Hons)
45) Mandira Patra (2nd Sem. General)

Animesh Kundu.
27/07/2023
H.O.D.
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নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

বাংলা বিভাগ

তাং- ২৩-০৯-২০২২

নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজের বাংলা বিভাগের উদ্যোগে প্রকাশিত হল বাংলা বিভাগীয় দেওয়াল পত্রিকা 'মহুল'। ২২ সেপ্টেম্বর, ২০২২ বৃহস্পতিবার পত্রিকার আবরণ উন্মোচন করেন কলেজের ভারপ্রাপ্ত অধ্যক্ষ ড. নিতাইচন্দ্র দাস মহাশয়। উপস্থিত ছিলেন বাংলা বিভাগের শিক্ষক সহ অন্যান্য বিভাগের শিক্ষক ও শিক্ষিকাবৃন্দ। পত্রিকার উপদেশক ছিলেন বাংলা বিভাগের প্রধান ড. অনিমেষ কুণ্ডু মহাশয়। পত্রিকা সম্পাদনার দায়িত্বে ছিলেন বিভাগের তিন শিক্ষার্থী – ভবানী শী, রূপচাঁদ সরেন ও লক্ষ্মীপ্রিয়া রাজ। অনুলিখন ও অলংকরণের কাজ করেছেন বিভাগের শিক্ষার্থীরাই। লেখা, আঁকা, টুকরো কাগজের কোলাজ – সবমিলিয়ে এই দেওয়াল পত্রিকা শিক্ষার্থীদের কাছে মনোগ্রাহী হয়ে উঠেছে।

ভারপ্রাপ্ত অধ্যক্ষ
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অনিমেষ কুণ্ডু
বিভাগীয় প্রধান
বাংলা বিভাগ

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নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

বাংলা বিভাগ

তাং- ০২/০৯/২০২২

নয়াগ্রাম পণ্ডিত রঘুনাথ মুরমু গভর্নমেন্ট কলেজের বাংলা বিভাগ ও সেমিনার কমিটির যৌথ উদ্যোগে কলেজের সেমিনার হলে একটি এক-দিবসীয় আলোচনার আয়োজন করা হয়েছিল ১ সেপ্টেম্বর, ২০২২, বৃহস্পতিবার সকাল ১১ টা থেকে। 'বাংলা ভাষা ও সাহিত্যে কম্পিউটার শিক্ষা' শীর্ষক এই আলোচনায় আলোচনা করেন কলেজের ভূগোল বিভাগের অধ্যাপক, বিভাগীয় প্রধান ড. স্বপন কুমার মাইতি মহাশয়। আলোচনায় সূচক ভাষণ দেন সেমিনারের প্রধান পৃষ্ঠপোষক তথা কলেজের ভারপ্রাপ্ত অধ্যক্ষ ড. নিতাই চন্দ্র দাস মহাশয়। সুচক কথাবার্তায় তিনি বিষয়ের ধরতাই তুলে ধরেন। তারই রেশ ধরে মুখ্য আলোচক ড. মাইতি দীর্ঘ আলোচনা করেন। যাতে ধরা থাকে বাংলা ভাষা ও সাহিত্যে কম্পিউটার ব্যবহারের বিভিন্ন দিক। আলোচনায় বিশেষ গুরুত্ব পায় বিভিন্ন সফটওয়্যার ব্যবহারের মাধ্যমে বাংলা টাইপ করার পদ্ধতিগুলি। পুরো বিষয়টি তিনি উপস্থাপন করেন প্রোজেক্টরের মাধ্যমে। যা ছাত্রছাত্রীদের বিশেষভাবে আকৃষ্ট করে। আলোচনায় বিভাগের সকল সাম্মানিক ছাত্রছাত্রী ছাড়াও অন্যান্য বিভাগের কয়েকজন আগ্রহী ছাত্রছাত্রীও উপস্থিত ছিলেন। উপস্থিত ছিলেন অন্যান্য বিভাগের অধ্যাপকবৃন্দ। সেমিনার সঞ্চালনার দায়িত্বে ছিলেন বাংলা বিভাগের সহকারী অধ্যাপক ড. খোকন বর্মন মহাশয়।

ভারপ্রাপ্ত অধ্যক্ষ

নয়াগ্রাম পণ্ডিত রঘুনাথ মুরমু গভর্নমেন্ট কলেজ

PRINCIPAL / OFFICER-IN-CHARGE
NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

বিভাগীয় প্রধান

বাংলা বিভাগ

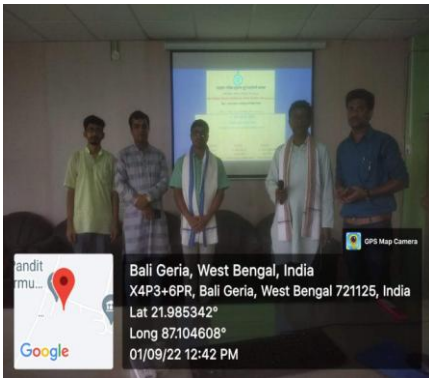
PRINCIPAL / OFFICER-IN-CHARGE
NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

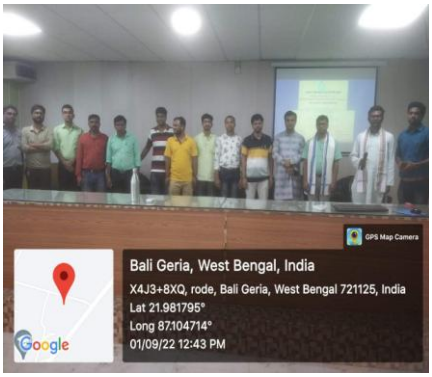


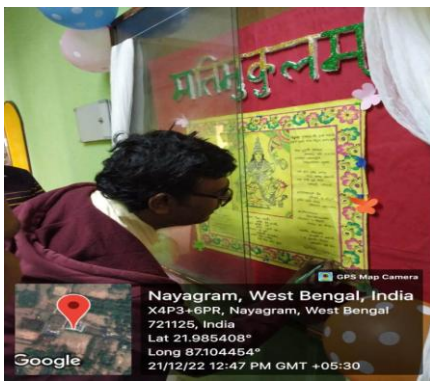


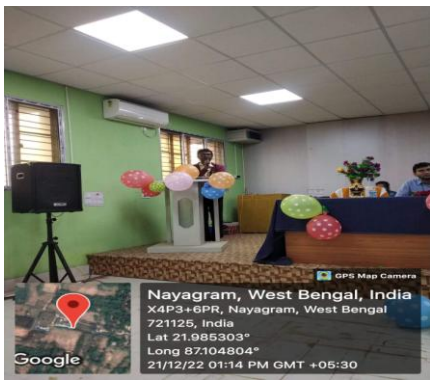



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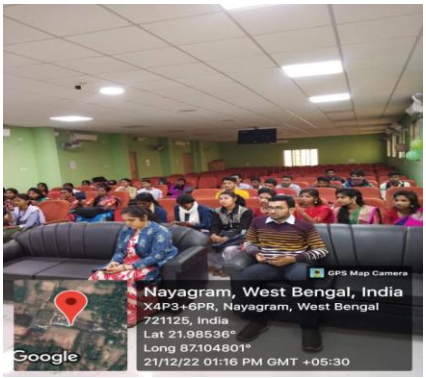

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Nayagram, West Bengal, India
X4P3+6PR, Nayagram, West Bengal
721125, India
Lat 21.985408°
Long 87.104454°
21/12/22 12:47 PM GMT +05:30


Nayagram, West Bengal, India
X4P3+6PR, Nayagram, West Bengal
721125, India
Lat 21.985303°
Long 87.104804°
21/12/22 01:14 PM GMT +05:30




Nayagram, West Bengal, India
X4P3+6PR, Nayagram, West Bengal
721125, India
Lat 21.98536°
Long 87.104801°
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Bali Geria, West Bengal, India
Bali Geria, West Bengal 721159, India
Lat 21.982294°
Long 87.111888°
21/12/22 12:44 PM GMT +05:30

सत्यमेव जयते

Meditation

বিশ্ব বাংলা
BISWA BANGLA

For Wellness

ORGANISED BY

NSS, UNIT-1

Nayagram Pandit Raghunath Murmu Government College

DATE: 24.08.2018

Arindam Shit

Ministry of Ayosh Recommended Yoga Teacher

NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE
Vill. & P.O. – Baligeria : P.S. – Nayagram : Dist. - Jhargram (W.B.) : Pin. – 721125
Email: principal2014nprmgc@gmail.com / ecd2014oic@gmail.com
Contact: 9732779838
Website: https://nayagramprmgovtcollege.ac.in

Memo No: NPRMGC/NSS/18-19/12

Date: 20.08.2018

NOTICE

This is to notify all the students of our college that an one-day Yoga workshop is going to be held on 24.08.2018 at 11:30 am in the PRM Hall. Therefore, the willing students are hereby called for a free registration for this program within 10.30 am on the date mentioned above. Sri Arindam Shit, Ministry of AYUSH, Indian Govt. recommended Yoga teacher, shall guide the students on 'Meditation for wellness'.

Dr. Netai Chandra Das
Programme Officer / Officer-in-Charge
Nayagram PRM Govt. College

(DR. NETAI CHANDRA DAS)
OFFICER-IN-CHARGE
NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

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Contact: +91 9732779838:: Website: https://nayagramprmgovtcollege.ac.in

Report on
Yoga Workshop

Session 2018-19

The NSS unit of our college organized anOne-day Yoga Workshop in PRM hall on 24.08.2018 at 11.30 a.m. The students had the opportunity to register free of cost for the workshop. Ministry of Ayush, Indian Govt. recommended yoga teacherSri Arindam Shit, guided the students on the benefits of meditation.

The workshop started with an welcome address by our Officer-in-Charge cum NSS Programme Officer, which was followed by an enriching lecture by Mr. Shit. He made the points that meditation can reduce the stress and anxiety level of an individual, it can reverse the aging process, it leads to more creativity and new ideas, it is also linked with decreased cigarette, alcohol and drug abuse, it keeps oneself mentally healthy, and it is linked with more concentration and memory among students and eventually it leads to achieving better grades.

The session ended with students practicing meditation. Students participated with great enthusiasm and practised meditation in a composed manner. They also came up with questions such as the ways to remain focused during meditation, how to increase the duration of meditation, so on and so forth. Mr. Shit answered all the questions with utmost patience. Overall it proved to be an interactive and satisfying session.

Sk Nasim Ali
Co-ordinator
IQAC
Nayagram P.R.M. Govt. College

Co-ordinator
I.Q.A.C
Nayagram P.R.M. Govt. College

Officer-in-charge
Nayagram P.R.M. Govt. College

(DR. NETAI CHANDRA DAS)
OFFICER-IN-CHARGE
NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

এক-দিবসীয় যোগ-প্রশিক্ষণ কর্মশালা

তারিখ-২৪.০৮.২০১৮

ক্রমাঙ্ক	শিক্ষক/ শিক্ষণ সহায়ক সহকর্মীর নাম	স্বাক্ষর
1.	Arindam Shit	

(DR. NETAI CHANDRA DAS)
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NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

এক-দিবসীয় যোগ-প্রশিক্ষণ কর্মশালা

তারিখ- ২৪.০৮.২০২৮

ক্রমাঙ্ক	শিক্ষার্থীর নাম	স্বাক্ষর
1.	Loknath Mahata	Loknath Mahata
2.	pampa kuila	pampa kuila
3.	Ruma Mahata	Ruma Mahata
4.	Sajal Mahata	Sajal Mahata
5.	Chhatrapati Mahata	Chhatrapati Mahata
6.	pampa kuila	pampa kuila
7.	Tapasi Ghosh	Tapasi Ghosh
8.	Sujit Mahata	Sujit Mahata
9.	Avijit Mahapatra	Avijit mahapatra
10.	Pabitra Mahata	Pabitra Mahata
11	Nilotpal Ghosh	Nilotpal Ghosh
12	Joydratha karan	Joydratha karan
	Bikash Sing	Bikash Sing

(DR. NETAI CHANDRA DAS)
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BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

এক-দিবসীয় যোগ-প্রশিক্ষণ কর্মশালা

তারিখ- 28.06.2018

ক্রমাঙ্ক	শিক্ষার্থীর নাম	স্বাক্ষর
13	Saunar Mahata	Saunar Mahata
14)	Uttam Mahata	Uttam Mahata
15)	Rahim Mahata	Rahim Mahata
16.)	Ranjan Kumar Mahata	Ranjan K.r. Mahata
17)	Rakesh Mahata	Rakesh Mahata
18.)	Anup Kumar Mahata	Anup K.r Mahata
19.	Anup Mahata	Anup Mahata
20.	Purnima Hembram	Purnima Hembram
21.	Shikar Murmu	Shikar Murmu
22	Champa Mardi	Champa Mardi
23	Sudip Hembram	Sudip Hembram
24	Jonathan Murmu	Jonathan Murmu
25	Sonamoni Soren	Sonamoni Soren

(DR. NETAI CHANDRA DAS)
OFFICER-IN-CHARGE
NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

सत्यमेव जयते

LECTURE

ON

Yoga for healthy lifestyle

ORGANISED BY

NSS, UNIT-1

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE



DATE: 16.08.2019

Arun Kumar Ghosh

Sr. faculty, Art of Living

NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE
Vill. & P.O. – Baligeria : P.S. – Nayagram : Dist. - Jhargram (W.B.) : Pin. – 721125
Email: principal2014nprmgc@gmail.com / ned2014oic@gmail.com
Contact: 9732779838
Website: https://nayagramprmgovtcollege.ac.in

Memo No: NPRMGC/NSS/19-20/11

Date: 13.08.2019

NOTICE

This is to notify all the students of our college that an one-day Yoga workshop on 'Yoga for healthy lifestyle' is going to be organised by the NSS unit of the college on 16.08.2019 at 12:30 pm in the PRM Hall, where Sri Arun Kumar Ghosh, Senior faculty member, Art of Living, shall guide the students of our college. Therefore, the willing students are hereby called for a free registration for this programme within 11.30 am on the date mentioned above.

Dr. Netai Chandra Das
Programme Officer / Officer-in-Charge
Nayagram PRM Govt. College

(DR. NETAI CHANDRA DAS)
OFFICER-IN-CHARGE
NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

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Email: principal2014prmgovtcollege@gmail.com, nss2014sic@gmail.com
Contact: +91 9732779838:: Website: https://nayagramprmgovtcollege.ac.in

Report on
Yoga Workshop

(Session 2019-20)

The NSS unit of our college organized an One-day Yoga Workshop in PRM hall on 16.08.2019 at 12.30 p.m. The students had the opportunity to register free of cost for the workshop. Sri Arun Kumar Ghosh, Senior Faculty Member, Art of Living, guided the students by imparting some theoretical and practical knowledge on Yoga for a healthy lifestyle.

Mr. Ghosh emphasized on the health benefits of yoga. He drove the point home that in our fast-paced and hectic lives, maintaining a healthy lifestyle is crucial and yoga, an ancient practice that originated in India, offers a multitude of benefits for both the body and mind. He also gave some practical lessons on yoga asanas which are physical postures aimed at promoting overall well-being. Five asanas that were taught to the students are: Tadasana (improves balance, stability and posture , increases blood circulation, promotes a sense of self-confidence), Vrikshasana (improves concentration, strengthens leg muscles and tones the core), AdhoMukhaSvanasana (helps relieve stress, energies the body and enhances blood circylation), Bhujangasana (strengthens the back , stimulates digestion and promotes better lung function) and Balasana (releases tension in the back, soothes the mind and aids in relaxation) Last, but not the least , he made the students practice Pranayama.

The expert took his time to train the beginners, and as he proved to be a very approachable person, the students also felt free to learn the postures perfectly and also made them promise that they would practice these five asanas along with Pranayama as practicing Yoga can be a game-changer because it goes beyond physical fitness and extends to nourishing on e's mind and soul.

Sk Nasim Ali

Co-ordinator
I.Q.A.C.
Nayagram P.R.M. Govt. College

Coordinator
IQAC
Nayagram P.R.M. Govt. College

Officer-in-charge
Nayagram P.R.M. Govt. College

(DR. NETAI CHANDRA DAS)
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NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM,
WEST BENGAL, 721125

নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

এক-দিবসীয় যোগ-প্রশিক্ষণ কর্মশালা

তারিখ- ২৬.০৮.২০২৫

ক্রমাঙ্ক	শিক্ষক/ শিক্ষণ সহায়ক সহকর্মীর নাম	স্বাক্ষর
1.	Arun Kumar Ghosh	Arun Kr. Ghosh

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NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

এক-দিবসীয় যোগ-প্রশিক্ষণ কর্মশালা

তারিখ- ১৬.০৮.২০২২

ক্রমাঙ্ক	শিক্ষার্থীর নাম	স্বাক্ষর
1)	Bhim Hembram	B.Hembram
2)	Jatin Mahata	J.Mahata
3	Pradip Mahata	P. Mahata
4)	Sujit Mahata	Sujit Mahata
5)	Bharat Kisku	Bharat Kisku
6)	Sanatan MURMU	S.M
7)	Hemanta Tudu	H Tudu
8)	Chandan Murmu	C. Murmu
9	Janmikanta Routh	L.K.R.
10)	Joyita Khilari	J.K
11)	Rupali Mahata	R.M
12)	Smritikana Mal	S.M
13	Parbati Murmu	P.M

(DR. NETAI CHANDRA DAS)
OFFICER-IN-CHARGE
NAYAGRAM P.R.M. GOVT. COLLEGE
BALIGERIA, NAYAGRAM, JHARGRAM
WEST BENGAL, 721125

Asim Ch. Ghosh

নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

এক-দিবসীয় যোগ-প্রশিক্ষণ কর্মশালা

তারিখ- ১৬. ০৮. ২০২১

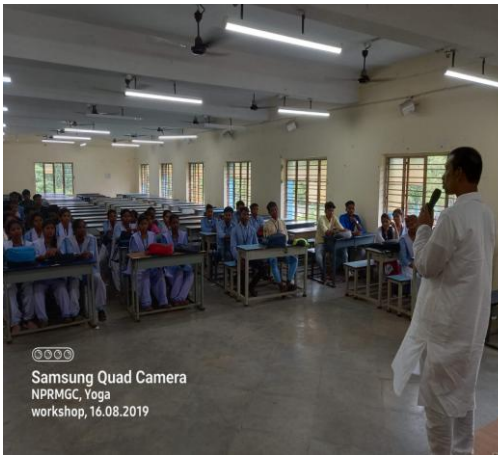
ক্রমাঙ্ক	শিক্ষার্থীর নাম	স্বাক্ষর
14.	Salma Soren	S.S
15.	Purnima Hansda	P.H
16	Pramila Murmu	P.M
17	Rupali Murmu	R.M
18	Pratima Soren	P.S
19	Namita Mandi	N.M.
20	Balli Soren	B.S
21	Mallika Murmu	M.M
22	Namita Hansda	N.H
23	Karna Murmu	K.M
24.	Bablu Hansda	Bablu Hansda
25.	Astami Murmu	A.M
26.	Dulari Hembram	D.H

(DR. NETAI CHANDRA DAS)
OFFICER-IN-CHARGE
NAYAGRAM P.R.M. GOVT. COLLEGE


ONE DAY YOGA WORKSHOP
BALIGERIA, NAYAGRAM, JHARGRAM, 721125
INVITED RESOURCE PERSON:
Arun Kumar Ghosh
Sr. Art of Living Teacher
Samsung Quad Camera
NPRMGC, Yoga
workshop, 16.08.2019


Samsung Quad Camera
NPRMGC, Yoga
workshop, 16.08.2019


Samsung Quad Camera
NPRMGC, Yoga
workshop, 16.08.2019


Samsung Quad Camera
NPRMGC, Yoga
workshop, 16.08.2019

सत्यमेव जयते

International Yoga Day

ORGANISED BY

Nayagram Pandit Raghunath Murmu Government College





DATE: 21.06.2022

Dr. Swadesh Ranjan Pan

Assistant Professor, Department of Physical Education

NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE

Baligeria, Nayagram, Jhargram – 721125

Memo No. 2022/SOP/04 **DATE: 16/06/2022**

NOTICE

This is to notify all the student of our college that a One-day Workshop is going to be organized by the institution on the occasion of the INTERNATIONAL YOGA DAY on 21st June, 2022 at 9:30 am. Asst. Professor Dr. Swadesh Ranjan Pan will demonstrate some essential aspects on **"Everyday Yoga and Meditation".** Interested students are invited to register their name one hour before the workshop for free.

Dr. Netai Chandra Das
Officer-in-Charge
Nayagram P.R.M. Govt. College

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Report on
International Yoga Day - 2022

The Physical Education Department of Nayagram PRM Govt. College in collaboration with the NSS unit celebrated the International Yoga Day on 21st June, 2022 in the college premises. About 35 students including NSS members participated in the programme to bring peace, harmony, happiness, and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day, students got the chance to know how yoga embodies unity of mind and body. The students, along with the teachers and non-teaching staff performed yoga with different postures such as Dhanurasan, Shirsashan, Half Halasana, Full Halasana, Gomukhasana, Garudasanaand finally ended with Pranayama and Meditation between 10 and 11.30 a.m. Dr. Swadesh Ranjan Pan, the only faculty member of Physical Education Department conducted the entire programme. Our Officer-in-Charge, Dr. S.R Pan, and faculty members encouraged the students to practise regular yoga to remain fit forever and improve their concentration in various activities.

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Nayagram P.R.M. Govt. College

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Officer-in-charge
Nayagram P.R.M. Govt. College

(DR. NETAI CHANDRA DAS)
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WEST BENGAL, 721125

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Baligeria :: Nayagram :: Jhargram-721125

SIGNATURE SHEET
International Yoga Day
Date: 21.06.2022

Sl. No.	Student Name	Signature
1	Mahendra Tudu	Mahendra Tudu
2	Hemanta Tudu	Hemanta Tudu
3	Krishna Chandra Mahata	Krishna Ch. Mahata
4	Madhumita Dey	Madhumita Dey
5	Bidisha Mahata	Bidisha Mahata
6	Nupur Mahata	Nupur Mahata
7	Banashree Mahata	Banashree Mahata
8	Puja Bera	Puja Bera
9	Laxmipriya Dhir	Laxmipriya Dhir
10	Shampa Shyamal	shampa Shyamal
11	Suthapa Giri	Suthapa Giri
12	Biplab Routh	Biplab Routh
13	Champa Sahoo	champa sahoo
14	Jagadish Murmu	Jagadish Murmu
15	Koushik Mahata	KOUSHIK MAHATA
16	Pari Tudu	Pari Tudu
17	Sandhya Hembram	Sandhya Hembram
18	Supriya Paloi	Supriya paloi
19	Utpal Mahata	Utpal Mahata
20	Sonali Murmu	Sonali Murmu
21	Ranit Barik	Ranit Barik
22	Milan Mandal	Milan Mandal
23	Kunwar Tudu	Kunwar Tudu
24	Biswajit Bhemia	Biswajit Bhemia
25	Ananya Pattanayak	Ananya Pattanayak
26	Subhas Mahata	Subhas Mahata

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SIGNATURE SHEET
International Yoga Day
Date: 21.06.2022

27	Abani Mahata	Abani Mahata
28	Charan Patra	charan patra
29	Dulali Tudu	Dulali Tudu
30	Krittibas Mahata	Krittibas Mahata
31	Sampa Mahata	Sampa Mahata
32	Tarun Patra	Tarun Patra
33	Parbati Rana	Parbati Rana
34	Doctor Soren	Doctor Soren
35	Joydeb Jana	joydeb Jana

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8th International Yoga Day
21st June, 2022
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8th International Yoga Day
21st June, 2022
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International Yoga Day
21st June, 2022
Dept. of Physical Education & NSS Unit
Nayagram P. R. M. Govt. College
Nayagram, Jhargram - 721125
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Yoga for all

ORGANISED BY

NSS, UNIT-1

Nayagram Pandit Raghunath Murmu Government College





DATE: 22.07.2022

Debasis Mahato

Faculty, Art of Living

NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE
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Memo No: NPRMGC/NSS /22-23/ 07

Date: 18.07.2022

NOTICE

This is to notify all the students of our college that an one-day Yoga workshop is going to be held on 22.07.2022 at 11:30 am in the PRM Hall. Therefore, the willing students are hereby called for a free registration for this program within 10.30 am on the date mentioned above. Sri Debasis Mahato, faculty member, Art of Living, shall guide the students on 'Yoga for All'.

Dr. Netai Chandra Das
Officer-in-Charge/NSS Programme Officer
Nayagram PRM Govt. College

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Report on
Yoga Workshop

(Session 2022-23)

The NSS unit of our college organized an One-day Yoga Workshop in PRM hall on 22.07.2022 at 11.30 a.m. Sri DebasisMahato, Faculty member, Art of Living, provided guidance to the students on 'Yoga for All'. Yoga is a timeless practice that offers numerous physical, mental and spiritual benefits. Traditionally, yoga was reserved for specific segments of society, but the modern approach emphasizes inclusivity and accessibility. Mr. Mahato discussed about the significance of making yoga available to everyone regardless of age, gender, ability or background.

The expert mentioned that Yoga improves physical and mental well-being, increases flexibility and balance, reduces stress and anxiety, boosts self-esteem and confidence, and gives a sense of community and connection. Then he went on teaching the students some yoga for beginners, and further extended the session by showing them some yoga asanas for people with disabilities, older adults and expectant mothers. He made a serious attempt to make this session a comprehensive one by breaking down barriers and promoting accessibility.

Mr. Mahato tried his best to prove to the students that yoga has an immense power that can transform life and encouraged the students to spread this word to their family and community. The students were thrilled by the endeavour of this teacher to include all sections of the society within his concern. It was a very special session as it addressed not only the budding possibilities of the coming years, but also took into consideration the aged and the disabled.

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ONE DAY YOGA WORKSHOP

Attendance Sheet **Date:-** 22.07.2022

Sl. No.	Name of Teacher / Non-Teaching Staff	Signature of Teacher / Non-Teaching staff
1.	DEBASISH MAHATA	Debasish Mahata

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ONE DAY YOGA WORKSHOP

Attendance Sheet

Date:- 22.07.2022

Sl. No.	Name of Student	Signature
1.	Niranjan Murmu	Niranjan Murmu
2.	Sunil Tudu	Sunil Tudu
3.	Mukunda Mandi	Mukunda Mandi
4.	Chandramohan Murmu	Chandramohan Murmu
5.	Surajit Sing	Surajit Sing
6.	Malika Hembram.	Malika Hembram.
7	Rajesh Hembram	Rajesh Hembram
8.	Bablu Hansda	Bablu Hansda
9.	Saurav Sing	Saurav Sing
10	Abdulal Kisku	Abdulal Kisku
11	Laxmiram Murmu	Laxmiram Murmu
12	Nilan Mandi	Nilan mandi
13	Milan Hembram	Milan Hembram
14	Thuma Thayal	Thuma Thayal
15	Swarenlata Hansda	Swarenlata Hansda
16	Sonali Murmu	Sonali Murmu
17	Gita Murmu	Gita Murmu
18	Gouri Saren	Gouri Saren

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ONE DAY YOGA WORKSHOP

Attendance Sheet

Date:- 22.07.2022

Sl. No.	Name of Student	Signature
1/	Kartik Das	Kartik Das
2/	Anil mahata	Anil Mahata
3/	Akash Hansda	Akash Hansda
4)	Purna chandra Mandi	Purna chandra Mandi
5)	Puja mal	puja mal.
6/	Dalton Hoft.	Dalton Hoft.
7.	Salma Hansda	Salma Hansda.
8.	Basanti Kisku	Basanti Kisku
9.	Bramila Tudu	Bramila Tudu
10	Sakuntala Tudu	Sakuntala Tudu
11.	Kanaklata Mahata	Kanaklata Mahata
12	Anima Bhunia	Anima Bhunia
13	Rinki Bhunia	Rinki Bhunia
14	Rina Saren	Rina Saren
15	Jamuna Kisku	Jamuna Kisku
16.	Rupali Sing	Rupali Sing
17	Sonamoni Mandi	Sonamoni Mandi

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