

Prasanta Chandra Mahalanobis Mahavidyalaya



(Accredited by NAAC)

111/3, B.T. Road (Bon-Hooghly), Kolkata – 700108

Phone : 8697169513

E-mail : pcmm.principal@gmail.com

Website: www.pcmm.edu.in

PRASANTA CHANDRA MAHALANOBIS MAHAVIDYALAYA

111/3, B.T. ROAD KOLKATA- 108

Event/Activity Report

2019-2020

- **Name of the Event:** Capacity Building Programme on :Yoga for Wellbeing.
- **Programme details:** Yoga Asanas standing, sitting, prone, supine, and inversions, variations of asanas for different fitness levels and health conditions beneficial for overall health.
- **Date of the event:** 11/11/2019 to 09/12/2019
- **Venue of the Event:** Room no.25(Third floor)
- **Nature of the Activity:** Six weeks training programme(one class per week on Monday)
- **Level of the activity** – College-Level
- **Name of the Sponsor:** Prasanta Chandra Mahalanobis Mahavidyalaya
- **Objectives of the event:** The objective of the Capacity Building Programme on wellbeing focusing on "Yoga for Wellbeing" is to empower our students with the knowledge, skills, and confidence to integrate yoga practices into their lives for improved health. Equip participants with practical skills in yoga asanas, pranayama techniques, meditation, and relaxation practices that can be easily incorporated into their daily lifestyle. Try to Educate our students on the therapeutic applications of yoga for managing common health issues such as stress, anxiety, insomnia, and provide tailored practices for specific health conditions and how to practice yoga safely by emphasizing proper alignment, modifications, and adaptations for different fitness levels and health conditions. Empower participants to take ownership of their health and well-being through the practice of yoga, fostering a sense of self-awareness, resilience, and inner peace.
- **Name of the programme coordinator(s):**
Dr Kamala Mitra (Coordinator of IQAC) Prasanta Chandra Mahalanobis Mahavidyalaya.
- **Other staff/students involved in the organization of the event:**
Miss Sutapa Ghosh(Physical Instructor)
- **Participants / Audience (Type and number):** Faculty, *Research scholars, UG/PG Students-*
First Semester students of UG Course



- ***Outcome of the activity*** (underline the suitable alternative(s) and give details): Awareness/prizes won / social service/personality development (name the aspects) / skill testing or development, etc.

The outcomes of the Capacity Building Programme on health focusing on "Yoga for Wellbeing" are multifaceted, aiming to bring about positive changes in students' knowledge, skills, attitudes, and behaviors related to yoga and students wellbeing. Students will develop proficiency in various yoga practices, including asanas, enabling them to incorporate these practices into their daily lives. They will be able to use yoga for managing common mental issues such as stress, anxiety, leading to improved physical and mental health. Students will develop the confidence and skills to teach yoga safely and effectively, empowering them to become advocates for health promotion in their communities. They will experience positive changes in their attitudes and behaviors related to health, such as increased self-awareness, resilience, and a greater sense of inner peace and balance.

- **Quantitative information:** 37 Students (All streams of Semester I)
- **Colleges /universities involved in the organization of the event:**
 - Prasanta Chandra Mahalanobis Mahavidyalaya
- **Photographs (with captions) submitted for uploading in Website:**



K. Mitra
Principal
Prasanta Chandra Mahalanobis Mahavidyalaya
111/3, B. T. Road, Kolkata-108

K. Mitra
Dr. Kamala Mitra
Convener





Capacity Building Programme on:Yoga for Wellbeing

(2019-2020)

Organized By

Prasanta Chandra Mahalanobis Mahavidyalaya

111/3 B.T.ROAD, Kolkata-108

Association with IQAC

(Affiliated to West Bengal State University)



THE COURSE OFFERED FOR: SEMESTER-I STUDENTS OF ALL STREAM

DURATION: SIX WEEKS (FROM THE STARTING DATE)

VENUE: ROOM NO 25 (THIRD FLOOR)

DAY: EVERY MONDAY

TIME: 9:45AM

STARTING DATE: 11/11/2019

COURSE INSTRUCTOR: MISS SUTAPA GHOSH