

Prasanta Chandra Mahalanobis Mahavidyalaya



(Accredited by NAAC)

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PRASANTA CHANDRA MAHALANOBIS MAHAVIDYALAYA

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

Event/Activity Report

2018-19

- **Name of the Event:** Capacity Building Programme on Health:Yoga For All.
- **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:** 19/11/2018 to 12/12/2018
- **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 health focusing on "Yoga For All" 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 routines. 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)
Mrs.Arпита Ghorai Dutta, Employee of Prasanta Chandra Mahalanobis Mahavidyalaya



- **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 All" are multifaceted, aiming to bring about positive changes in students' knowledge, skills, attitudes, and behaviors related to yoga and health. Students will develop proficiency in various yoga practices, including asanas, pranayama, meditation, and relaxation techniques, enabling them to incorporate these practices into their daily lives. They will be able to use yoga for managing common health 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:** 31 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.:**



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



K. Mitra
Dr. Kamala Mitra
Convener

BANNER

CAPACITY BUILDING PROGRAMME ON HEALTH: YOGA FOR ALL

(2018-2019)

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

STARTING DATE: 19/11/2018

DURATION: SIX WEEKS

VENUE: ROOM NO 25(THIRD FLOOR)

DAY: EVERY MONDAY

TIME: 9:45AM

COURSE INSTRUCTOR: MRS. ARPITA GHORAL DUTTA