



SURI VIDYASAGAR COLLEGE

SURI, BIRBHUM, 731101.

ACCREDITED BY NAAC-B**

Affiliated to the University of Burdwan

B. A., B. Sc. & B. Com. (Hons. & General) & M. Sc. in Zoology

Extension Activities of the College:2021-2022

REPORT ON ETHICS OF THE GITA AND PHILOSOPHY OF WELL BEING:

ORGANIZED BY DEPARTMENT OF PHILOSOPHY, SURI VIDYASAGAR COLLEGE

A one-day state-level webinar organized by the Department of Philosophy, Suri Vidyasagar College was held on 10 July 2021 from 05:00 p.m. to 6:00 p.m. in Google meet platform. Dr. Kalyan Banerjee, Associate Professor, Department of Philosophy, Kazi Nazrul University, West Bengal was the key resource person of the programme. Almost 100 participants including faculty members, non-teaching staff and students were present in the said webinar.


The Topic of the lecture was – ETHICS OF THE GITA AND PHILOSOPHY OF WELL BEING:

The programme was presided by Dr. Tapan Kumar Parichha, Principal, Suri Vidyasagar College. He delivered the welcome address. The Programme Coordinator, Prof. Dasarath Murmu, Assistant Professor, Department of Philosophy, Suri Vidyasagar College, introduced. Dr. Kalyan Banerjee, Associate Professor, Department of Philosophy, Kazi Nazrul University, West Bengal, the resource person of the webinar and requested him to deliver his talk. He laid the foundation of the topic “ETHICS OF THE GITA AND PHILOSOPHY OF WELL BEING: ” by defining the various concepts in context, like; moral dilemma and Lord Krishna’s answers, purusha and prakriti, immortality of soul, nishkamakarm, liberation etc. He discussed the value and ethics of the Bhagavad Gita. He also pointed out to harmonise an individual’s desires is explained in the Gita. Interaction sessions between the participants and the resource persons took place after the deliberation was over. The participants enthusiastically asked questions, and the resource person answered with equal vigour.

Finally, the vote of thanks was delivered by Prof. Ramesh Das, Assistant Professor, Department of Philosophy, Suri Vidyasagar College. The seminar officially came to an end at around 06:00 p.m.

The Google Meet Link of the Webinar: <https://meet.google.com/wpe-sqoo-ecr>

The entire programme can be viewed in the following youtube: <https://youtu.be/p52loRG9MTw>


Dr. Tapan Kr. Parichha
Principal
Suri Vidyasagar College

Principal,
Suri Vidyasagar College



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Report on Young Investors Awareness by Bombay Stock Exchange

A one-day National-level webinar was organized by Suri Vidyasagar College in Collaboration with IQAC in Google meet platform on 16.07.2021. Dr. Shakuntala Pareek and Jafaruddin Financial Education Trainer, BSE, were the key resource persons of the programme. Almost 52 participants including faculty members, non-teaching staff and students were present in the said webinar.

The programme was presided by Dr. Tapan Kumar Parichha, Principal, Suri Vidyasagar College. He delivered the welcome address. Dr. Soumya Ranjan Bhattacharyya, Co-ordinator, IQAC, Suri Vidyasagar College, coordinated the Programme. He requested the resource persons of the webinar to deliver their lectures. After the deliberation of lectures there was a good interaction session. The link of the said webinar is given below

The You Tube Link of the Webinar: https://youtu.be/f_osRAvNh9g

Report on the one day National Level Webinar on "The Contribution of Physical Education, Yoga & Sports in Developing Physical & Mental Health" Organized by Department of Physical Education, Suri Vidyasagar College.

A one day national level webinar on "**The Contribution of Physical Education, Yoga & Sports in Developing Physical & Mental Health**" organized by Department of Physical Education, Suri Vidyasagar College, was held on 09/04/2022 from 03:00 p.m. onwards at Google meet and Youtube.


The resource persons were Dr. PINTU LAL MONDAL, Assistant Professor, Department of Physical Education, Central University of South Bihar, Gaya 824236 Bihar and Dr. BIPLOB CHOWDHURY, Assistant Professor, Department of Physical Education, Government Physical Education College for Women. Hooghly, west Bengal.

Dr. PINTU LAL MONDAL

TOPIC:- "A sound mind in a sound body"- How we improve it through practicing yoga.

Dr. BIPLOB CHOWDHURY.

TOPIC:- "Benefits of Exercise on Mental Health"


Dr. Tapan Kr. Parichha
Principal
Suri Vidyasagar College

Principal,
Suri Vidyasagar College

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Duration of the seminar- 03:00 a.m. to 05:00 p.m.

The presenter Sri. Bappa Sanguin Dept. of Physical Education. & Sri. Susanta Raha, Suri Vidyasagar College. Sri. Bappa Sanguin introduced the resource persons of the webinar. Welcome address was delivered by the Principal Dr. Tapan Kumar Parichha. The Principal presided over the webinar.

The first lecture was delivered by **Dr. PINTU LAL MONDAL**, Assistant Professor, Department of Physical Education, Central University of South Bihar, Gaya 824236 Bihar. His topic was “**A sound mind in a sound body**”- **How we improve it through practicing yoga**. He talked about the yoga techniques usually used are focused on the act of breathing. With deliberate slow breaths in and out; Yoga relaxes the body and mind. It pushes us to only focus on the positive aspects of life. Yoga, with its many health benefits, lowers depression, and stress.

The next speech was delivered by **Dr. BIPLOB CHOWDHURY**, Assistant Professor, Department of Physical Education, Government Physical Education College for Women, Hooghly, west Bengal. His Topic was: “**Benefits of Exercise on Mental Health**”. He talked about Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.


Interaction session between the participants and the resource persons took place after the deliberation was over. The participants enthusiastically asked questions and the resource persons answered with equal vigor. Finally the vote of thanks was delivered by **Dr. KOUSHIK KUMAR DUTTA** in-charge Morning Section & Member of IQAC, Suri Vidyasagar College. The seminar officially came to an end at around 05:00 p.m.

You Tube Link of the Programme: <https://youtu.be/UbzsOfIj84k>

Awareness Camp & Detection Of Thalassemia Carrier

Majority of the student community of the college belong to rural and semi-urban areas and don't have adequate awareness on physical and mental health. To fill the gap an Awareness Camp & Detection of Thalassemia Carrier was organized by Suri Vidyasagar College in collaboration with Hemoglobinopathies Control Programme, Suri Sadar Hospital, Suri, Birbhum on 20.04.2022 at 9:00 a.m. The link of the programme is given below.

<https://youtu.be/GKU6ZtkGMvM>


Dr. Tapan Kr. Parichha
Principal
Suri Vidyasagar College

Principal,
Suri Vidyasagar College



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Report on Awareness Program on Financial Literacy

Department of Commerce

Suri Vidyasagar College,

Time: Tuesday, April 26, 2022 at 09:00 AM

The Department of Commerce of Suri Vidyasagar College organized a seminar on the topic 'Awareness programme on financial literacy' for the students from all disciplines of our prestigious institution on 26th April 2022.

Dr. Tapan Kumar Parichha, Principal, SVC explained the importance and aims to organise a seminar on financial literacy to guide the students and to develop a clear understanding of finance and investment which will help them in their further studies and future professional life.

Then welcomed and introduced Mr. Jafruddin, Financial Education Trainer by NISM & Resource Person for Bombay Stock Exchange (BSE). He took over the session by briefing the students about the existing investment options available to investors to park their surplus funds and the benefits of each option. He enlightened the students on the importance of mutual fund investment with reference to inflation and diversification of portfolios.

The speaker also explained to the students the pyramids of investment and provided tips on trading in the stock market. He also pointed out some of the common avenues that investors may choose to make quick money which are very risky.

The objective of the session was to enlighten the students about trading in Stock market and Mutual funds as an alternative investment option.

At the end, the Resource Person addressed the queries raised by the students. The students found the session very informative and beneficial. More than hundred fifty participants' including students, teachers make the programme a grand success.

You Tube Link of the Programme: <https://youtu.be/5tgMRRyqIuE>

T. K. Parichha
Dr. Tapan Kr. Parichha
Principal
Suri Vidyasagar College

Principal,
Suri Vidyasagar College
SURI VIDYASAGAR COLLEGE
BIRBHUM



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Awareness Programme on Traffic Rules & Road Safety


An awareness programme on Traffic Rules & Road Safety was conducted on 28/05/2022 at Suri Vidyasagar College in collaboration with Suri Traffic Police, District-Birbhum, West Bengal. In this programme Mr. Akhtar Ali, DSP, Birbhum Traffic Police, Subal Pramanik, OC, Suri Traffic Police, our Principal Dr. Tapan Kumar Parichha, Dr. Hemanta Saha, Commander, 15 AG Bengal & Assistant Professor in Botany were present and they conveyed their message regarding Traffic Rules & Road Safety. Around 200 students of the college were present in the programme and they were well aware regarding Traffic Rules & Road Safety. The programme was a grand success. The details of the programme can be viewed in the following links:

<https://surividyasagarcollege.org.in/FileDetails/Upload/2022-05-28/Road%20Safety.pdf>

Youtube Link <https://youtu.be/URhOjtk1IU8>

COVID-19 Vaccination Drive at Suri Vidyasagar College

A COVID-19 vaccination camp for the college students was organized at the Suri Vidyasagar College on 28th and 29th September, 2021 from 9 a.m. onwards. Health and Family Welfare Department, Govt. of West Bengal and Higher Education Department, Govt. of West Bengal took the initiative to conduct the vaccination drive at the college campus. The College made all the necessary arrangements for this vaccination drive to be carried out smoothly, following COVID-19 protocols and social distancing norms. The students, above 18 years of age whose either 1st dose or 2nd dose is due on the stipulated date were vaccinated. Every student is requested to carry their original Aadhar card and a photocopy. Over 52 students above the age of eighteen were vaccinated on the campus. Out of 52 students, 49 students received their 1st dose of Covid vaccination shot and the rest 7 students received their 2nd dose of Covid vaccination shot. With this vaccination drive on campus, the college hopes to make the lives of students more protected from the COVID-19 virus.


Dr. Tapan Kr. Parichha
Principal
Suri Vidyasagar College

Principal,
Suri Vidyasagar College
Suri, Birbhum, West Bengal

Report on the one day National Level Webinar on
"The Contribution of Physical Education, Yoga & Sports in Developing Physical & Mental Health"
Organized by Department of Physical Education, Suri Vidyasagar College.

A one day national level webinar on "**The Contribution of Physical Education, Yoga & Sports in Developing Physical & Mental Health**" organized by Department of Physical Education, Suri Vidyasagar College, was held on 09/04/2022 from 03:00 p.m. onwards at Google meet and Youtube.

The resource persons were Dr. PINTU LAL MONDAL, Assistant Professor, Department of Physical Education, Central University of South Bihar, Gaya 824236 Bihar and Dr. BIPLOB CHOWDHURY, Assistant Professor, Department of Physical Education, Government Physical Education College for Women, Hooghly, west Bengal.

Dr. PINTU LAL MONDAL

TOPIC:- "A sound mind in a sound body"- How we improve it through practicing yoga.

Dr. BIPLOB CHOWDHURY.

TOPIC:- "Benefits of Exercise on Mental Health"

Duration of the seminar- 03:00 a.m. to 05:00 p.m.

The presenter Sri. Bappa Sanguin Dept. of Physical Education. & Sri. Susanta Raha, Suri Vidyasagar College. Sri. Bappa Sanguin introduced the resource persons of the webinar. Welcome address was delivered by the Principal Dr. Tapan Kumar Parichha. The Principal presided over the webinar.

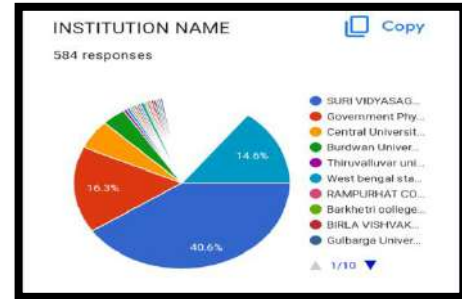
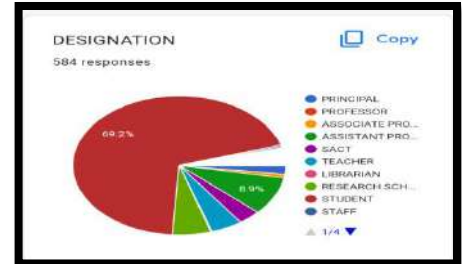
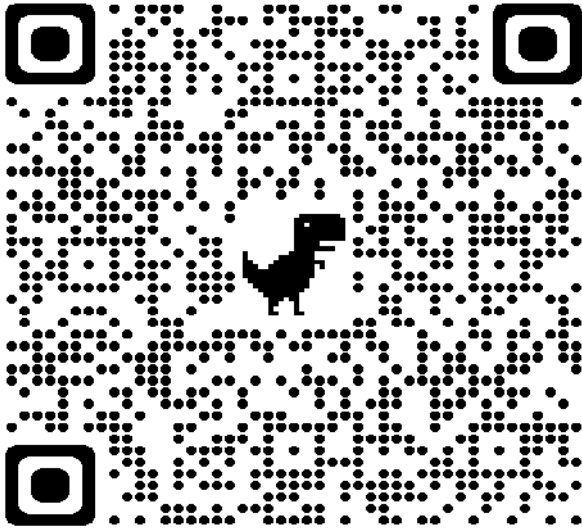
The first lecture was delivered by **Dr. PINTU LAL MONDAL**, Assistant Professor, Department of Physical Education, Central University of South Bihar, Gaya 824236 Bihar. His topic was "**A sound mind in a sound body**"- **How we improve it through practicing yoga**. He talked about the yoga techniques usually used are focused on the act of breathing. With deliberate slow breaths in and out; Yoga relaxes the body and mind. It pushes us to only focus on the positive aspects of life. Yoga, with its many health benefits, lowers depression, and stress.

The next speech was delivered by **Dr. BIPLOB CHOWDHURY**, Assistant Professor, Department of Physical Education, Government Physical Education College for Women, Hooghly, west Bengal. His Topic was: "**Benefits of Exercise on Mental Health**". He talked about Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function. Exercise has also been found to alleviate symptoms such as low self-esteem and social withdrawal.

Interaction session between the participants and the resource persons took place after the deliberation was over. The participants enthusiastically asked questions and the resource persons answered with equal vigor. Finally the vote of thanks was delivered by **Dr. KOUSHIK KUMAR DUTTA** in-charge Morning Section & Member of IQAC, Suri Vidyasagar College. The seminar officially came to an end at around 05:00 p.m.

The seminar can be viewed on the following youtube link: <https://youtu.be/UbzsOfij84k>

Total Participant: 500+, feedback link



Suri Vidyasagar College (Govt. Sponsored)
Suri, Birbhum. PIN- 731101, West Bengal
(Affiliated to the University of Burdwan & Accredited by NAAC)
Email- surividyasagarcollege1912@gmail.com MC-9434498733

DATE: - 09/04/2022 **TIME: - 3:00 PM**

One day national level webinar on
THE CONTRIBUTION OF PHYSICAL EDUCATION, YOGA & SPORTS
IN DEVELOPING PHYSICAL & MENTAL HEALTH

Organized by
Department of Physical Education, Suri Vidyasagar College
In collaboration with IQAC, Suri Vidyasagar College

Registration Link [Click Here](#)
Joining Link for Google Meet [Click Here](#)

> YouTube link will be providing at the time of webinar in whatsapp group.
> Free Registration Up to 08/04/2022 (Midnight)
> E-Certificate will be provided after submitting the feedback form.

RESOURCE PERSONS

Dr. PINTULAL MONDAL
Assistant Professor
Department of Physical Education,
Central University of South Bihar,
Gaya 824226 Bihar

Dr. BIPLAB CHOWDHURY
Assistant Professor
Department of Physical Education,
Government Physical Education College, Srirangapatna,
Bangalore, West Bengal

SCHEDULE OF THE WEBINAR

S.NO	EVENTS	TIME
1	Inauguration song	3:00 PM
2	Welcome address by Prof. J. QAN ETI MGR PABU BHA, Principal, Suri Vidyasagar College	3:10 PM
3	Speech by Chief Guest: Prof. L. ANSHU NABHYAN MONDAL, Vice-Chancellor of Seven Skills University.	3:20 PM
4	Dr. PINTULAL MONDAL TOPIC: "A sound mind in a sound body". How we improve it through practising yoga.	3:30 PM
5	Dr. BIPLAB CHOWDHURY TOPIC: "Benefits of Exercise on Mental Health"	4:00 PM
6	Interactive Session. Queries answers session.	4:30 PM
7	Vote of Thanks by Dr. KUSHDEB KUMAR BUTTA, Sachin-Nehru Centre of Studies of IQAC, Suri Vidyasagar College	4:40 PM

MEMBER COMMITTEE

GENERAL SECRETARY
Dr. ABHIJIT THANDER, Professor, Department of Physical Education, Suri Vidyasagar College, Suri.

SECRETARY
Dr. ABHIJIT THANDER, Professor, Department of Physical Education, Suri Vidyasagar College, Suri.

TREASURER
Dr. ABHIJIT THANDER, Professor, Department of Physical Education, Suri Vidyasagar College, Suri.

MEMBERS
Dr. ABHIJIT THANDER, Professor, Department of Physical Education, Suri Vidyasagar College, Suri.
Dr. ABHIJIT THANDER, Professor, Department of Physical Education, Suri Vidyasagar College, Suri.
Dr. ABHIJIT THANDER, Professor, Department of Physical Education, Suri Vidyasagar College, Suri.

ABOUT THE WEBINAR

The webinar will be held on 09/04/2022 at 3:00 PM. The topic of the webinar is "THE CONTRIBUTION OF PHYSICAL EDUCATION, YOGA & SPORTS IN DEVELOPING PHYSICAL & MENTAL HEALTH". The webinar is organized by the Department of Physical Education, Suri Vidyasagar College, in collaboration with IQAC, Suri Vidyasagar College. The webinar is a one-day national level webinar. The webinar will be held in English. The webinar will be held on Google Meet. The webinar will be free of cost. The webinar will be recorded. The webinar will be available on YouTube. The webinar will be available on the website of Suri Vidyasagar College.

Webinar Brochure

Webinar Certificate

Certificate of Resource Person



Suri Vidyasagar College (Govt. Sponsored)

Suri, Birbhum. PIN- 731101, West Bengal
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7 DAY WORKSHOP ON YOGA IN RURAL AREA

Organized by

Department of Physical Education, Suri Vidyasagar College & Kendua Gram Panchayat (Rakhakali Club)

We conducted a 14 day yoga workshop for villagers, Students & General people. It started from 26th may 2022 to 2nd june 2022 and 15th june 2022 to 21/06/2022 & organized by Department of Physical Education, Suri Vidyasagar College & Kendua Gram Panchayat (Rakhakali Club). It can prepare the villagers and general public, students physically and mentally fit for the integration of their physical, mental and spiritual faculties so that the candidate can become healthier, saner and more integrated members of the society and of the nation. Yoga education helps in self discipline and self-control, leading to immense amount of awareness, concentration and higher level of consciousness. Briefly the aims and objectives of this yoga workshop are:

- 1) To enable the villagers to have good health.
- 2) To practice mental hygiene.
- 3) To possess emotional stability.
- 4) To integrate moral values.
- 5) To attain higher level of consciousness.

Mr. Bappa Sanguin(yoga therapist and physical education teacher) & Mr. Swapan Dhibar (member of rakhakali club, Kendua Gram panchayat) was conducting this workshop. The chief guest of this workshop was *Mr. Narayan Bagdi, Pradhan - Kendua Gram Panchayat*, the Patron was Dr. Tapan Kumar Parichha Principal, Suri Vidyasagar College and other members was Dr. Koushik Kumar Dutta, In-charge Morning Section Mr. Aditya Mondal, Department of Physical Education, Suri Vidyasagar College Mr. Vivekananda Shaw, President of Rakhakali Club Mr. Dwarik Nath Das, Secretary of Rakhakali Club Mr. Debananda Mukherjee, Rakhakali Club Mr. Souren Shaw, Rakhakali Club Mr. Swapan Dhibar, Rakhakali Club. All the participants were given certificates after 7 days by the Suri Vidyasagar College. Total 62 candidates were present in this yoga workshop.

14 day yoga workshop Youtube link, Total activity.

DAY-1- <https://youtu.be/HVX2liTyYDk>
Day-2- https://youtu.be/wy_DoEm6d0I
DAY-3 <https://youtu.be/tSxo89-MIN8>
DAY-4 <https://youtu.be/4GY9EZxR5bU>
DAY-5 <https://youtu.be/G7NZQLAGVuk>
DAY-6 <https://youtu.be/AgoTtd7u554>
DAY-7 https://youtu.be/gmM_glecG1Y

DAY-1. <https://youtu.be/UbzsOfIj84k>
SLIDE- <https://youtu.be/odQeXQgv8x8>
Day-2 <https://youtu.be/CoLABttEjk>
DAY-3 <https://youtu.be/ZODK9KkuRqE>
DAY-4 https://youtu.be/9kl_CEnvX9M
DAY-5 <https://youtu.be/6EqDoVvJf1w>
DAY-6 <https://youtu.be/UB8zmEkTDHc>
DAY-7 https://youtu.be/BUtSGvl_KtA

News Report-

1. <https://youtu.be/LDGBfajQjM>
2. <https://bengali.news18.com/news/birbhum/yoga-camp-at-vidyasagar-college-of-seuri-birbhum-817475.html>




PERMISSION LETTER:

NEWS PAPER

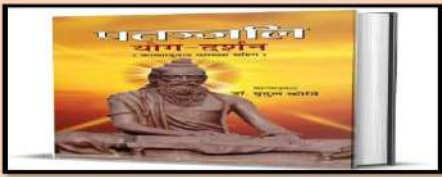


BANNER COPY:

Suri Vidyasagar College (Govt. Sponsored)
Suri, Birbhum. PIN- 731101, West Bengal
(Affiliated to the University of Burdwan & Accredited by NAAC)
Email- surividhyasagarcollege1942@gmail.com M- 9434498738






International Day of Yoga (IDY) 2022



VARIOUS ACTIVITIES RELATED TO YOGA
From April to June 2022
Organized by
Department of Physical Education, Suri Vidyasagar College

CERTIFICATE COPY



Suri Vidyasagar College (Govt. Sponsored)
Suri, Birbhum. Pin- 731101, West Bengal
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CERTIFICATE FOR YOGA WORKSHOP

TO WHOM IT MAY CONCERN

This is to certify that Mr./Miss **TAPU GHOSH, S/O/D/O MADAN GHOSH**, student of the department of Physical Education, Suri Vidyasagar College has actively participated in the seven-day Workshop on Yoga, organized by Department of Physical Education, Suri Vidyasagar College on and from **26.05.2022 to 02.06.2022** held at Suri Vidyasagar College as a part of the celebration of International Day of Yoga 2022.

Activity Performance: A+ / A / B / C

Dated: 21/06/20212

**Signature of Principal
Suri Vidyasagar College
Suri - Birbhum**

PICTURE OF ACTIVITY:



FEEDBACK LETTER FROM KENDUA GRAM PANCHAYAT VILLAGE PRADHAN:

OFFICE OF THE PRADHAN

Kendua Gram Panchayat
SURI-II PANCHAYAT SAMITY

Vill.- Gobra ■ P.O.- Hatzanbazar ■ P.S.- Suri ■ Dist.- Birbhum

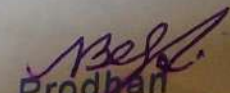
Ref. No.....

Date

On behalf of kendua gram panchayat I thankfully acknowledge the initiative of the department of Physical Education, Suri Vidyasagar College for organizing a one week yoga camp from 15/06/2022 to 21/06/2022 in our Panchayat, Rakhakali Maidan, The local people were highly benefited due to the said programme. We are thankful to Suri Vidyasagar College for choosing our panchayat for the said programme.




Looking forward to such kind of programme in near future too.

With best wishes.

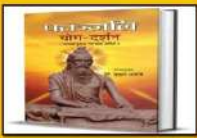

Pradhan
Kendua Gram Panchayat
Gobra :: Hatzanbazar :: Birbhum

TOTAL PROGRAM:

Suri Vidyasagar College (Govt. Sponsored)
Suri, Burdham, PIN- 731101, West Bengal
(Affiliated to the University of Burdwan & Accredited by NAAC)
Email: svtv@svvyasagarcollege.org | 9830909778

International Day of Yoga (IDY) 2022
VARIOUS ACTIVITIES RELATED TO YOGA
from April to June 2022
Organized by
Department of Physical Education, Suri Vidyasagar College



ACTIVITY PLAN MONTH-WISE FROM APRIL TO JUNE

Month - April

One day national level webinar

THEME
THE CONTRIBUTION OF PHYSICAL EDUCATION, YOGA & SPORTS
IN DEVELOPING PHYSICAL & MENTAL HEALTH

RESOURCE PERSONS

Dr. PINTU LAL MONDAL Assistant Professor Department of Physical Education, Central University of South Bihar, Gaya-824106 Bihar	Dr. BIPLOJ CHOWDHURY Assistant Professor Department of Physical Education, Government Physical Education College for Women, Hooghly, West Bengal
TOPIC: "A sound mind in a sound body", How we improve it through practicing yoga	TOPIC: "Benefits of Exercise on Mental Health"
YOUTUBE LINK:	https://youtu.be/Uba0f0i8sk

OUR COMMITTEE

Patron: **Dr. Prof. Tapan Kumar Parichha**, Principal,
Suri Vidyasagar College

Organizing Committee: Department of Physical Education, Suri Vidyasagar College

Yoga Expert & Resource person: **Mr. Bappa Sanguin**, Department of Physical Education, Suri Vidyasagar College

Advisory Committee: **Prof. Tapan Kumar Parichha**, Principal, Suri Vidyasagar College
Dr. Kamal Kantar Das, Teaching Assistant, Suri Vidyasagar College
Dr. Arun Ghosh, Department of Physical Education, Suri Vidyasagar College

Co-ordinator: **Mr. Bappa Sanguin (M: 9879211101)**
Email: svtv@svvyasagarcollege.org

ABOUT WORKSHOP

The aim of the Workshop is to improve the Physical, Mental, Social, Emotional, Spiritual health condition of all people, students & faculty in various sports and activities in Physical Education & Yoga, based on the existing programmes, before trials and challenges will be discussed. There are various factors which are hindering the interest of students in Yoga activities. Although steps are being taken as a part of curriculum at all levels, College and University, but lack of adequate time, trained faculties and poor infrastructure are responsible for little interest in this field. The intent is to make the task interesting involves an abstract concepts, sufficient hands-on practice, the leading experts' participation and role of technology to create awareness about the importance of yoga activities in our daily life. All these issues will be discussed in this Webinar.

Thank you all

MONTH - JUNE

7 DAY WORKSHOP ON YOGA, KENDUA GRAM PANCHAYET

YOGA EXPERT
Mr. BAPPA SANGUIN (B.P.Ed, M.P.Ed, PGDYT)
Represented "Z" time "All India" Inter Universities Yogan Championship
State & National Level Judge of WBYS& NYSF,
Specialization on yoga (Vivva-Bharati)
Internship on Yoga- Burdwan University Health Center & SVYASA (Bangalore)
State Aided College Teacher, Suri Vidyasagar College

SL.NO	EVENTS	TIME- 8:30 to 7:30 am
DAY- 1 Date- 15/06/22	<i>Speech by Principal Sir,</i> Prof. Tapan Kumar Parichha, Principal, Suri Vidyasagar College <i>Speech by Chief Guest</i> Mr. Narayan Bagdi, Pradhan - Kendua Gram Panchayat <i>Introduction about Yoga & Yoga Practice With Mr. Bappa Sanguin</i>	Youtube Link https://youtu.be/HVX2ETyYDK
DAY- 2 Date- 16/06/22	General Exercise, Suryanamaskar & Asanas	https://youtu.be/wy_DoE6d0l
DAY- 3 Date- 17/06/22	General Exercise , Suryanamaskar, Asanas & Pranayama.	https://youtu.be/1Sxo89-MIN8
DAY- 4 Date- 18/06/22	General Exercise, Suryanamaskar, Asanas, Pranayama & Meditation.	https://youtu.be/4GY9EZrRSBU
DAY- 5 Date- 19/06/22	General Exercise, Suryanamaskar, Asanas, Pranayama & Meditation.	https://youtu.be/G7NZQLAGVuk
DAY- 6 Date- 20/06/22	General Exercise, Suryanamaskar Asanas, Pranayama, Kriyas & Mudra, With Meditation.	https://youtu.be/AgoTld7n554
DAY- 7 Date- 21/06/22	Celebration of International Day of Yoga (IDY) 2022	https://youtu.be/gmM_glcGLY

ACTIVITY PLAN MONTH-WISE FROM APRIL TO JUNE

Month - May

7 DAY WORKSHOP ON YOGA, COLLEGE CAMPUS

YOGA EXPERT
Mr. BAPPA SANGUIN (B.P.Ed, M.P.Ed, PGDYT)
Represented "Z" time "All India" Inter Universities Yogan Championship
State & National Level Judge of WBYS& NYSF,
Specialization on yoga (Vivva-Bharati)
Internship on Yoga- Burdwan University Health Center & SVYASA (Bangalore)
State Aided College Teacher, Suri Vidyasagar College

SL.NO	EVENTS	TIME- 8:30 to 9:00 am
DAY- 1 Date- 26/05/22	<i>Speech by Principal Sir,</i> Prof. Tapan Kumar Parichha, Principal, Suri Vidyasagar College <i>Speech by Chief Guest</i> Dr. Rudranath Chatterjee, Assistant Professor, P.G.G.L.P.E Banipur, North 24 Parganas, West Bengal <i>Paper Presentation by</i> Mr. BAPPA SANGUIN Dept. of Physical Education, TOPIC- Yoga's contribution In Physical Improvement <i>Vote of Thanks by</i> Mr.Surya Prakash Das, Assistant Professor Suri Vidyasagar College.	Youtube Link Complete Video https://youtu.be/odQcXQgy8x8 Only Topic https://youtu.be/IPSj3Xv7nmc
DAY- 2 Date- 27/05/22	General Exercise, Suryanamaskar, asanas, pranayama & 10 minutes Meditation	https://youtu.be/7CqLABHEjk
DAY- 3 Date- 28/05/22	General Exercise, Suryanamaskar, asanas, pranayama & 10 minutes Meditation	https://youtu.be/Z0DK9k0RqE
DAY- 4 Date- 30/05/22	General Exercise, Suryanamaskar, Asanas & Pranayama.	https://youtu.be/9ki_CEnX9M
DAY- 5 Date- 31/05/22	General Exercise, Suryanamaskar Asanas, Pranayama & Kriyas.	https://youtu.be/6EgDoVvJfW
DAY- 6 Date- 01/06/22	General Exercise, Suryanamaskar Asanas, Pranayama, Kriyas & Mudra.	https://youtu.be/UB8mFKTDFc
DAY- 7 Date- 02/06/22	General Exercise, Suryanamaskar & Meditation	https://youtu.be/BTISGvI_KA

SVC SEMINAR PHILOSOPHY



StreamYard

Sujit Pal

Baisakhi Paul

Dasarath Murmu

Chandana Patra

Anuva Choudhuri

Shayori Acharyya

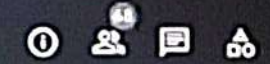
Anita Hambram

59 others

You

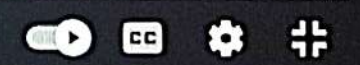
A grid of participant avatars and names. At the top right, there are icons for a clock, a share arrow, and a '9' notification. The 'You' tile at the bottom shows a circular icon with a grid pattern.

5:11 PM | wpe-sqoo-ecr



▶ | 🔊 25:26 / 1:50:08

Scroll for details
▼



SVC SEMINAR PHILOSOPHY



Row of five video thumbnails:

- Thumbnail 1: Profile picture of Sumita Dey. Name: **Sumita Dey**
- Thumbnail 2: Profile picture of Sourav Kar. Name: **SOURAV KAR**
- Thumbnail 3: Profile picture of Sarawati Bauri. Name: **Sarawati Bauri**
- Thumbnail 4: Profile picture of Chaiti Dutta. Name: **Chaiti Dutta**
- Thumbnail 5: Profile picture of Suchandra Ghosh. Name: **SUCHANDRA GHOSH**

Row of four video thumbnails:

- Thumbnail 1: Profile picture of Ramesh Das. Name: **RAMESH DAS**. Status: **RAMESH DAS has left the meeting**
- Thumbnail 2: Profile picture of Srijit Mondal. Name: **Srijit Mondal**
- Thumbnail 3: Profile picture of others. Name: **Others**
- Thumbnail 4: Profile picture of You. Name: **You**

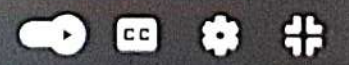
6:30 PM | wpe-sqoo-ecr

Turn on captions (0:01 / 0:01)



▶ ⏩ 🔊 1:44:57 / 1:50:08

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NATIONAL WEBINAR - SVC, Young investors awareness by bombay stock exchange (BSE)

Shakuntala Pareek is presenting

The screenshot shows a Beamer presentation slide with the following content:

Financial Planning

- For any dream to come true, it is important to set certain goals for oneself. The same holds true even in the case of financial investments. One can spend an entire life earning and saving money, but if one has not planned and invested smartly, it will all be in vain.

Smart Financial Plan

- Whatever you want in future - a secure retirement, holiday, car, home, business - Only good financial planning will get you there.

StreamYard

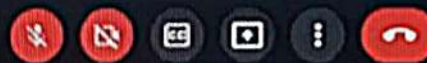


You



45 others

4:29 PM | uco-ytxj-mvu



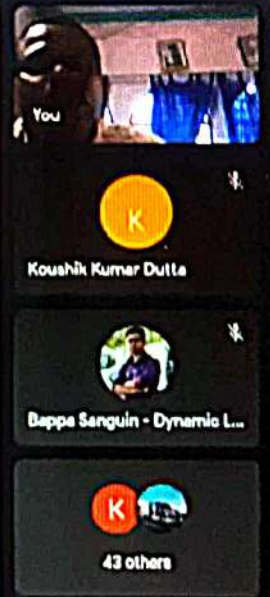
Subtitles/closed captions unavailable

21:38 / 1:18:17

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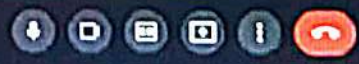


NATIONAL WEBINAR - SVC, Young investors awareness by bombay stock exchange (BSE)



Young investors awareness by b...

6:20 PM | uco-ytdj-mvu



▶ ⏩ 🔊 1:13:12 / 1:18:17

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National Level Webinar, Department of Physical Education, Suri Vidyasagar College



DR L N MANDAL is presenting



People [X]

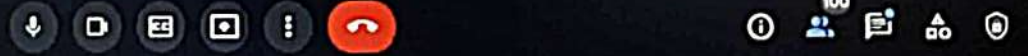
+ Add people

Search for people

In call

- Bappa Sanguin - Dy... (You) Meeting host
- Aditya Mondal
- Akshay Malakar
- Allisha Khondekar
- Amitab Mandal

3:13 PM | xmf-cqfe-ton



National Level Webinar, Department of Physical Education, Suri Vidyasagar College



Pintu Lal Mondal (Assistant Professor, Physical Education) is presenting

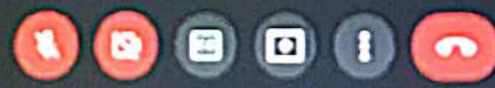
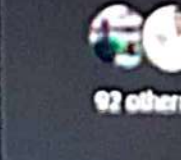
"A sound mind in a sound body"

'A sound mind in a sound body' is the English translation of a famous quotation by the pre-Socratic Greek philosopher Thales of Miletus, who was Greek mathematician, astronomer and pre-Socratic philosopher (624 – 546 BC).

'A sound mind in a sound body'-the proverb which is of Greek origin insists that the mind and body should be both healthy and sound.

'A sound mind in a sound body'-is demonstrating the close links between physical exercise, mental equilibrium and the ability to enjoy life.

- A healthy person can think normally and act instantly in any given situation.




3:45 PM | xmf-cqfe-ton

▶ ⏸ 🔊 42:18 / 2:07:54 [Scroll for details](#) 🔊 🗨 ⚙️ 🏠



National Level Webinar, Department of Physical Education, Suri Vidyasagar College

StreamYard



Mahesh Sawata Khetmalis

Participant list:

- Pintu Lal Mondal (Assi...)
- Biplob Chowdhury
- Lakshmi Narayan Ma...
- Obaidul Sk
- Gautam Kumar
- susanta raha
- Rajesh Kumar
- 90 others
- You

4:36 PM | xmf-cqfe-ton



1:33:15 / 2:07:54

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AWARENESS CAMP & DETECTION OF THALASSAEMIA CARRIER, Suri Vidyasagar College, Suri-Birbh...



Suri Vidyasagar College

(Govt. Sponsored)



Suri, Birbhum. PIN- 731101, West Bengal
(Affiliated to the University of Burdwan & Accredited by NAAC)

AWARENESS CAMP & DETECTION OF THALASSAEMIA CARRIER

ON

20th April, 2022 at 9:00 AM

Organized by

Suri Vidyasagar College

In collaboration with,

Hemoglobinopathies Control Programme,
Suri Sadar Hospital, Suri, Birbhum

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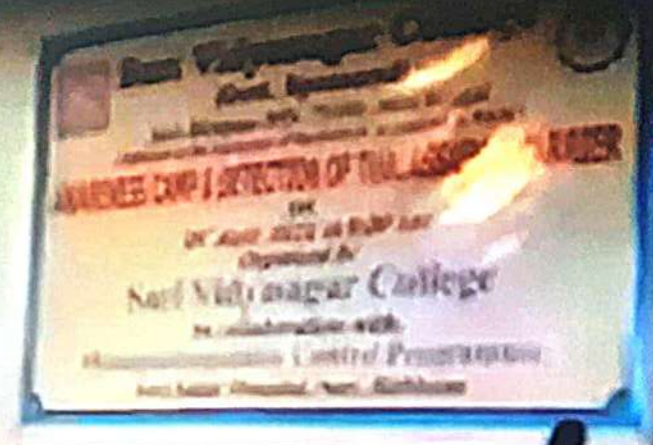
0:03 / 5:25



AWARENESS CAMP & DETECTION OF THALASSAEMIA CARRIER, Suri Vidyasagar College, Suri-Birbh...



KINEMASTER



AWARENESS CAMP & DETECTION OF THALASSAEMIA CARRIER,
Suri Vidyasagar College, Suri-Birbhum

0:41 / 5:25

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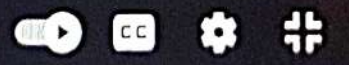
AWARENESS CAMP & DETECTION OF THALASSAEMIA CARRIER, Suri Vidyasagar College, Suri-Birbh...



KINEMASTER

AWARENESS CAMP & DETECTION OF THALASSAEMIA CARRIER,
Suri Vidyasagar College, Suri-Birbh...

3:02 / 5:15



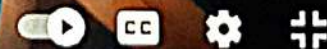
AWARENESS CAMP & DETECTION OF THALASSAEMIA CARRIER, Suri Vidyasagar College, Suri-Birbh...



KINEN

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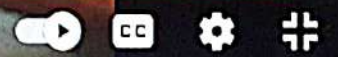


AWARENESS CAMP & DETECTION OF THALASSAEMIA CARRIER, Suri Vidyasagar College, Suri-Birbh...



▶ ⏩ 🔊 5:17 / 5:25

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AWARENESS PRORGAMME ON FINANCIAL LITERACY

ON

26th April, 2022 at 9:00 AM

Organized by

COMMERCE DEPARTMENT

Suri Vidyasagar College

Suri, Birbhum

SPEAKER- Mr. Jafruddin (Financial Educational Trainer by NISM & BSE)



KINEMASTER

Suri Vidyasagar College
(Govt. Sponsored)
Suri, Birbhum. PIN- 731101, West Bengal
(Affiliated to the University of Burdwan & Accredited by NAAC)

AWARENESS PRORGAMME ON FINANCIAL LITERACY
ON
26th April, 2022 at 9:00 AM
Organized by
COMMERCE DEPARTMENT
Suri Vidyasagar College
Birbhum

AWARENESS PRORGAMME ON FINANCIAL LITERACY
~~COMMERCE DEPARTMENT, Suri Vidyasagar College, Suri, Birbhum~~

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AWARENESS PRORGAMME ON FINANCIAL LITERACYCOMMERCE DEPARTMENT, Suri Vidyasagar Co...



KINEMASTER



AWARENESS PRORGAMME ON FINANCIAL LITERACY
~~COMMERCE DEPARTMENT, Suri Vidyasagar College, Suri, Birbhum~~

▶ ⏪ 🔊 3:56 / 7:06

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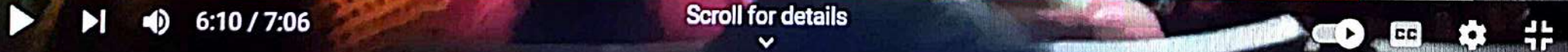


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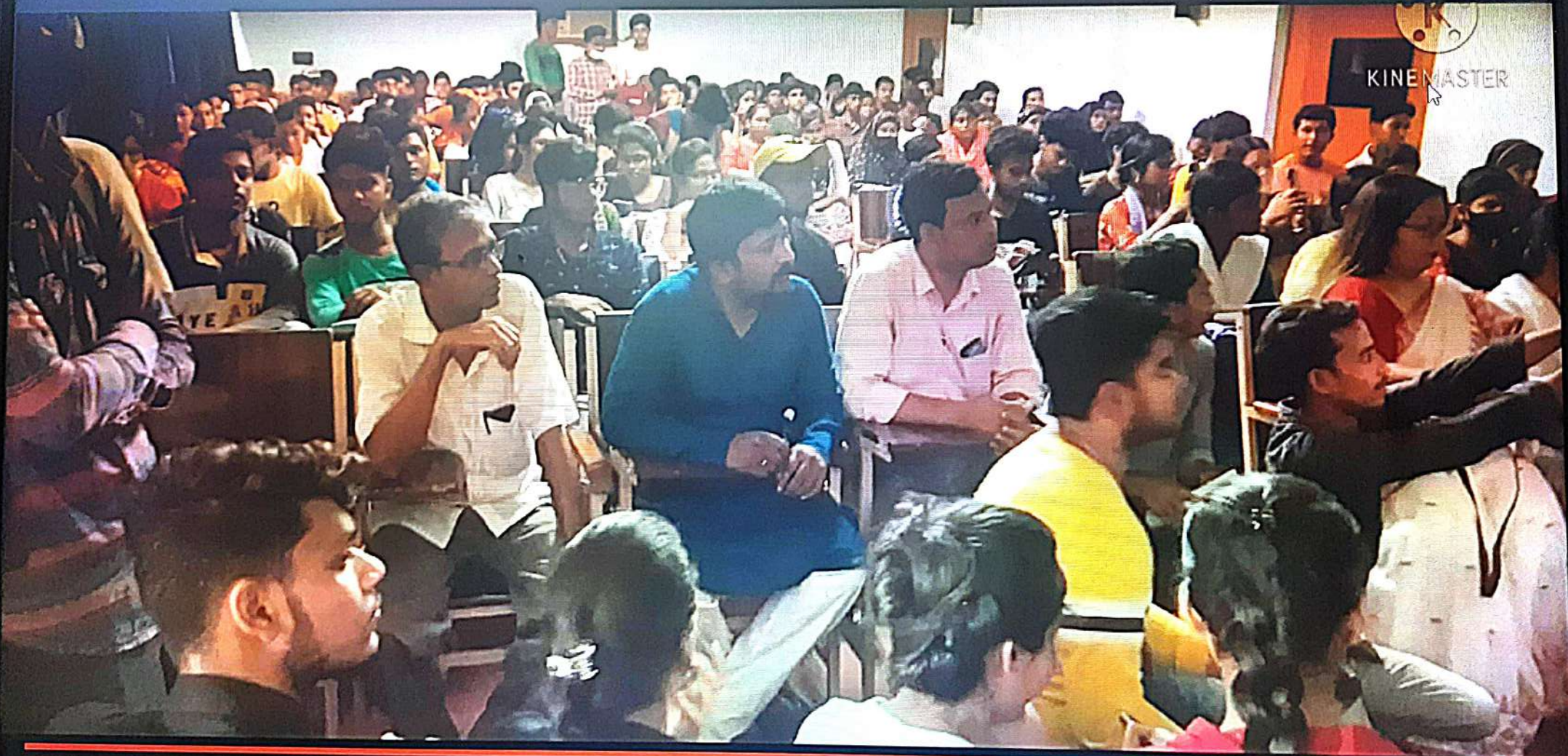


6:10 / 7:06

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AWARENESS PRORGAMME ON FINANCIAL LITERACYCOMMERCE DEPARTMENT, Suri Vidyasagar Co...



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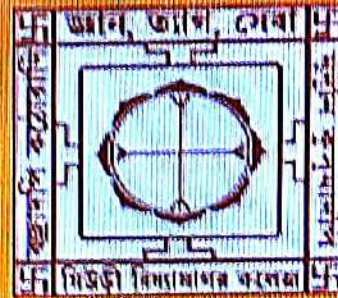
▶ ⏪ 🔊 6:53 / 7:06

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Awareness Programme on Road Safety

Organized by

Suri Vidyasagar College

in collaboration with

Suri Traffic Police, District- Birbhum, West Bengal.

Date- 28/05/2022, Time- 10:00AM, Venue – Auditorium Hall;

Road safety



Awareness Programme on Road Safety, Suri Vidyasagar College



0:25 / 3:21 Scroll for details [Play] [Full Screen] [Settings] [Grid]

Awareness Programme on Road Safety, Suri Vidyasagar College



▶ ⏪ 🔊 0:46 / 3:21

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