

RAJA BIRENDRA CHANDRA COLLEGE



Estd.1965

(Affiliated to the University of Kalyani)

(State Govt. Aided College)

P.O.-KANDI, DIST.-MURSHIDABAD, (W.B.), PIN-742137

E-mail:-rbcckandi@gmail.com, Website:-www.rbcckandi.in

Ph.No.03484-295505

Ref.No.....
Office of the Principal

Date:-

To
The Convenor,
Seminar Committee
(Through proper channel)

Date: 18.12.20

Re: Permission Letter for Conduct One Day State Level Seminar

Respected Sir / Madam,


The Department of Physical Education of Raja Birendra College intends to conduct a one-day state-level seminar on "*Current Evidence of the Clinical Effects of Yoga*" in your institution. Our seminar shall take place on January 22, 2021 (Tentative), from 9:00 a.m. to 5:00 p.m. with the collaboration of IQAC, Raja Birendra Chandra College.

The mentioned seminar will need the following budget to be held:

| Sl. No | Particulars | Amount |
|--------------|--------------------------------|----------------|
| 1 | Memento | 500 |
| 2 | Honorarium for Resource Person | 1000 |
| 3 | TA | 1000 |
| 4 | Refreshment | 500 |
| 5 | Lunch | 1000 |
| 6 | Flex | 500 |
| Total | | 4500.00 |

We hope for your approval on this. Thanking you in advance.

Respectfully,


(Dr. Sujoy Birbanshi)




Principal
R.B.C. College
Kandi, Murshidabad

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Date:-

Seminar Report

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|--|--|--|---|--|--|--|---|---|--|
| Name of the Department | Physical Education | | | | | | | | |
| In collaboration with (if applicable) | IQAC | | | | | | | | |
| Topic of the Seminar | One Day State Level Seminar “Current Evidence of the Clinical Effects of Yoga” | | | | | | | | |
| Date | January 22, 2021 | | | | | | | | |
| Time | 09:00am to 05:00pm | | | | | | | | |
| Resource Person (with Institution) | Dr. Kuntal Thakur Assistant Professor, Khejuri College, Khejuri, Purba Medinipur. | | | | | | | | |
| Details of Organizing Committee | <table><tr><td>Chief Patron Sri Apurba Sarkar GB President & MLA Kandi Assembly</td><td>Patron Sri. Jaydev Ghatak GB Member & Chairman Kandi Municipality</td></tr><tr><td>Chairman Dr. Atish Chandra Ghosh Principal Raja Birendra Chandra College</td><td>Organizing Secretary Dr. Sujoy Birbanshi HOD Department of Physical Education</td></tr><tr><td>Convener Mr. Debajyoti Acharyya Department of Physical Education</td><td>Joint Convener Mr. Suman Ghosh Department of Physical Education</td></tr><tr><td>Treasurer Sujit Sinha Chowdhury Associate Professor of Commerce</td><td>IQAC Coordinator Dr. Mokbul Rahaman Librarian, Raja Birendra Chandra College</td></tr></table> | Chief Patron Sri Apurba Sarkar GB President & MLA Kandi Assembly | Patron Sri. Jaydev Ghatak GB Member & Chairman Kandi Municipality | Chairman Dr. Atish Chandra Ghosh Principal Raja Birendra Chandra College | Organizing Secretary Dr. Sujoy Birbanshi HOD Department of Physical Education | Convener Mr. Debajyoti Acharyya Department of Physical Education | Joint Convener Mr. Suman Ghosh Department of Physical Education | Treasurer Sujit Sinha Chowdhury Associate Professor of Commerce | IQAC Coordinator Dr. Mokbul Rahaman Librarian, Raja Birendra Chandra College |
| Chief Patron Sri Apurba Sarkar GB President & MLA Kandi Assembly | Patron Sri. Jaydev Ghatak GB Member & Chairman Kandi Municipality | | | | | | | | |
| Chairman Dr. Atish Chandra Ghosh Principal Raja Birendra Chandra College | Organizing Secretary Dr. Sujoy Birbanshi HOD Department of Physical Education | | | | | | | | |
| Convener Mr. Debajyoti Acharyya Department of Physical Education | Joint Convener Mr. Suman Ghosh Department of Physical Education | | | | | | | | |
| Treasurer Sujit Sinha Chowdhury Associate Professor of Commerce | IQAC Coordinator Dr. Mokbul Rahaman Librarian, Raja Birendra Chandra College | | | | | | | | |
| Short Description of the Program (within 200 words) | A one day State level Seminar on “Current Evidence of the Clinical Effects of Yoga” was organized by Department of Physical Education, Raja Birendra Chandra College. The seminar could help to equip oneself with basic knowledge about one’s personality, to learn to handle oneself well in all life situations, to learn techniques for gaining good health, to develop a discriminative mind capable of knowing the real from the unreal and to face the dualities of life with equanimity. The seminar started with the inaugural programme graced by President of our college respected Mr. Apurbo Sarkar. Total program conducted by Mr. Suman Ghosh. The session start with welcome address by Dr. Atish Chandra Ghosh, Principal of Raja Birendra Chandra College. He welcomed all the dignitaries, presenters and all present in the programme with a brief introduction of the Centre, different activities of the Centre and about the keynote speaker Dr. Kuntal Thakur, Assistant | | | | | | | | |



Ghosh
Principal
R.B.C. College
Kandi, Murshidabad