



# **MUGBERIA GANGADHAR MAHAVIDYALAYA**

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

NAAC Re-Accredited B+Level Govt. aided College

CPE (Under UGC XII Plan) & NCTE Approved Institutions

DBT Star College Scheme Award Recipient

E-mail : mugberia\_college@rediffmail.com // [www.mugberiangangadharmahavidyalaya.ac.in](http://www.mugberiangangadharmahavidyalaya.ac.in)

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***REPORT***

***ON***

**“MEDITATION AND BREATH  
WORKSHOP”**

***ORGANIZED BY***

**Department of Nutrition**

**Mugberia Gangadhar Mahavidyalaya**

**DATE: 12.01.2023- 14.01.2023**

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**Report prepared by Mrs. Moumita Samanta, SACT, Dept. of Nutrition, Mugberia  
Gangadhar Mahavidyalaya**



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Date:05.01.2023

## NOTICE

It is hereby notified that “Three days Meditation and Breath Workshop” will be organized by Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya in collaboration with IQAC, Mugberia Gangadhar Mahavidyalaya from 12.01.2023 to 14.01.2023 at Mugberia Gangadhar Mahavidyalaya. So, interested students and teachers are informed to register their name to HOD, Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya with in 11.01.2023.

*Apurba Ghosh*  
05/01/2023

Head

Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

*Sonil Kumar* 05.01.2023

Principal

Mugberia Gangadhar Mahavidyalaya

Head  
Dept. of Nutrition  
Mugberia Gangadhar Mahavidyalaya

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Mugberia Gangadhar Mahavidyalaya





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## **Meditation and Breath Workshop 12th-14<sup>th</sup> January 2023**

### **REPORT:**

Three days Capacity building programmed on "Meditation and Breath Workshop"- Organized by Dept. of Nutrition in collaboration with IQAC, Mugberia Gangadhar Mahavidyalaya on 12-14th January, 2023. The program was designed by Art of Living Organization, Bangalore. Faculty- Amitava Sarkar, No. of participated students- 24 workshop on "Happiness program" entitled on 12-14th January, 2023 at 1.00 pm -4.00pm onwards to help, motivate and encourage for student. Dr. Apurba Giri Assistant Professor &H.O.D, Department of nutrition, was joining this program. The teachers and students participated with full interest, enthusiasm and eagerness. A uniquely powerful combination of Guided Yoga, Meditations, Profound Wisdom and Powerful Rhythmic Breathing Technique – Sudarshan Kriya. The Happiness Program takes place over three relaxing and rejuvenating, yet focused days. From reducing stress to getting better rest, these techniques have a demonstrated measurable impact on the quality of life. So the workshop was very much successful.

**Some photos of the programmed:**

The poster features the logos of 'THE ART OF LIVING' and a university emblem. The text reads: 'Three days Meditation & Breath Workshop', 'Date: 12-14<sup>th</sup> January, 2023', 'Organized by - Dept. of Nutrition, Mugberia Gangadhar Mahavidyalaya', 'In collaboration with IQAC, Mugberia Gangadhar Mahavidyalaya', 'Expert Faculty: Amitava Sarkar (Senior Ashramite & Art of Living Faculty)', and a quote: 'Happiness is a choice and no one else can do it for you' — Sri Sri Ravi Shankar.

A photograph of a man in a yellow shirt pointing at a poster. The poster is the same as the one in the first image. A GPS overlay shows the location: 'Bhupati Nagar, West Bengal, India', 'Mugberia Gangadhar Mahavidyalaya, 2P2H+395, Bhupati Nagar, West Bengal 721425, India', 'Lat 22.000147°', 'Long 87.728485°', and '12/01/23 01:41 PM'.

A photograph showing a group of people sitting on colorful mats in a room. A GPS overlay shows the location: 'Bhupati Nagar, West Bengal, India', 'Mugberia Gangadhar Mahavidyalaya, 2P2H+3H2, Bhupati Nagar, West Bengal 721425, India', 'Lat 21.999934°', 'Long 87.72887°', and '12/01/23 01:39 PM'.

A photograph showing a group of people sitting on colorful mats in a room. A GPS overlay shows the location: 'Bhupati Nagar, West Bengal, India', 'Mugberia Gangadhar Mahavidyalaya, 2P2H+395, Bhupati Nagar, West Bengal 721425, India', 'Lat 22.000147°', 'Long 87.728485°', and '12/01/23 01:41 PM'.

A photograph showing a group of people sitting on colorful mats in a room. A GPS overlay shows the location: 'Bhupati Nagar, West Bengal, India', 'Mugberia Gangadhar Mahavidyalaya, 2P2H+3H2, Bhupati Nagar, West Bengal 721425, India', 'Lat 21.999997°', 'Long 87.728689°', and '12/01/23 03:50 PM GMT +05:30'.

A group photograph of the workshop participants and faculty members. A GPS overlay shows the location: 'Bhupati Nagar, West Bengal, India', '2P2H+395, Bhupati Nagar, West Bengal 721425, India', 'Lat 22.000054°', 'Long 87.728404°', and '14/01/23 02:51 PM'.

### **Attendance of Participants:-**

- |                           |                      |
|---------------------------|----------------------|
| 1. Ananya Bhuina          | 16. Susmita Ghorai   |
| 2. Ritushree Dinda        | 17. Arnab Jana       |
| 3. Sayan Maity            | 18. Saptami Maity    |
| 4. Srijita Roy            | 19. Anupama Kamila   |
| 5. Amit Pal               | 20. Jagannath Mondal |
| 6. Sudip Jana             | 21. Sanjib Das       |
| 7. Surajit jana           | 22. Milan Giri       |
| 8. Arpita Samanta         | 23. Sumita Maity     |
| 9. Biswajit Bhuina        | 24. Surojit Barui    |
| 10. Payal Manna           |                      |
| 11. Suchitra Barik        |                      |
| 12. Monalia Patra         |                      |
| 13. Sanghamitra Choudhuri |                      |
| 14. Nirupam Bera          |                      |
| 15. Ankan Bag             |                      |

### **RESOLUTION:**

1. Yoga is an ancient physical, mental and spiritual practice that originated in India.
2. The importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health.
3. Regular yoga practice also benefits healthy individuals, improving psychological well-being, satisfaction with life, and self-esteem, and reducing stress and performance anxiety.
4. The peace and happiness we access on our mats is no accident.

## FEEDBACK:

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition(UG&PG)

Happiness programme (12-14 January ,2023)

Student's feedback form

Name of the student: *Arpita Samanta*

Name of the semester: *1<sup>st</sup> semester.*

1.Is the program happened every year in this Department?

a)yes

b)no

2.Do you think this type of course is helpful in our life?

a)yes

b)no

3.How many trainer were present in that program?

a)3

b)2

c)4

4.Is the happiness program related with your study?

a)yes

b)no

5.Pay any comments or concerns regarding this programme.....

*..... This programme is very helpfull.*

Mugberia Gangadhar Mahavidyalaya  
Department of Nutrition(UG&PG)  
Happiness programme (12-14 January ,2023)

Student's feedback form

Name of the student: Ananya Bhunia.  
Name of the semester: 1st Semester.

1. Is the program happened every year in this Department?

a) yes

b) no

2. Do you think this type of course is helpful in our life?

a) yes

b) no

3. How many trainer were present in that program?

a) 3

b) 2

c) 4

4. Is the happiness program related with your study?

a) yes

b) no

5. Pay any comments or concerns regarding this programme.....

..... We are interested in this programme .

Mugberia Gangadhar Mahavidyalaya

Department of Nutrition(UG&PG)

Happiness programme (12-14 January ,2023)

Student's feedback form

Name of the student: *Sanghamitra Chowdhury,*

Name of the semester: *1st Semester.*

1.Is the program happened every year in this Department?

a)yes

b)no

2.Do you think this type of course is helpful in our life?

a)yes

b)no

3.How many trainer were present in that program?

a)3

b)2

c)4

4.Is the happiness program related with your study?

a)yes

b)no

5.Pay any comments or concerns regarding this programme..... *we are*

*Interested in this Programme.*



*Sanghamitra*  
14.01.2023  
Principal  
Mugberia Gangadhar Mahavidyalaya