



CHHATNA CHANDIDAS MAHAVIDYALAYA

(Affiliated to Bankura University)

P.O.- Chhatna ♦ Dist.- Bankura ♦ West Bengal ♦ Pin- 722 132

www.ccmv.in, e-mail : ccmvoffice@gmail.com

Mob : 9434521209 / 9475585518

Office : 03242-201125, 7001138398, 9007933805

REPORT OF YOGA DAY CELEBRATION

2024-25

21/06/2025

- Objective: Primary objective is to spread Yoga education among students as well as teachers. yoga education is to promote holistic well-being by enhancing physical health, mental clarity, emotional stability, and spiritual growth. It aims to integrate moral values, foster self-control, and cultivate a deeper understanding of oneself and the universe.
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- Participant:35
- Organized. Nilanjan Chaki, Assistant Professor, Department of History
- Mrs. Swagata Sarkhel, Assistant Professor, Department of Political Science
- Yoga Teacher: Ms. Pompa Gorai
- Date & Time: 21/06/2025 & 11.30 AM
- Venue: Chhatna Chandidas Mahavidyalaya

Glimpses of Programme



Figure 1

Glimpses of Programme



Figure 2



Figure 3

Glimpses of Programme



Figure 4



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- **OUTCOMES:**
 - This includes promoting yoga for stress management, flexibility, strength, and overall health.
 - Students become aware about the regular practice of Yoga
 - Yoga day celebration created an expectation among the students that they wait eagerly for that 21st June throughout the year.
 - College football team member stated to practice Yoga regularly after the campaigning and celebration of Yoga Day.

Chhatna, 21/06/25



Mananika Sinha

Principal

Chhatna Chandidas Mahavidyalaya
Chhatna, Bankura

P. Kumbhakar

IQAC Co-ordinator
Chhatna Chandidas Mahavidyalaya



List of Participants

Yoga Day Celebration:2024-25

21/6/2025

Sl. No	Name	uid	session	Email	Phone No
1	Asim Mondal	22071103011	2023-2024 (4 th Sem)	mondalasim018@gmail.com	7407557812
2	Aniruddha Roy Choudhury	21071101012	2023-2024	broychowdhury49@gmail.com	9330776420
3	BIKASH BAURI	21071201022	2023-2024	bikashbauri6709@gmail.com	9883586709
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5	BIPUL BAURI	21071201016	2023-2024	royr06370@gmail.com	7679738072
6	Prarthana Gorai	22071101022	2023-2024	gautamgorai1977@gmail.com	7866910628
7	SK KAIF	23071201019	2023-2024	skalauddin3211@gmail.com	8116222775
8	Sanjukta Acharya	21071101015	2023-2024	sanjuktaacharya321@gmail.com	9382148608
9	Puja Chatterjee	21071101008	2023-2024	cpuja9840@gmail.com	7001007760
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11	Bidhan Mandi	22071208007	2023-2024	mandibidhan0@gmail.com	9064311923
12	Ajoy Gorai	23071208042	2023-2024	ajoygorai19@gmail.com	7074791196
13	Rakesh Gorai	23071201096	2023-2024	rakeshgorai501@gmail.com	8927551585
14	Sudip Mondal	23071208006	2023-2024	koushikmandal13345@gmail.com	6297749185
15	Chandan Mondal	23071201033	2023-2024	chandanmondal843692@gmail.com	9883169498
16	RAJIB MONDAL	23071211045	2023-2024	Good	6295706212
17	Rakesh Gorai	23071201096	2023-2024	rakeshgorai501@gmail.com	8927551585
18	Ajoy Karmakar	23071211019	2023-2024	kajoy703@gmail.com	8101731538
19	Neha Khatun	21071111013	2023-2024	Yes	6294980678
20	Subhadip Mondal	23071209028	2023-2024	sdip51413@gmail.com	9907116292

21	Bibriti Nandi Bhuin	1072301451	2023-2024	bibritinandibhuin@gmail.com	9883547308
22	Mallika China	22071111036	2023-2024	mallikachina8@gmail.com	7679986487
23	Ananya Mukherjee	22071111013	2023-2024	Ananyamukherjee8252@gmail.com	8900676921
24	JIT SUTRADHAR	23071201040	2023-2024	jeet.sutradhar.2020@gmail.com	7363890801
25	Soma mal	23071211001	2023-2024	Somamall222@gmail.com	7865880072
26	Anita Murmu	23071203008	2023-2024	Murmuanita0572@gmail.com	9800563040
27	Deblal Murmu	23071201075	2023-2024	murmudeblal71@gmail.com	7365939011
28	Biltu Mandal	23071211044	2023-2024	biltumandal431@gmail.com	8918302698
29	Sanjana Bagdi	23071211038	2023-2024	sanjanabagdi381@gmail.com	6296934834
30	Sanjana Bagdi	23071211038	2023-2024	sanjanabagdi381@gmail.com	6296934834
31	Anyasha Mandal	23071201070	2023-2024	Yes	8101977164
32	Soumi Tikait	23071211020	2023-2024	tikaitsoumi2006@gmail.com	9907614546
33	Kabita Roy	23071201006	2023-2024	Kabitaroycsc@gmail.com	8972664394
34	Santanu Tantubay	23271201005	2023-2024	No	8389073547
35	Riya Sen	23071201014	2023-2024	riya12394123@gmail.com	9832933668



21/06/2025, CHHATNA

Malavika Sinha

Principal
Chhatna Chandidas Mahavidyalaya
Chhatna, Bankura

P. Kumbhakar

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