



# NISTARINI COLLEGE

(NAAC ACCREDITED : 'A' GRADE WITH CGPA 3.13)

A NATIONAL LEVEL WEBINAR

On

## YOGIC CULTURE FOR WELLNESS IN POST COVID PERIOD

Organised by

Department of Physical Education, Nistarini College, Purulia

In collaboration with

Department of Physical Education, Sonamukhi College, Bankura



Date : 18<sup>th</sup> to 21<sup>st</sup> June 2021

Time – 9.00 am - 10:30 am

### Eminent Speakers



**CHIEF PATRON**

**Dr. Subal Chandra De**

Hon'ble President of G.B.  
Nistarini College, Purulia and C.O.E.  
S. K. B. University, Purulia



**PATRON**

**Dr. Indrani Deb**

Principal, Nistarini College,  
Purulia, West Bengal



**Dr. Mamata Malik**

Assistant Professor  
Manbhumi Mahavidyalaya,  
Purulia, West Bengal



**Dr. Sumalya Roy**

Assistant Professor  
Dept. of Physical Education  
Chatra Ramai Pandit Mahavidyalaya  
Bankura, West Bengal



**Dr. Gaurav Pant**

Assistant Professor  
College of Physical Education  
Bharati Vidyapeeth University,  
Pune, Maharashtra



**Dr. Kallol Chatterjee**

Assistant Professor  
Department of Physical Education  
& Sport Science, Visva-Bharati



**Dr. Pintu Lal Mondal**

Assistant Professor  
Dept. of Physical Education  
School of Education  
Central University of South Bihar,  
Gaya, Bihar, India



**Dr. Malay Kumar Mukhopadhyay**

Asst. Professor in Physical Education,  
Post Graduate Government Institute for  
Phy. Edu., Banipur & Officer on Special  
Duty (Phy. Edn.) Education Directorate,  
Govt. of W.B., Bikash Bhavan

**Convenor –**

**Dr. Ushapati biswas TCS and Co-ordinator, Dept. of Physical Education,  
Associate Prof., Dept. of Bengali**

**Joint Convenor –**

**Mr. Pasupati Mahato, Dept. of Phy. Edu. Nistarini College**

**Mr. Swarup Mukherjee, Dept. of Phy. Edu., Sonamukhi College, Bankura**

#### Advisory Committee

Dr. Bappaditya Mandal, Principal, Sonamukhi College, Bankura  
Prof. C. K. Nayek, Asso. Prof., Dept. of Political Science  
Prof. H. K. Mandal, Asso. Prof., Dept. of Mathematics  
Dr. P. Sarkar, Asso. Prof., Dept. of Bengali  
Prof. A. Maharatna, Asso. Prof., Dept. of Political Science  
Prof. D. R. Pramanik, Asso. Prof. (Bursar), Dept. of Philosophy  
Prof. N. D. Sannigrahi, Asso. Prof. (IQAC Convenor), Dept. of Botany  
Dr. R. Basu, Asso. Prof. (Member of G.B., Nistarini College), Dept. of Mathematics

#### Organising Committee

Dr. U. K. Mukhopadhyay, Asso. Prof. Dept. of Philosophy  
Prof. K. P. Mandal, Asst. Prof., Dept. of English  
Dr. A. Sahana, Asst. Prof., Dept. of Chemistry  
Mr. P. Mukherjee, Dept. of Environment Science  
Dr. P. Dasgupta, Dept. of Phy. Edu.  
Mrs. S. Mahato (Lady Attendant), Dept. of Phy. Edu.

• Webinar Platform: Google Meet with LIVE Streaming on YouTube

• Registration Fees : Free

• Mode of Language – Bengali, Hindi & English

• Registration will be closed by 11:59 PM on 17<sup>th</sup> June 2021

• E- Certificate will be provided to all registered participants only after filling up the Feedback form proper and timely at the end of the webinar.

• Participants are requested to join WhatsApp group by clicking on the link provided after submitting the Google Registration form.

• Contact E-mail - [phy.edn.nc@gmail.com](mailto:phy.edn.nc@gmail.com)



Google Meet



CLICK HERE  
TO REGISTER



# PROGRAMME SCHEDULE FOR WEBINAR 18<sup>TH</sup> JUNE to 21<sup>ST</sup> JUNE 2021

DAY 1: 18/06/2021, Co-Ordinator – introduced by Pasupati Mahato, Dept. of Phy. Edn.	
Co-Ordinator – Prof. N.D. Sannigrahi, IQAC Convenor & Faculty Head, Dept. of Botany	
Introduction by Prof. N.D. Sannigrahi	9.00 – 9.05
Mangatacaranam	9.05 – 9.08
Welcome address by Principal Dr. Indrani Deb	9.08 – 9.18
Inaugral Speech by Chief Patron Dr. Subal Chandra De	9.18 – 9.28
Speech by Principal Dr. Bappaditya Mandal, Sonamukhi College	9.28 – 9.33
Introducing Resource Person by Co-Ordinator	9.33 – 9.36
Technical Session Speaker - Dr. Gaurav Pant	9.36 – 10.15
Interactive Session	10.15 – 10.20

DAY 2: 19/06/2021, Introducing Co-Ordinator Mr. Swarup Mukherjee, Dept. of Phy. Edn., Sonamukhi College	
Co-Ordinator – Mr. S. Bhui, Dept. of English	
Introduction by C-ordinator	9.00 – 9.05
Inaugral Speech by Principal Sonamukhi College	9.05 – 9.15
Introducing Resource Person by Co-Ordinator	9.15 – 9.17
Technical Session – 1 Speaker - Dr. Sumalya Roy	9.17 – 9.52
Interactive Session	9.52 – 9.57
Introducing Resource Person by Co-Ordinator	9.57 – 10.00
Technical Session – 2 Speaker – Dr. Mamata Mallik	10.00 – 10.25
Interactive Session	

# PROGRAMME SCHEDULE FOR WEBINAR 18<sup>TH</sup> JUNE to 21<sup>ST</sup> JUNE 2021

DAY 3: 20/06/2021, Introducing Co-Ordinator Mr. Pasupati Mahato, Dept. of Phy. Edn., Nistarini College	
Co-Ordinator – Dr. P. Sarkar, Faculty Head Bengali, Nistarini College	
Introduction by Co-ordinator	9.00 – 9.05
Introducing Resource Person by Co-Ordinator	9.05 – 9.08
Technical Session – 1 Speaker – Dr. Kallol Chatterjee	9.08 – 9.43
Interactive Session	9.43 – 9.48
Introducing Resource Person by Co-Ordinator	9.28 – 9.31
Technical Session - 2 Speaker – Dr. Pintu Lal Mondal	9.50 – 10.25
Interactive Session	10.25 – 10.30

DAY 4: 21/06/2021, Introducing Co-Ordinator Mr. Pasupati Mahato, Dept. of Phy. Edn., Nistarini College	
Co-Ordinator – Prof. S. Karmakar, Dept. of English	
Introduction by Co-ordinator	9.00 – 9.05
Introducing Resource Person by Co-Ordinator	9.05 – 9.08
Technical Session – 1 Speaker – Dr. Malay Kumar Mukhopadhyay	9.08 – 9.43
Interactive Session	9.43 – 9.48
Continue – International Yoga Day	
Speech by Prof. N.D. Sannigrahi, IQAC Convenor, Nistarini College, Purulia	9.50 – 10.05
Inaugural Speech by Dr. Indrani Deb, Principal, Nistarini College, Purulia, West Bengal	10.06 – 10.20
Speech by Mr. P. Mukherjee, Dept. of Environmental Science, NSS Unit	10.21 – 10.30
Vote of thanks Dr. U.P. Biswas, Co-Ordinator, Dept. of Phy. Edn., Asso. Prof. Dept. of Bengali	

**\*N.B. – All programmes are subject to be changed**



# Certificate of Appreciation

Proudly Presented to

*Mr. Pasupati Mahato*

Dept. of Physical Education, Nistarini College, Purulia, West Bengal

for his instrumental role as a keynote speaker at One Day National Webiner on  
**FIT INDIA FREEDOM RUN**, organised by  
**Ramkrishna Mahato Government Engineering College, Purulia, West Bengal**

Dr. Bibek Chakrabarti  
Chief Patron  
Principal  
RKMGEC, Purulia



Santigopal Maity  
Convenor  
NSS Programmer Officer  
RKMGEC, Purulia

18th September, 2020



# Nistarini College

(NAAC Accredited "A" Grade with CGPA 3.13)

Four Days National Level Webinar



On

## YOGIC CULTURE FOR WELLNESS IN POST COVID PERIOD

Organized by

Department of Physical Education, Nistarini College, Purulia

*In association with*

Department of Physical Education, Sonamukhi College, Bankura

*Certificate*  
OF PARTICIPATION

*This is to certify that PASUPATI MAHATO , SACT of Dept of Physical Education Nistarini college Purulia has participated in the four days National Level Webinar on "Yogic Culture for Wellness in Post Covid Period" organised by Department of Physical Education, Nistarini College, Purulia, W.B., in association with Department of Physical Education, Sonamukhi College, Bankura, W.B. held on 18<sup>th</sup> to 21<sup>st</sup> June, 2021.*

Dr. Indrani Deb  
Principal  
Nistarini College

Dr. Bappaditya Mandal  
Principal  
Sonamukhi College

Dr. Ushapati Biswas  
Convenor & Co-Ordinator Dept. of Phy. Edn  
Nistarini College