



सत्यमेव जयते

# LECTURE

ON

# CONTAGIOUS DISEASES

## Its Prevention and Control

ORGANISED BY

**NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE**



**DATE: 09.07.2019**

**Prof. Mithun Bhangi**

Assistant Professor, Department of Philosophy

**Government of West Bengal**  
**Nayagram Pandit Raghunath Murmu Government College**  
**Baligeria, Nayagram, Jhargram 721125**


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Memo No: NPRMGC/ HH /19-20 / 01

Date: 05.07.2019

**NOTICE**

This is to notify all the students of our college that a Health and Hygiene Awareness Workshop shall be organised by the college on 09.07.2019 at 12:30 pm in the PRM Hall. Prof. Mithun Bhangi shall be speaking on '**Contagious Diseases: Its prevention and Control**'. Willing students are hereby asked to report at PRM Hall for free registration of the programme on the said date at 11.30 am.

  
Dr. Netai Chandra Das  
Officer-in-Charge  
Nayagram PRM Govt. College  
**(DR. NETAI CHANDRA DAS)**  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM  
WEST BENGAL, 721125

# NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE

Vill. & P.O.-Baligeria: P.S.-Nayagram: Dist.-Jhargram (W.B.): Pin. -721125

Email: [principal2014nprmgc@gmail.com](mailto:principal2014nprmgc@gmail.com) / [ncd2014oic@gmail.com](mailto:ncd2014oic@gmail.com)

Contact: +91 9732779838:: Website: <https://nayagramprmgovtcollege.ac.in>

## Report on Health and Hygiene Session

### Topic: Contagious Diseases: Its Prevention and Control

**Date:** 09.07.2019

An one-day Health and Hygiene workshop was organised by then college on 09.07.2019 in the PRM Hall at 12.30 P.M where Prof. Mithun Bhangi (Dept. of Philosophy ) made an ardent attempt to spread awareness among the students on contagious disease, its prevention and control. Contagious diseases, also known as infectious diseases, are illnesses caused by pathogens that can be spread from person to person. Prevention and control are crucial to stopping the spread of contagious diseases. Prof. Bhangi talked of some key measures to prevent and control contagious diseases:

#### Prevention:

1. Vaccination: Get vaccinated against specific diseases like COVID-19, influenza, and HPV.
2. Hand hygiene: Wash hands frequently with soap and water or use alcohol-based hand sanitizers.
3. Social distancing: Maintain a safe physical distance from others, especially during outbreaks.
4. Safe water and food: Ensure access to clean water and safe food handling practices.

#### Control:

1. Early detection and isolation: Identify and isolate infected individuals to prevent further transmission.
2. Contact tracing: Track and monitor individuals who have come into contact with someone infected.
3. Isolation: Restrict movement and gatherings to contain outbreaks.
4. Improved ventilation: Enhance airflow and ventilation in public spaces to reduce transmission risk.
5. Public awareness and education: Inform communities about disease risks, prevention, and control measures.

It was an enriching experience for the pupils. Dr.Swapan Kr. Maity (Dept. of Geography), Prof. Shyam Sundar Mandal (Dept. of History), Prof. Uday Shankar Khatua (Dept. of Sanskrit) and Mr. Bankim Bhakta (non-teaching staff) were also present in this workshop.

Co-ordinator


IQAC

Nayagram P.R.M. Govt. College

Coordinator

IQAC

Nayagram P.R.M. Govt. College

  
Officer-in-charge  
Nayagram P.R.M. Govt. College

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WEST BENGAL, 721125

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Baligeria :: Nayagram :: Jhargram-721125

SIGNATURE SHEET

One day workshop (Contagious Diseases : Its precaution & Control)

Date: 09.07.2019

Sl. No.	Student Name	Signature
1	AMBALIKA SAU	Ambalika Sau
2	AMBALIKA SAU	Ambalika Sau
3	AMBIKA MAHATA	Ambika Mahata
4	AMBIKA MAHATA	Ambika Mahata
5	ANANYA PATTANAYAK	Ananya Pattanayak
6	ANANYA PATTANAYAK	Ananya Pattanayak
7	ASIMA MAHATA	Asima Mahata
8	ASTAMI MURMU	Astami Murmu
9	ATASI MAHAPATRA	Atasi Mahapatra
10	AVIK SINGHA	Avik Singha
11	BAHA SAREN	Baha Saren
12	BAHAMONI HEMBRAM	Bahamoni Hembram
13	BALHI SAREN	Balhi Saren
14	BANASHREE MAHATA	Banashree Mahata
15	BARSHA MAITY	Barsha Maity
16	BHABANI PATRA	Bhabani Patra
17	BHABESH MAHATA	Bhabesh Mahata
18	NILIMA SHIT	Nilima Shit
19	NILU MAHATA	Nilu Mahata
20	PALASH BERA	Palash Bera
21	PANKAJ GHOSH	Pankaj Ghosh
22	PARBATI HEMBRAM	Parbati Hembram
23	PRADIP BERA	Pradip Bera
24	UKIL MURMU	Ukil Murmu
25	UKIL MURMU	Ukil Murmu

(DR. NETAJ CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM,  
WEST BENGAL, 721125

26	UMA BERA	Uma Bera
27	UMA BERA	Uma Bera
28	UMA RANI MAHATA	Uma Rani Mahata
29	UMA RANI MAHATA	Uma Rani Mahata



(DR. NETAJI CHANDRA DAS)  
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WEST BENGAL, 721125





सत्यमेव जयते

# HOW TO LIVE WITH COVID

ORGANISED BY

**NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE**

BALIGERIA, NAYAGRAM, JHARGRAM-721125

**Date: 02.01.2022**

**Dr. Debasish Mahata**

Superintendent cum BMOH

Nayagram SSH




**Government of West Bengal**  
**Nayagram Pandit Raghunath Murmu Government College**  
**Baligeria, Nayagram, Jhargram 721125**

Memo No : NPRMGC/ HH /21-22 / 01

Date : 29.12.2021

**NOTICE**

This is to notify all the students of our college that a Health and Hygiene Awareness Workshop shall be organised online by the college on 02.01.2022 at 12 pm. Dr. Debasish Mahata, Superintendent cum BMOH, Nayagram SSH, shall be speaking on '**How to live with COVID**'. Interested students are hereby asked to join the Google meet link to be provided on the said date at 11.45 am.

  
Dr. Netai Chandra Das  
Officer-in-Charge  
Nayagram PRM Govt. College

**(DR. NETAI CHANDRA DAS)**  
**OFFICER-IN-CHARGE**  
**NAYAGRAM P.R.M. GOVT. COLLEGE**  
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**WEST BENGAL, 721125**



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Contact: +91 9732779838:: Website: <https://nayagramprmgovtcollege.ac.in>

## Report on Health and Hygiene Session

### Topic: How to live with COVID

Date: 02.01.2022

An one-day online Discussion Session was organised by the college on 02.01.2022, at 12 p.m, and the resource person Dr. Debasish Mahata, Superintendent cum BMOH, Nayagram SSH, spoke on 'How to live with COVID'. As we cannot overcome this COVID situation overnight, we need to learn and acquire the techniques of living a happy and healthy life even during this pandemic.

Living with COVID-19 requires a combination of precautions, mindset adjustments, and self-care practices. He gave some tips to help the students navigate the new normal:

1. **\*Stay informed\***: Follow reliable sources for updates and guidelines.
2. **\*Practice hygiene\***: Wash hands frequently, use masks, and maintain social distancing.
3. **\*Boost immunity\***: Engage in regular exercise, healthy eating, and sufficient sleep.
4. **\*Manage stress\***: Meditate, practice yoga, or engage in relaxing activities.
5. **\*Stay connected\***: Leverage technology for virtual socializing and community building.
6. **\*Prioritize mental health\***: Seek support for anxiety, depression, or trauma.
7. **\*Embrace flexibility\***: Adapt to changing circumstances and restrictions.
8. **\*Find joy\***: Engage in hobbies, creative pursuits, or other activities that bring happiness.
9. **\*Support others\***: Offer help, kindness, and compassion to those in need.
10. **\*Focus on the present\***: Practice mindfulness and gratitude to cope with uncertainty.

Dr. Mahata went on repeating the fact that living with COVID-19 requires resilience, empathy, and a commitment to collective well-being. By taking care of one self and others, we can navigate this challenging time together.

Tanay Jana,  
Co-ordinator  
IQAC  
Nayagram P.R.M. Govt. College  
Nayagram P.R.M. Govt. College

  
Officer-in-charge  
Nayagram P.R.M. Govt. College

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WEST BENGAL, 721125



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# LECTURE

ON

# STAYING HAPPY & HEALTHY

## DURING COVID PENDING

ORGANISED BY

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE



**DATE: 07.01.2022**

**Dr. Swadesh Ranjan Pan**

Assistant Professor, Department of Physical Education

**Government of West Bengal**  
**Nayagram Pandit Raghunath Murmu Government College**  
**Baligeria, Nayagram, Jhargram 721125**


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Memo No: NPRMGC/ HH /21-22 / 02

Date : 02.01.2022

**NOTICE**

This is to notify all the students of our college that a Health and Hygiene Awareness Workshop shall be organised online by the college on 07.01.2022 at 12 pm .Dr. Swadesh Ranjan Pan shall be speaking on '**Staying happy and healthy during COVID pandemic**'. Interested students are hereby asked to join the Google meet link to be provided on the said date at 11.45 am.

  
Dr. Netai Chandra Das  
Officer-in-Charge  
Nayagram PRM Govt. College

**(DR. NETAI CHANDRA DAS)**  
**OFFICER-IN-CHARGE**  
**NAYAGRAM P.R.M. GOVT. COLLEGE**  
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## **Report on Health and Hygiene Session**

### **Topic: Staying Happy and Healthy during COVID pandemic**

**Date :** 07.01.2022

An one-day online Discussion Session was organised by the college on 07.01.2022. Keeping in mind the ongoing COVID pandemic, Dr. Swadesh Ranjan Pan ( Dept. of Physical Education ) chose to speak on 'Staying happy and healthy during Covid'. The topic was introduced by Dr. Netai Chandra das, Officer-in-Charge of the college and Dr. Pan took utmost care to raise an awareness on mental and physical health during COVID among the pupils. The COVID-19 pandemic has significantly impacted both mental and physical health worldwide. Some key effects include:

#### **Physical Health: -**

Increased risk of cardiovascular disease, diabetes, and respiratory problems due to prolonged lockdowns and reduced physical activity

- Higher rates of hospitalization and mortality from COVID-19 itself
- Disruptions to regular healthcare services and delayed diagnoses for non-COVID conditions
- 

#### **Mental Health: -**

- Heightened stress, anxiety, and fear due to uncertainty and isolation
- Increased rates of depression, post-traumatic stress disorder (PTSD), and substance abuse
- Strains on mental health resources and support systems



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# LECTURE

ON

# Personal Hygiene

## The key to a healthy life

ORGANISED BY

Alumni, Nayagram Pandit Raghunath Murmu Government College



**DATE: 05.04.2023**

**Ajit Mahata & Subhadip Mahata**

Alumni Member, Nayagram P.R.M. Govt. College

**Government of West Bengal**  
**Nayagram Pandit Raghunath Murmu Government College**  
**Baligeria, Nayagram, Jhargram 721125**


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Memo No: NPRMGC/ HH /22-23/ 02

Date : 01.04.2023

**NOTICE**

This is to notify all the students of our college that a Health and Hygiene Awareness Workshop shall be organised by the college in collaboration with Alumni members on 05.04.2023 at 12 pm in the PRM Hall. Some of the alumni members shall speak on '**Personal Hygiene: The Key to a healthy life**'. Interested students are hereby asked to report at PRM Hall for free registration of the programme on the said date at 11.30 am.

  
Dr. Netai Chandra Das  
Officer-in-Charge  
Nayagram PRM Govt. College

**(DR. NETAI CHANDRA DAS)**  
**OFFICER-IN-CHARGE**  
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Contact: +91 9732779838 :: Website: <https://nayagramprmgovtcollege.ac.in>

## Report on Health and Hygiene Session

### Topic: Personal Hygiene : The Key to a Healthy Life

Date: 05.04.2023

Personal hygiene is indeed a crucial aspect of maintaining a healthy life. Good personal hygiene practices help prevent the spread of illnesses, boost self-confidence, and enhance overall well-being. Nayagram PRM Govt. college, in collaboration with its alumni members organised a session on personal hygiene on 05.04.2023 in the PRM Hall. Some of the alumni members were the speakers in this programme. They suggested their juniors to adopt some good habits regarding personal hygiene:

1. Frequent hand washing: Use soap and water for at least 20 seconds, especially after using the bathroom and before eating.
2. Regular showering or bathing: Aim for at least once a day, using soap and shampoo.
3. Brushing and flossing teeth: Twice a day, morning and night, to maintain oral health.
4. Wearing clean clothes: Change clothes regularly, especially after physical activity or sweating.
5. Practising good hygiene during menstruation: Use sanitary products and change them regularly.
6. Washing hands after using the bathroom: A must to prevent the spread of bacteria and viruses.
7. Trimming nails and keeping hair clean: Regular grooming to prevent dirt and bacteria accumulation.

It was altogether a different type of experience for both the alumni members and the present students of the college. Given the fact that young people of this area is generally shy, this was an excellent opportunity to do away with this shyness, and overcoming stage fright on the part of the alumni members, while the present students also got a chance to interact with their seniors.

Tarak Jaisi

Coordinator

IQAC

Nayagram P.R.M. Govt. College

Officer-in-charge

Nayagram P.R.M. Govt. College

(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
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WEST BENGAL, 721125

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Baligeria :: Nayagram :: Jhargram-721125

SIGNATURE SHEET

One day workshop (Personal Hygiene : The key to a Healthy Life)

Date: 05.04.2023

Sl. No.	Student Name	Signature
1	ABANI MAHATA	Abani Mahata
2	ADITYA SHIT	Aditya Shit
3	AJIT MAHATA	Ajit Mahata
4	AJOY MAHATA	Ajoy Mahata
5	AKSHAY SAHOO	Akshay Sahoo
6	AMBALIKA SAU	Ambalika Bera
7	AMBIKA MAHATA	Ambika Mahata
8	ANANYA PATTANAYAK	Ananya Pattanayak
9	BISWANATH PATRA	Biswanath Patra
10	BUBAY ROUT	BUBAY ROUT
11	CHAITAN MAHATA	Chaitanya
12	CHAITANYA GUI	Chaitanya
13	KRITTIBAS MAHATA	Krittibas Mahata
14	KUNAMI MURMU	Kunami Murmu
15	LABANI DANDAPAT	Labani Dandapat
16	LABANI SHIT	Labani Shit
17	LAKSHIRAM HANSDA	Lakshiram Hansda
18	LATIKA PATRA	Latika Patra
19	RUPALI MURMU	Rupali Murmu
20	RUPAM PALUI	Rupam Palui
21	SAHISHNUPRIYA BERA	Sahishnupriya Bera
22	SAKLA KISKU	Sakla Kisku
23	SUMANA PATRA	Sumana Patra
24	SUMANA SEN	Sumana Sen
25	SUMITRA DEHURI	Sumitra Dehuri

(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM  
WEST BENGAL, 721125



26	TUTUL MANGAL	Tutul Mahata
27	UKIL MURMU	U'kil Murmu
28	UMA BERA	Uma Bera
29	UMA RANI MAHATA	উমা রানী মাহতা
30	UMARANI MAHATA	Umarani Mahata
31	UTPAL MAHATA	Utpal Mahata
32	UTTAM MAHATA	Uttam Mahata.



(DR. NETAI CHANDRA DAS)  
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WEST BENGAL, 721125





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# LECTURE

ON



# MENTAL AND PHYSICAL HEALTH

ORGANISED BY

**NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE**



**DATE: 07.01.2023**

**Dr. Swadesh Ranjan Pan**

Assistant Professor, Department of Physical Education

**Government of West Bengal**  
**Nayagram Pandit Raghunath Murmu Government College**  
**Baligeria, Nayagram, Jhargram 721125**


---

Memo No: NPRMGC/ HH /22-23 / 01

Date : 02.01.2023

**NOTICE**

This is to notify all the students of our college that a Health and Hygiene Awareness Workshop shall be organised by the college on 07.01.2023 at 12 pm in the PRM Hall. Dr. Swadesh Ranjan Pan shall be speaking on '**Mental and Physical Health**'. Interested students are hereby asked to report at PRM Hall for free registration of the programme on the said date at 11.30 am.

  
Dr. Netai Chandra Das  
Officer-in-Charge  
Nayagram PRM Govt. College  
(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
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Contact: +91 9732779838:: Website: <https://nayagramprmgovtcollege.ac.in>

## **Report on Health and Hygiene Session**

### **Topic: Mental and Physical Health**

**Date :** 07.01.2023

Mental and physical healths are deeply interconnected. Good physical health can support mental well-being, and good mental health can positively impact physical health. This is the reason why Nayagram Pandit Raghunath Murmu Govt. College arranged for a health and hygiene awareness programme on 07.01.2023 in the PRM hall where Dr. Swadesh Ranjan Pan mentioned some connections between physical and mental health. Some key connections between the two include:

#### **Physical Health:**

- Regular exercise reduces stress and anxiety.
- Healthy eating supports mood and energy levels.
- Adequate sleep essential for mental restoration.

#### **Mental Health:**

- Mindfulness and relaxation techniques lower blood pressure and improve cardiovascular health.
- Positive thinking and stress management boost the immune system.
- Social connections and relationships impact mental and physical well-being.

#### **Dr. Pan ended the session with some tips to support both mental and physical health:**

- Engage in activities that bring joy and relaxation.
- Practise self-care and prioritize rest.
- Stay hydrated and fuels your body with nutritious foods.
- Connect with others and build strong relationships.
- Seek professional help when needed.

The programme went on well as today's generation got a comprehensive guidance to maintain both physical and mental health. Dr. Sujit Rajbanshi (Dept. of History), Prof. Sohini Kundu (Dept. of Sociology) and Prof. Soumen Chakraborty (Dept. of Sanskrit) remained present in the session which was chaired by Dr. Netai Chandra Das, respected Officer-in-Charge of the college.

*Tarak Jana*  
Co-ordinator  
IQAC  
Nayagram P.R.M. Govt. College

  
Officer-in-charge  
Nayagram P.R.M. Govt. College

**(DR. NETAI CHANDRA DAS)**  
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**WEST BENGAL, 721125**

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE  
Baligeria :: Nayagram :: Jhargram-721125

SIGNATURE SHEET

One day workshop (Mental & Physical Health)

Date: 07.01.2023

Sl. No.	Student Name	Signature
1	ADITYA PATRA	Aditya Patra
2	AJANTA SAREN	Ajanta Saren
3	AKASH DANDAPAT	Akash Dandapat
4	AKASH HANSDA	Akash Hansda
5	AKASH SHEE	Akash shee
6	BISWANATH HEMBRAM	Biswanath Hembram
7	BISWANATH SEN	Biswanath Sen
8	BITASTA MAHATA	Bitasta Mahata
9	BOBITA RANI SHIT	Bobita Rani Shit
10	BRAJAGOPAL JANA	Brajagopal Jana
11	BRAJEN MAHATA	Brajen Mahata
12	BRISHANU MAHATA	B. Mahata
13	BUDDHADEB MAHAPATRA	Buddha Deb Mahapatra
14	CHANDRAMOHAN MURMU	Chandramohan MURMU
15	CHHABI MAHATA	Chhabi Mahata
16	CHHITA TUDU	Chhita Tudu

(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM  
WEST BENGAL, 721125

17	CHIRANJIT SAHOO	ଚିରାଞ୍ଜିତ ସାହୁ
18	CHITTA RANJAN BARIK	C. R. Barik.
19	DALTAN KOTAL	D.K.
20	DASMATH TUDU	ଦାସମଥ ଡୁଡୁ
21	DEBABRATA MAHATA	Debabrata Mahata
22	DEBABRATA MAJHI	ଦେବବ୍ରତ ମାଞ୍ଜି
23	PURNENDU RANA	Purnendu Rana
24	PURNIMA HANSDA	P. Hansda
25	PUTUL HANSDA	Putul Hansda
26	RABINDRA PATRA	Rabindra Patra
27	RABINDRANATH MAHATA	Rabindranath Mahata
28	RADHI BERA	ରାଧି ବେରା
29	TARUN MAHATA	TARUN MAHATA
30	TARUN MAHATA	ତରୁନ ମାହାତା,
31	TILKA MURMU	ତିଲକା ମୁରୁମୁ
32	TITHI BERA	ତିଥି ବେରା
33	TUMPA DAS	ତୁମ୍ପା ଦାସ
34		

(DR. NETAI CHANDRA DAS)  
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**NON FORMAL SANSKRIT LEARNING (NFSE)**

Sanskrit is the world's oldest literary language. Texts written in Sanskrit are the foundation of ancient Indian knowledge. And this language is the mother of almost all Indian languages. Therefore, various courses have been taken by the Central Sanskrit University, Delhi for the promotion, preservation and dissemination of this language among people of all groups of society. One of them is a certificate course called 'Non-Formal Sanskrit Education', which offer people to learn Sanskrit language in simple method.

Nayagram Pandit Raghunath Murmu Govt. College, West Bengal established an extended Non-Formal Sanskrit Education Center in 2022 in collaboration with Central Sanskrit University to promote and spread Sanskrit among the masses in Nayagram and its surrounding areas.

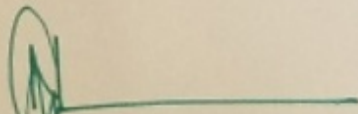
**Academic Counselors**

- Co-ordinator/ Authorised Officer of the NFSE Centre -  
Sri Soumen Chakraborty, Assistant Professor (WBES)
- Teacher's name of the NFSE Course -  
Smt. Soumi Bhattacharya

**Course offered**

1. Certificate Course in Sanskrit Language (संस्कृतभाषाप्रमाणपत्रीयपाठ्यक्रमः) – 8 Credit
2. Diploma in Sanskrit Language (संस्कृतभाषादक्षतापाठ्यक्रमः) – 12 Credits

**(The duration of each course is one year.)**

  
(DR. NETAJI CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM,  
WEST BENGAL, 721125



### Fees Structure

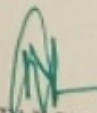
Admission Fees	200/-	Total amount payable at the time of admission. Rs. 1200/- to be deposited.
Study Material Fees	500/-	
Teaching Fees	500/-	
Examination Fees	300/-	Before the exam Rs. 300/- to be deposited
<b>Total</b>	<b>1500/-</b>	

### Silent Features of this course

- One can understand basic Sanskrit grammar.
- One can learned Sanskrit songs.
- One can chant Sanskrit slokas and mantras in proper way.
- One can communicate with others fluently in Sanskrit.

### Enrolled Students (2022 - 2024)

Sl. No.	Course Name	No of Students	
		Male	Female
1	Certificate Course in Sanskrit Language	14	59
		Total 73	
2	Diploma in Sanskrit Language	1	9
		Total 10	

  
 (DR. NETAJI CHANDRA DAS)  
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 BALIGERIA, NAYAGRAM, JHARGRAM  
 WEST BENGAL, 721125

संस्कृत-विद्यया  
युवक-युवतेषु

केन्द्रीय-संस्कृत-विश्वविद्यालय' द्वारा परिचालित

# अनौपचारिक-संस्कृतशिक्षण

(साठ्यावडेकडेकडे)

स्थान - नयाग्राम पण्डित रघुनाथ मुर्मु गवर्णमेन्ट कलेज

शिक्षिका - सौमी उट्टाचार्य

योग्यता - संस्कृत शिखते ओ बलते इच्छुक

बयस - बयसेर कोन सीमा नेई

प्रवेश मूल्या - ५००/-टाका

भर्तुर शेष तारिख - २० शे सेप्टेम्बर, २०२२

तत्वावधायक -

सौमेन चक्रवर्ती (८२८००२७१०३)

<http://www.sanskrit.nic.in>



केन्द्रीय संस्कृत विश्वविद्यालय  
संसद के अधिनियम द्वारा स्थापित  
(पूर्व में राष्ट्रिय संस्कृत संस्थान, संविदा विश्वविद्यालय)  
विश्व मन्दिर, बाल गंगधर के जडीम  
56-57, संस्थानिक क्षेत्र, जलपुरी, नई दिल्ली - 110058



**Central Sanskrit University**  
Established by an Act of Parliament  
(Formerly Rashtriya Sanskrit Sansthan, Deemed to be University)  
Under Ministry of Education, Govt. of India  
56-57, Institutional Area, Jankipuram, New Delhi - 110058

29.08.2022

क्र.सं.वि./अनौ.अस्थायी.शि.वि./2022-23/ 319

सविधे,

Principal  
Nayagram Pandit Raghunath Murnau Government College,  
Baligeria, Nayagram, Jhargram, West Bengal - 721125

विषय - अनौपचारिक संस्कृत शिक्षण केंद्र के सन्दर्भ में।

महोदय,

अत्यन्त हर्ष के साथ सूचना है कि आपके द्वारा प्रेषित आवेदन के आधार पर आपकी संस्था में अनौपचारिक संस्कृत शिक्षण केंद्र चलाने हेतु केन्द्रीय संस्कृत विश्वविद्यालय, दिल्ली के मान्य कुलपति महोदय के द्वारा स्वीकृति प्रदान की गई है। एतदर्थ श्रीमती/सुश्री सौमी भट्टाचार्य को शिक्षक के रूप में 15 मई 2023 तक के लिए नियुक्त किया गया है। आपके द्वारा निर्धारित समय पर केंद्र में अध्यापन करने के बाद संस्कृत के प्रचार-प्रसार हेतु शिक्षक अन्य समीपस्थ केंद्रों पर भी अध्यापन करेंगे।

श्रीमती/सुश्री सौमी भट्टाचार्य को आपके कार्यालय में यथाशीघ्र योगदान करने हेतु सूचित किया गया है।

कृपया प्रत्येक महीने के प्रथम सप्ताह में शिक्षक के द्वारा किए गए (पूर्व मास के) कार्यों का प्रगति विवरण सम्बद्ध प्रपत्र में हमारे कार्यालय को भेजने का कष्ट करें जिससे समय पर उन्हें पारिश्रमिक दिया जा सके।

अनौपचारिक संस्कृत शिक्षण केंद्र की मार्गदर्शिका संलग्न है।

Sub: - Regarding Non-Formal Sanskrit Education Centre.

Sir,

It is my earnest pleasure to inform you that following your application the Hon'ble Vice-Chancellor of Central Sanskrit University, Delhi has been pleased to approve the Non-Formal Sanskrit Education Centre in your Institution Srimati/Miss Soumi Bhattacharya has been appointed as the Teacher in your Centre till 15<sup>th</sup> May, 2023. In addition to the teaching in your Centre he/she will conduct classes in other nearby Centres also.

Srimati/Miss Soumi Bhattacharya is informed to report for the duty in your office at the earliest.

May I request you to send the Monthly Progress Report (of the previous month) of the Teacher to our office in the prescribed proforma in the first week of every month which will enable us to pay his/her remuneration in time.

The Guidelines of Non-Formal Sanskrit Education Centre are attached herewith.

With regards

Yours

(Dr. Ratna Mohan Jha)  
Director

Institute of Distance Education

PRINCIPAL / OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM  
WEST BENGAL, 721125

34, 1:54 PM

Gmail - Fwd: NFSE शिक्षक/शिक्षिका का कार्यकाल बढ़ाने के संदर्भ में

**M** Gmail

NAYAGRAM PRM GOVT. COLLEGE <nprmgcnaac@gmail.com>

**Fwd: NFSE शिक्षक/शिक्षिका का कार्यकाल बढ़ाने के संदर्भ में**

Tue, Jul 30, 2024 at 1:53 PM

**SOURMEN CHAKRABORTY** <soumensans17@gmail.com>  
To: nprmgcnaac@gmail.com

----- Forwarded message -----

From: **NFSE SECTION CSU** <nfse@csu.co.in>  
Date: Fri, 12 May, 2023, 4:55 pm  
Subject: NFSE शिक्षक/शिक्षिका का कार्यकाल बढ़ाने के संदर्भ में  
To:

आदरणीय महोदय/महोदये

सादर वन्दनानि

आशा है कि आपके सहयोग से आपकी संस्था में केन्द्रीय संस्कृत विश्वविद्यालय, नवदेहली द्वारा संचालित अनौपचारिक संस्कृत शिक्षण केन्द्र योग्यतया चल रहा है।

आपको विदित है कि आपके केन्द्रशिक्षक/केन्द्रशिक्षिका का कार्यकाल 15.05.23 तक निर्धारित था, जिसे बढ़ाया गया है। शिक्षक/शिक्षिका 31.05.23 तक केन्द्र संचालन कर सकता/सकती है।

22-23 सत्र में भाग लिए छात्रों की परीक्षा जून में 24 तथा 25 तारिख को आनलाइन माध्यम से संभावित है। कार्यकाल समाप्त होने के पश्चात् परीक्षा होने तक शिक्षक/शिक्षिका अपनी सुविधानुसार छात्रों का मार्गदर्शन कर सकता है। परीक्षा के विषय में आगे विस्तृत सूचना दी जाएगी।

23-24 शैक्षिक सत्र में पुनः केन्द्र संचालन हेतु आवेदन करना अपेक्षित है। आवेदन पत्र यहाँ संलग्न है। यह पत्र भरकर 31.05.23 तक भेजने का कष्ट करें।

भवदीय:-

निदेशक:

मुक्तस्वाध्यायपीठम्

केन्द्रीयसंस्कृतविश्वविद्यालय:

56-57, सांस्थानिकक्षेत्रम्, जनकपुरी

नवदेहली - 110058

Email- nfse@csu.co.in

**PRINCIPAL / OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM  
WEST BENGAL, 721125**

Application for NFSE.pdf  
537K

Government of West Bengal

Office of the Principal

**Nayagram Pandit Raghunath Murmu Government College**  
Baligeria, Nayagram, Jhargram – 721125

Ref no: NPRMGC/NFST/JRL/01/2022

Date: 05/09/2022

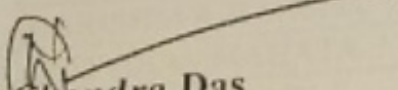
To,  
The Director  
Institute of Distance Education  
Central Sanskrit University, Delhi

**Sub:** Joining information of Srimati Soumi Bhattacharya as Non-formal Sanskrit Teacher at Nayagram Pandit Raghunath Murmu Govt. College.

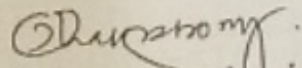
Sir,

With great pleasure we would like to inform you that, against your letter ref no के.सं.वि/अनौ.अस्थायी.शि.नि/2022-23/319 dated 29.08.2022, Srimati Soumi Bhattacharya has been joined our institution as Non-formal Sanskrit Teacher on 5<sup>th</sup> September 2022 at 11 A.M. As per regulation our centre coordinator will provide monthly progress report to you.

Thanks and regards,

  
**Dr. Netai Chandra Das**  
Principal/Officer-in-Charge  
Nayagram PRM Govt. College

PRINCIPAL/OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE

  
Authorised Officer  
Non-formal Sanskrit Education Centre  
Nayagram PRM Govt. College  
Assistant Professor  
WBES  
Department of Sanskrit  
Nayagram P.R.M. Govt. College  
Nayagram, Paschim Medinipur

# Central Sanskrit University

## Non Formal Sanskrit Education

### Tabulation of Certificate Course in Sanskrit Language

2022 - 2023


Name Of the NFSE Centre-

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT  
COLLEGE JHARGRAM WEST BENGAL

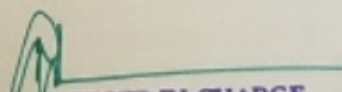
Serial No	Enrollment No	Name	Fathers Name	Result
1	22C1349	ANIMA HANSDA	BHATU HANSDA	PASS
2	22C1350	ANIMA PATRA	BRAJA GOPAL PATRA	PASS
3	22C1354	ANINDITA CHOWDHURY	KALIDAS CHOWDHURY	Absent
4	22C1472	ANUPAM MAHATA	LATE PHANIBHUSHAN MAHATA	PASS
5	22C1547	ARCHANA KARAN	UMAKANTA KARAN	PASS
6	22C1569	ARJUN RANA	SHYAMSUNDAR RANA	FAIL
7	22C1708	ATASI MAHAPATRA	AMARENDRA MAHAPATRA	PASS
8	22C1741	AYUSHI SENAPATI	ANANDA SENAPATI	PASS
9	22C1852	BHAGBAT PARIYA	SUMIT PARIYA	FAIL
10	22C2000	BISHNUPRIYA BERA	HARADHAN BERA	PASS
11	22C2031	BUBAY ROUT	SHIBSANKAR ROUT	PASS
12	22C2072	CHANDMONI TUDU	MEGHRAI TUDU	Absent
13	22C2118	CHHITA TUDU	RAMANATH TUDU	Absent
14	22C2519	FULU MURMU	REPA MURMU	Absent
15	22C2822	INDRAJIT MANNA	KRITTIBAS MANNA	Absent
16	22C2923	JAYANTI DHARA	KUSHAL DHARA	PASS
17	22C2950	JHUMPA SHIT	NILKANTA SHIT	Absent
18	22C3054	JYOTSNA DUARY	ARABINDA DUARY	PASS
19	22C3100	KAKALI SING	HAREKRISHNA SING	PASS
20	22C3193	KARISHM A HANSDA	TIKARAM HANSDA	PASS
21	22C3414	KRITTIBAS MAHATA	SATYARANJAN MAHATA	PASS
22	22C3461	LABANI DANDAPAT	UTPAL DANDAPAT	PASS
23	22C3764	MANISHA ROUT	RAMESH ROUT	PASS
24	22C4006	MOU GHOSH	UTTAM GHOSH	PASS
25	22C4379	NITU MSAHATA	PARITOSH MAHATA	PASS
26	22C4466	PAMPA GHOSH	KALIPADA GHOSH	PASS
27	22C4496	PAPIYA DUTTA	TAPAN DUTTA	PASS

(DR. NETAI CHANDRANATH),  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE,  
BALIGERIA, NAYAGRAM, JHARGRAM,  
WEST BENGAL, 721125

28	22C4673	POULAMI MANDAL	PANKAJ MANDAL	PASS
29	22C4774	PRASENJIT MAHATA	DHIRENDRANATH MAHATA	Absent
30	22C4791	PRATIBHA CHAKRABORTY	TRIBHANGA CHAKRABORTY	PASS
31	22C4842	PRIHWIRAJ MAHATA	NITYANANDA MAHATA	PASS
32	22C4905	PRIYANKA PATRA	SABIR PATRA	PASS
33	22C5025	RADHA RANI SAHOO	ADIKANTA SAHOO	PASS
34	22C5090	RAJASHREE DAS	KANCHAN DAS	PASS
35	22C5212	RANI GHOSH	JHANTU GHOSH	PASS
36	22C5359	RINKU GHOSH	SANTIPROSAD GHOSH	Absent
37	22C5583	SAJANI HEMBRAM	DASA HEMBRAM	Absent
38	22C5650	SANCHITA SHIT	GOBARDHAN SHIT	PASS
39	22C5667	SANDIP BARAMAJHI	SWAPAN BARAMAJHI	FAIL
40	22C5700	SANGJUKTA GHOSH	AJAY GHOSH	PASS
41	22C5768	SARASWATI BARIK	DURGESH BARIK	Absent
42	22C5914	SHAKUNTALA ROUTH	GANESH ROUTH	Absent
43	22C5940	SHANTI TUDU	KISUN TUDU	PASS
44	22C6082	SHRABANI PATRA	AMAL PATRA	PASS
45	22C6182	SILPA PARIA	SUKUMAR PARIA	PASS
46	22C6275	SOMA MAHATA	SUKDEB MAHATA	PASS
47	22C6342	SOUMEN KUNAR	ASIT KUNAR	Absent
48	22C6361	SOURAV DANDAPAT	BHASKAR DANDAPAT	PASS
49	22C6432	SUBHA GIRI	HARIHAR GIRI	Absent
50	22C6444	SUBHAM DAS	BISHWESHWAR DAS	PASS
51	22C6538	SUKANYA PANI	SUKUMAR PANI	Absent
52	22C6561	SUMANA PATRA	LATE PATITPABAN PATRA	PASS
53	22C6580	SUMITA DAS	JOYKRISHNA DAS	PASS
54	22C6632	SUPRIYA SAHOO	NILAMBAR SAHOO	PASS
55	22C6663	SURUBALI SAREN	LAKHAI SAREN	PASS
56	22C6708	SUSMITA SINGH	BIRBAL SINGH	PASS

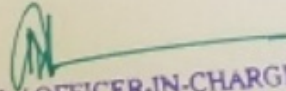
  
**(DR. NETAI CHANDRA DAS)**  
**OFFICER-IN-CHARGE**  
**NAYAGRAM P.R.M. GOVT. COLLEGE**  
**BALJERIA, NAYAGRAM, JHARGRAM,**  
**WEST BENGAL, 721125**

Enrolment Number	Name Of The Student	Logged In	Programme	NFSE Centres	Father Name	Email Id
22C2923	Jayanti Dhara	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Kushal Dhara	jayantidhara22@gmail.com
22C4006	MOU GHOSH	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	UTTAM GHOSH	moug91012@gmail.com
22C1569	ARJUN RANA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SHYAMSUNDAR RANA	arjunrana121314@gmail.com
22C4842	PRIHWIRAJ MAHATA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	NITYANANDA MAHATA	pappumahata556@gmail.com
22C2822	INDRAJIT MANNA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	KRITTIBAS MANNA	indrajitmanna432@gmail.com


  
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**NAYAGRAM P.R.M. GOVT. COLLEGE**  
**BALIGERIA, NAYAGRAM, JHARGRAM**  
**WEST BENGAL, 721125**




22C6444	SUBHAM DAS	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	BISHWESHWAR DAS	dassubham735@gmail.com
22C5940	Shanti Tudu	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Kisun Tudu	tudushanti173@gmail.com
22C6708	SUSMITA SINGH	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	BIRBAL SINGH	singhsusmita04913@gmail.com
22C6632	Supriya Sahoo	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Nilambar Sahoo	supriyasahoo350@gmail.com
22C1349	Anima Hansda	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Bhatu Hansda	animahansda32@gmail.com

  
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 WEST BENGAL, 721125


22C1547	ARCHANA KARAN	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	UMAKANTA KARAN	chittabarik91@gmail.com
22C3764	Monisha Routh	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	RAMESH ROUT	routhromesh345@gmail.com
22C3054	JYOTSNA DUARY	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	ARABINDA DUARY	purnimaduary2001@gmail.com
22C4466	PAMPA GHOSH	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Kalipada Ghosh	pg858582@gmail.com
22C5667	SANDIP BARAMAJHI	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SWAPAN BARAMAJHI	sandipbaramajhi@gmail.com

  
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 NAYAGRAM P.R.M. GOVT. COLLEGE  
 BALIGERIA, NAYAGRAM, JHARGRAM  
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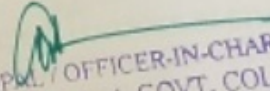
22C1852	BHAGBAT PARIJA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SUMIT PARIJA	bhagbatparia27@gmail.com
22C4496	PAPIYA DUTTA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	TAPAN DUTTA	papiyadutta827@gmail.com
22C5650	SANCHITA SHIT	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	Gobardhan Shit	sanchitashit809@gmail.com
22C4791	PRATIBHA CHAKRABORTY	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	TRIBHANGA CHAKRABORTY	pratibhachakraborty9@gmail.com
22C3100	KAKALI SING	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	HAREKRISHNA SING	kakalising79@gmail.com

  
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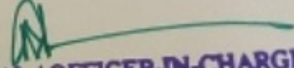
22C4673	POULAMI MANDAL	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	PANKAJ MANDAL	poulamimandal1111@g mail.com
22CS768	SARASWATI BARIK	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	DURGESH BARIK	sonalibarik490@gmail.co m
22CS090	RAJASHREE DAS	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	KANCHAN DAS	rajashreedasdas183@g mail.com
22C6275	SOMA MAHATA	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SUKDEB MAHATA	somamahatawb2003@g mail.com
22CS212	RANI GHOSH	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	JHANTU GHOSH	ranighosh560@gmail.co m

  
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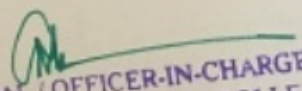
22C3461	LABANI DANDAPAT	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	UTPAL DANDAPAT	dandapatlabani@gmail. com
22C6361	SOURAV DANDAPAT	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	BHASKAR DANDAPAT	dandapatsourav202@g mail.com
22C4379	Nitu Mahata	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	PARITOSH MAHATA	nitumahata7@gmail.co m
22C1741	AYUSHI SENAPATI	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	ANANDA SENAPATI	ayushisenapati5@gmail. com
22C6663	SURUBALI SAREN	Yes	Certificate Course in Sanskrit Language (NFSE- CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	LAKHAI SAREN	surubalisaren3@gmail.c om

  
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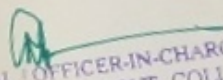
22C3193	Karishma Hansda	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	TIKARAM HANSDA	khansda2001@gmail.com
22C6561	SUMANA PATRA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	LATE PATITPABAN PATRA	sumanapatra093@gmail.com
22C4905	PRIYANKA PATRA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SABIR PATRA	priyankap3002@gmail.com
22C6580	SUMITA DAS	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	JOYKRISHNA DAS	dadsonu361@gmail.com
22C5025	RADHA RANI SAHOO	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	ADIKANTA SAHOO	radharanisahoo165@gmail.com

  
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22C1472	ANUPAM MAHATA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	LATE PHANIBHUSHAN MAHATA	anupammahata001@gmail.com
22C2000	BISHNUPRIYA BERA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	HARADHAN BERA	bishnupriyabera05@gmail.com
22C1350	ANIMA PATRA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	BRAJA GOPAL PATRA	hisubrata123@gmail.com
22C1708	ATASI MAHAPATRA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	AMARENDRA MAHAPATRA	atasimahapatra16@gmail.com
22C6082	SHRABANI PATRA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	AMAL PATRA	shrabanipatra000@gmail.com

  
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22C2031	BUBAY ROUT	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SHUBSANKAR ROUT	bubeyrout5@gmail.com
22C6182	SILPA PARIA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SUKUMAR PARIA	silpaparia563@gmail.com
22C3414	KRITTIBAS MAHATA	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	SATYARANJAN MAHATA	krittibasmahata497@gmail.com
22C5700	SANGJUKTA GHOSH	Yes	Certificate Course in Sanskrit Language (NFSE-CCSL)	NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE JHARGRAM WEST BENGAL	AJAY GHOSH	sangjuktag02@gmail.com

  
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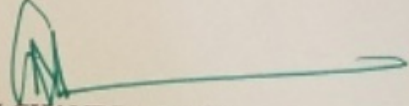
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## DEPARTMENTAL WALL MAGAZINE

### WALL MAGAZINE

The heart of an educational institution is its students, because it is through their all-round development that the development of the institution is established and the vision and mission of the institution are determined. Wall magazines are helpful for the overall development of students, as wall magazine are a place for creativity, teamwork and empathy among students.

The Sanskrit Department of Nayagram Pandit Raghunath Murmu Government College also has two wall magazines named **Āyatih** (आयतिः) and **Matimukulam** (मतिमुकुलम्), which strive to foster creativity through writing, artwork, and other creative means and empathy among students within the department.

  
(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
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WALL MAGAZINE PHOTO GALARAY



Nayagram, West Beng



Nayagram, West Beng



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**নয়াগ্রাম পণ্ডিত রঘুনাথ মুৰ্মু গভৰ্ণমেণ্ট কলেজ**

নয়াগ্রাম, বালিগেড়িয়া, ঝাড়গ্রাম, পিন-৭২১১২৫

# গল্প-পাঠের আসর

প্রত্যেক মাসের দ্বিতীয় এবং চতুর্থ বৃহস্পতিবার

৩০৭ নং কক্ষ, সময় : দুপুর ১টা - ২টো

শুভারম্ভ - ২২ ডিসেম্বর, ২০২২ বৃহস্পতিবার

সূচক ভাষণ - ড. নিতাই চন্দ্র দাস

ভারপ্রাপ্ত অধ্যক্ষ, নয়াগ্রাম পণ্ডিত রঘুনাথ মুৰ্মু গভৰ্ণমেণ্ট কলেজ

উপস্থাপনায়

**বাংলা বিভাগ**

নয়াগ্রাম পণ্ডিত রঘুনাথ মুৰ্মু গভৰ্ণমেণ্ট কলেজ



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Office of the Principal

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ESTD-2014

(Affiliated to Vidyasagar University)

Baligeria † Nayagram † Jhargram † 721125 † West Bengal

Website : <https://nayagramprmgovtcollege.ac.in>

Contact Number: +91 3223267003 ✨ Email id: principal2014nprmge@gmail.com

Ref. No. :

Date : 23.12.2022

## Report on 'Story-telling Session' by Bengali Department

In the initiative of the Bengali Department of the college, a story-telling session was inaugurated on 22<sup>nd</sup> December 2022. The inaugural speech was given by our respected Officer- in-Charge, Dr. Netai Chandra Das, who also read out a portion from Tagore's story 'Ghaater Katha'. Students from Bengali Honours and General course were present, alongwith some interested students from other departments. Dr. Animesh Kundu, the convenor of the programme, informed the students that this session shall be held henceforth on 2<sup>nd</sup> and 4<sup>th</sup> Thursdays of every month, from 1 p.m to 2 p.m in Room No. 307. Students of Bengali Dept. have been encouraged to take part in this session where they shall read out different stories. The session has been initiated with the goal of increasing the communicative skills of students of the college. The session has been a grand success.

*Animesh Kundu.*

Head of the Department  
Bengali Department

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**WEST BENGAL, 721125**



গান্ধী-স্মারক অক্ষর

২৩ মার্চ, ২০২৩ বৃহস্পতিবার

গান্ধী স্মারক - হুমায়ুন ভাষা (মিঃ)

গান্ধী-স্মারক - সুনিয়া দাস (ছাত্রী, স্বর্গী স্মারক-পঠায় মাধ্যমিক)

উপস্থিত ছাত্র

১. Bangita Raj
২. ঞাংগিতা হুমাংগতি
৩. Ambalika sau (Hati)
৪. ঞাংগিতা ঞাংগতি

৫. Saheli Bhunia

৬. Jaydeb Das

৭. Soumen Palpa

৮. Aparna Chowdhury

৯. সুনিয়া দাস

১০. Tukina Das

১১. সুনিয়া দাস

১২. গণ্ডী ঞাংগতি

১৩. অক্ষিতা হিঃ

১৪. ঞাংগিতা ঞাংগতি

১৫. ঞাংগিতা ঞাংগতি

১৬. Lilima Saha

১৭. ঞাংগিতা ঞাংগতি

১৮. ঞাংগিতা ঞাংগতি

১৯. ঞাংগিতা ঞাংগতি

২০. Supriya Sau

২১. Susmita Kamila

২২. Anpita Nayek

২৩. Shilpa Jitika

২৪. ঞাংগিতা ঞাংগতি

২৫. সুনিয়া দাস

২৬. ঞাংগিতা ঞাংগতি

২৭. ঞাংগিতা ঞাংগতি

২৮. Riya Saha

২৯. ঞাংগিতা ঞাংগতি

৩০. ঞাংগিতা ঞাংগতি

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Animesh Kundu

23/03/2023  
H.O.D.

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সংস্কৃত-সমীক্ষা  
২৭-০৭-২০২০, বৃহস্পতিবার

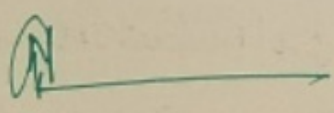
সংস্কৃত - 'সি' - নবমীয়া (১০০)  
সংস্কৃত - 'সি' - তৃতীয় স্নাতক (১০০)

উপস্থিতের তালিকা:

- |  |   |
|--|---|
| ১. Binoda Sahoo - 4th sem - General      | ১৯. Tanusini Shaw - 4th sem - (H)       |
| ২. আরশী চক্রবর্তী (2nd sem - H)          | ২০. Kankulala Sahoo - 1st sem - (H)     |
| ৩. সুহাসিনী দাস (2nd sem - H)            | ২১. Shilpa Patra Bengali (Hons) 4th Sem |
| ৪. Laxmi Pradya Raj (4th sem - H)        | ২২. Bidisha Santha 4th sem (H)          |
| ৫. Manasi Bera (4th sem - H)             | ২৩. Piyali Bera 4th sem (H)             |
| ৬. Uma Bera (4th sem - H)                | ২৪. Mou Samal 4th (Hons)                |
| ৭. Samra Patra (4th sem - H)             | ২৫. Banshu Maity 4th (General)          |
| ৮. Manasi Bera (4th sem - H)             | ২৬. Shefali Patra 4th (General)         |
| ৯. Poulami Mahakul (2nd sem - H)         | ২৭. Bhabani Patra (General)             |
| ১০. সৌমিত্রা চন্দ্রাচারী (2nd sem - H)   | ২৮. Subhadra Mahata (General)           |
| ১১. সুদীপ্তা গির্জি (4th sem - H)        | ২৯. Dhurjati Mahata (General)           |
| ১২. প্রতিকা গির্জি - 4th sem (H)         | ৩০. Bhanat Kisku (General)              |
| ১৩. অর্পিতা নাটোর - 4th sem (H)          | ৩১. Ukil Murren (Gen) 4th -             |
| ১৪. আমিষা দাস - 4th sem (H)              | ৩২. Sarit Tudu (4th sem Gen)            |
| ১৫. রুক্ষী, গির্জি - 4th sem (H)         | ৩৩. Debdeep Dinkar (4th sem Gen)        |
| ১৬. অর্পিতা রানা - 4th sem (H)           | ৩৪. Rajesh Saha (2nd sem - Gen)         |
| ১৭. Chanki Maity - 1st sem (H)           | ৩৫. Sayan Datta (2nd sem Gen)           |
| ১৮. Shilpa Ghosh - 4th sem (H)           | ৩৬. Sangita Raj (2nd sem)               |
| ১৯. <del>সুদীপ্তা গির্জি</del> - 4th sem | ৩৭. Mousumi Mahapatra (2nd sem)         |

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- 38) Rupali Borik (2nd sem, Hons.)
- 39) Pooja Mahakul [2nd sem, General]
- 40) Monika Shee (2nd sem, General)
- 41) Shila Agujar (2nd sem, Hons)
- 42) Purnima Paikira (2nd sem, Hons)
- 43) Lilima Sahoo (2nd sem, Hons)
- 44) Aneta Sing (2nd sem, Hons)
- 45) Mandira Patra (2nd sem, General)

  
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Animesh Kundu.  
 27/07/2023  
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Contact Number: +91 3223267003 ✨ Email id: principal2014nprmgc@gmail.com

Date : 23.09.2022

Ref. No. :

## Report on Wall-magazine by Bengali Department

The Bengali Dept. of the college published its first ever wall-magazine 'Mohul' on 22.09.2022. The curtain of this ceremony was raised by our respected Officer-in-Charge, Dr. Netai Chandra Das. Faculty members from Bengali and other departments were also present. While Dr. Animesh Kundu acted as the advisor of this magazine, students took the major responsibility of writing articles, poems and editing the magazine. Bhabani Shee, Roopchand Saren and Lakshmi Priya Raj are the editors of this magazine. The cover page has been also designed by the students. This has been an attempt to encourage the students to assume the role of leader and organizer.

*Animesh Kundu.*

Head of the Department  
Bengali Department

**H.O.D.**  
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Contact Number: +91 3223267003 ✨ Email id: principal2014nprmgc@gmail.com

Ref. No. :

Date : : 02.09.2022

## Report on a seminar on

### Use of computer in Bengali language and literature

The Bengali Department of the college, on coordination with its Seminar sub-committee organized a seminar on 'Use of computer in Bengali language and literature' on 1<sup>st</sup> September 2022. Dr. Swapan Kumar Maity, faculty member of the Dept. of Geography, enlightened the students on the use of various aspects of use of computer in Bengali language and literature. The seminar started with an inaugural speech by our respected Officer-in-Charge Dr. Netai Chandra Das. It was an enriching session where Dr. Maity discussed in detail the use of different software to type in Bengali font. He presented his lecture with the help of a projector, that succeeded in arousing interest among the students. Other than Bengali Honours students, some interested students from other departments also attended the seminar. The seminar was anchored by Dr. Khokan Barman, and other teachers were also present.

*Animesh Kundu.*

Head of the Department  
Bengali Department

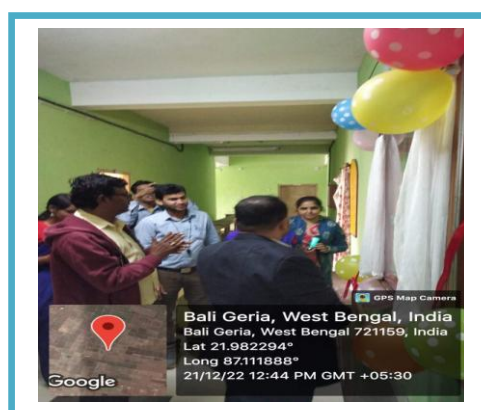
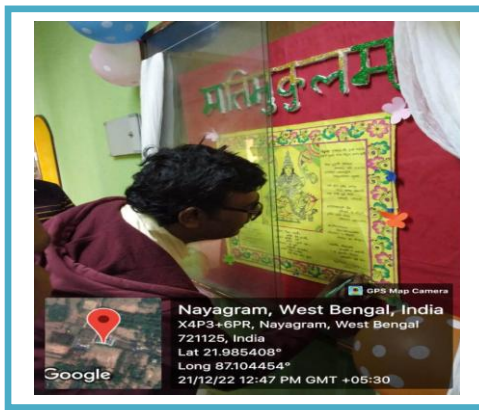
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**BALIGERIA, JHARGRAM - 721125**

Officer-in-Charge

Nayagram Pandit Raghunath Murmu Govt. College

**PRINCIPAL / OFFICER-IN-CHARGE**  
**NAYAGRAM P.R.M. GOVT. COLLEGE**  
**BALIGERIA, NAYAGRAM, JHARGRAM**  
**WEST BENGAL, 721125**





Bali Geria, West Bengal, India  
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Long 87.104603°  
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X4P3+6PR, Bali Geria, West Bengal 721125, India  
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X4J3+8XQ, rode, Bali Geria, West Bengal 721125, India  
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X4P3+6PR, Nayagram, West Bengal 721125, India  
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Nayagram, West Bengal, India  
X4P3+6PR, Nayagram, West Bengal 721125, India  
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21/12/22 01:14 PM GMT +05:30

Nayagram, West Bengal, India  
X4P3+6PR, Nayagram, West Bengal 721125, India  
Lat 21.98536°  
Long 87.104801°  
21/12/22 01:16 PM GMT +05:30

Bali Geria, West Bengal, India  
Bali Geria, West Bengal 721159, India  
Lat 21.982294°  
Long 87.111888°  
21/12/22 12:44 PM GMT +05:30



सत्यमेव जयते



# Meditation

**For Wellness**

**ORGANISED BY**

**NSS, UNIT-1**

**Nayagram Pandit Raghunath Murmu Government College**

**DATE: 24.08.2018**

**Arindam Shit**

Ministry of Ayosh Recommended Yoga Teacher

**NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE**

VIII. & P.O. – Baligeria : P.S. – Nayagram : Dist. – Jhargram (W.B.) : Pin. – 721125

Email: [principal2014nprmgc@gmail.com](mailto:principal2014nprmgc@gmail.com) / [ncd2014oic@gmail.com](mailto:ncd2014oic@gmail.com)

Contact: 9732779838

Website: <https://nayagramprmgovtcollege.ac.in>

Memo No: NPRMGC/NSS/18-19/12

Date: 20.08.2018

**NOTICE**

This is to notify all the students of our college that an one-day Yoga workshop is going to be held on 24.08.2018 at 11:30 am in the PRM Hall. Therefore, the willing students are hereby called for a free registration for this program within 10.30 am on the date mentioned above. Sri Arindam Shit, Ministry of AYUSH, Indian Govt. recommended Yoga teacher, shall guide the students on 'Meditation for wellness'.

Dr. Netai Chandra Das  
Programme Officer / Officer-in-Charge  
Nayagram PRM Govt. College

(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM,  
WEST BENGAL, 721125

**NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE**

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Email: [principal2014nprmc@gmail.com](mailto:principal2014nprmc@gmail.com) / [ncd2014oic@gmail.com](mailto:ncd2014oic@gmail.com)

Contact: +91 9732779838; Website: <https://nayagramprmgovtcollege.ac.in>

**Report on  
Yoga Workshop**

**Session 2018-19**


The NSS unit of our college organized an One-day Yoga Workshop in PRM hall on 24.08.2018 at 11.30 a.m. The students had the opportunity to register free of cost for the workshop. Ministry of Ayush, Indian Govt. recommended yoga teacher Sri Arindam Shit, guided the students on the benefits of meditation.

The workshop started with a welcome address by our Officer-in-Charge cum NSS Programme Officer, which was followed by an enriching lecture by Mr. Shit. He made the points that meditation can reduce the stress and anxiety level of an individual, it can reverse the aging process, it leads to more creativity and new ideas, it is also linked with decreased cigarette, alcohol and drug abuse, it keeps oneself mentally healthy, and it is linked with more concentration and memory among students and eventually it leads to achieving better grades.

The session ended with students practicing meditation. Students participated with great enthusiasm and practised meditation in a composed manner. They also came up with questions such as the ways to remain focused during meditation, how to increase the duration of meditation, so on and so forth. Mr. Shit answered all the questions with utmost patience. Overall it proved to be an interactive and satisfying session.

SK Nasim Ali'

Co-ordinator  
IQAC  
Nayagram P.R.M. Govt. College  
Nayagram P.R.M. Govt. College

  
Officer-in-charge  
Nayagram P.R.M. Govt. College

**(DR. NETAJI CHANDRA DAS)**  
**OFFICER-IN-CHARGE**  
**NAYAGRAM P.R.M. GOVT. COLLEGE**  
**BALIGERIA, NAYAGRAM, JHARGRAM**  
**WEST BENGAL, 721125**



# নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

## এক-দিবসীয় যোগ-প্রশিক্ষণ কর্মশালা

তারিখ- ২৪.০৬.২০২৫

ক্রমিক	শিক্ষার্থীর নাম	স্বাক্ষর
1.	Lokenath Mahata	Lokenath Mahata
2.	pampa kuila	pampa kuila
3.	Ruma Mahata	Ruma Mahata
4.	Sajal Mahata	Sajal Mahata
5.	Chhatrapati Mahata	Chhatrapati Mahata
6.	pampa kuila	pampa kuila
7.	Tapasi Ghosh	Tapasi Ghosh
8.	Sujit Mahata	Sujit Mahata
9.	Avijit Mahapatra	Avijit mahapatra
10.	Pabitra Mahata	Pabitra Mahata
11.	Nilopal Ghosh	Nilopal Ghosh
12.	Joydutta karan	Joydutta karan
	Bikash Sing	Bikash Sing

(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM  
WEST BENGAL, 721125

Arindamjit

নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

এক-দিবসীয় যোগ-প্রশিক্ষণ কর্মশালা

তারিখ- 28.07.2021

ক্রমিক	শিক্ষার্থীর নাম	স্বাক্ষর
13	Saurav Mahata	Saurav Mahata
14)	Uttam Mahata	Uttam Mahata
15)	Rahim Mahata	Rahim Mahata
16.)	Ranjan Kumar Mahata	Ranjan K.R. Mahata
17)	Rakesh Mahata	Rakesh Mahata
18.)	Anup Kumar Mahata	Anup K.R. Mahata
19.)	Anup Mahata	Anup Mahata
20.	Purnima Hembrom	Purnima Hembrom
21.	Shikhar Murmu	Shikhar Murmu
22	Champa Maridi	Champa Maridi
23	Sudip Hembrom	Sudip Hembrom
24	Jonathan Murmu	Jonathan Murmu
25	Sonamoni Sorcen	Sonamoni Sorcen

(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM  
WEST BENGAL, 721125

Prindam Dix





सत्यमेव जयते

# LECTURE

ON



## Yoga for healthy lifestyle

ORGANISED BY

NSS, UNIT-1

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE



**DATE: 16.08.2019**

Arun Kumar Ghosh

Sr. faculty, Art of Living

**NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE**

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Email: [principal2014nprmgs@gmail.com](mailto:principal2014nprmgs@gmail.com) / [ncd2014oic@gmail.com](mailto:ncd2014oic@gmail.com)

Contact: 9732779838

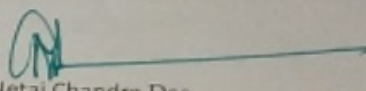
Website: <https://nayagramprmgovtcollege.ac.in>

Memo No: NPRMGC/NSS/19-20/11

Date: 13.08.2019

**NOTICE**

This is to notify all the students of our college that an one-day Yoga workshop on 'Yoga for healthy lifestyle' is going to be organised by the NSS unit of the college on 16.08.2019 at 12:30 pm in the PRM Hall, where Sri Arun Kumar Ghosh, Senior faculty member, Art of Living, shall guide the students of our college. Therefore, the willing students are hereby called for a free registration for this programme within 11.30 am on the date mentioned above.

  
Dr. Netai Chandra Das  
Programme Officer / Officer-in-Charge  
Nayagram PRM Govt. College

**(DR. NETAI CHANDRA DAS)**  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM,  
WEST BENGAL, 721125

**NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE**

Vill. & P.O.-Baligeria; P.S.-Nayagram; Dist.-Jhargram (W.B.); Pin. -721125  
Email: [nayagrapr12014prmgovtcollege@gmail.com](mailto:nayagrapr12014prmgovtcollege@gmail.com) / [nay2915aica@gmail.com](mailto:nay2915aica@gmail.com)  
Contact: +91 9732779838; Website: <https://nayagramprmgovtcollege.ac.in>

**Report on  
Yoga Workshop**

**(Session 2019-20)**

The NSS unit of our college organized an One-day Yoga Workshop in PRM hall on 16.08.2019 at 12.30 p.m. The students had the opportunity to register free of cost for the workshop. Sri Arun Kumar Ghosh, Senior Faculty Member, Art of Living, guided the students by imparting some theoretical and practical knowledge on Yoga for a healthy lifestyle.

Mr. Ghosh emphasized on the health benefits of yoga. He drove the point home that in our fast-paced and hectic lives, maintaining a healthy lifestyle is crucial and yoga, an ancient practice that originated in India, offers a multitude of benefits for both the body and mind. He also gave some practical lessons on yoga asanas which are physical postures aimed at promoting overall well-being. Five asanas that were taught to the students are: Tadasana ( improves balance, stability and posture , increases blood circulation, promotes a sense of self-confidence), Vrikshasana (improves concentration, strengthens leg muscles and tones the core), AdhoMukhaSvanasana ( helps relieve stress, energies the body and enhances blood circylation ), Bhujangasana ( strengthens the back , stimulates digestion and promotes better lung function) and Balasana ( releases tension in the back, soothes the mind and aids in relaxation ) Last, but not the least , he made the students practice Pranayama.

The expert took his time to train the beginners, and as he proved to be a very approachable person, the students also felt free to learn the postures perfectly and also made them promise that they would practice these five asanas along with Pranayama as practicing Yoga can be a game-changer because it goes beyond physical fitness and extends to nourishing one's mind and soul.

SK Nasim Ali

Co-ordinator  
I.O.A.C  
Coordinator  
IOA  
Nayagram P.R.M. Govt. College  
Nayagram P.R.M. Govt. College

Officer-in-charge

Nayagram P.R.M. Govt. College

**(DR. NETAI CHANDRA DAS)**  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM,  
WEST BENGAL, 721125


নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

এক-দিবসীয় যোগ-প্রশিক্ষণ কর্মশালা

তারিখ- ২৬.০৮.২০২২

ক্রমিক	শিক্ষক/শিক্ষণ সহায়ক সহকর্মীর নাম	স্বাক্ষর
1.	Arjun Kumar Ghosh	Arjun Kumar Ghosh

  
(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM  
WEST BENGAL, 721125

# नयाग्राम पणित रघुनाथ मूरु गडनमेन्ट कलेज

बालिगेडिया, नयाग्राम, बाडग्राम, १२११२५

## एक-दिवसीय योग-प्रशिक्षण कर्मशाला

तारिख- २६.०८.२०२२

क्रमांक	शिष्काथीर नाम	याष्कर
१)	Bhim Hembram	B.Hembram
२)	Jatin Mahata	J. Mahata
३)	Prady Manika	P. Mahata
४)	Sudip Mahata	Sudip Mahata
५)	Bhanat Kisku	Bhanat Kisku
६)	Saharan MUMU	S. M
७)	Hemanta Tudu	H. Tudu
८)	Chandan Muzum	C. Muzum
९)	Lakshmi Kantaroutta	L.K.R.
१०)	Joyita Khilami	J.K
११)	Rupali Mahata	R.M
१२)	Smritikama Mal	S.M
१३)	Parbati Muzum	P.M

(DR. NETAJ CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM  
WEST BENGAL, 721125

Asst. Com. Ghosh

নয়াগ্রাম পণ্ডিত রঘুনাথ মুর্মু গভর্নমেন্ট কলেজ

বালিগেড়িয়া, নয়াগ্রাম, ঝাড়গ্রাম, ৭২১১২৫

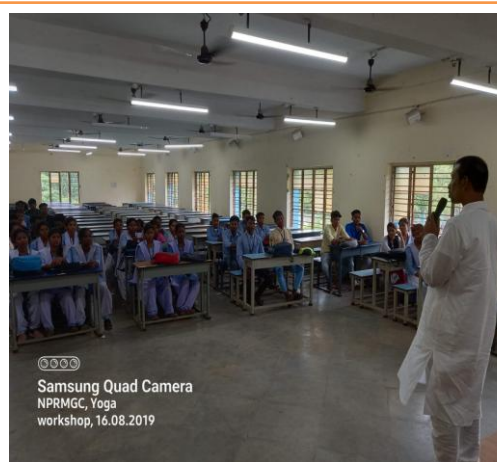
এক-দিবসীয় যোগ-প্রশিক্ষণ কর্মশালা

তারিখ- ১৬.০৮.২০২১

ক্রমিক	শিক্ষার্থীর নাম	স্বাক্ষর
14.	Salma Soren	S.S
15.	Pranina Hansda	P.H
16.	Pranila Muzmu	P.M
17.	Rupali Muzmu	R.M
18.	Pratima Soren	P.S
19.	Namita Mondal	N.M.
20.	Balti Soren	B.S
21.	Malika Muzmu	M.M
22.	Namita Hansda	N.H
23.	Karna Muzmu	K.M
24.	Babli Hansda	Babli Hansda
25.	Astami Muzmu	A.M
26.	Dulari Hembrom	D.H

(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE

Asan Unghook





सत्यमेव जयते

# International Yoga Day



ORGANISED BY

**Nayagram Pandit Raghunath Murmu Government College**



**DATE: 21.06.2022**

**Dr. Swadesh Ranjan Pan**

Assistant Professor, Department of Physical Education



**NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE**

**Baligeria, Nayagram, Jhargram – 721125**

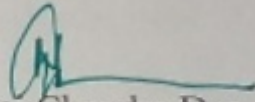
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Memo No. 2022/SOP/04

DATE: 16/06/2022

**NOTICE**

This is to notify all the student of our college that a One-day Workshop is going to be organized by the institution on the occasion of the INTERNATIONAL YOGA DAY on 21<sup>st</sup> June, 2022 at 9:30 am. Asst. Professor Dr. Swadesh Ranjan Pan will demonstrate some essential aspects on **“Everyday Yoga and Meditation”**. Interested students are invited to register their name one hour before the workshop for free.

  
Dr. Netai Chandra Das

*Officer-in-Charge*

*Nayagram P.R.M. Govt. College*

**NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE**

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Email: principal2014nrcmca@gmail.com/ nrd2014nrc@gmail.com  
Contact: +91 9732779838 :: Website: <https://nayagramprmgovtcollege.ac.in>

**Report on  
International Yoga Day - 2022**

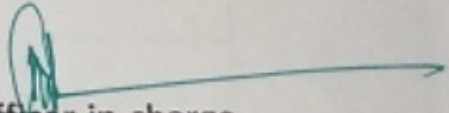
The Physical Education Department of Nayagram PRM Govt. College in collaboration with the NSS unit celebrated the International Yoga Day on 21st June, 2022 in the college premises. About 35 students including NSS members participated in the programme to bring peace, harmony, happiness, and success to every soul in the world. This was a great opportunity to imbibe the value of discipline. Yoga is a mental, physical and spiritual practice that needs to be carried every day, students got the chance to know how yoga embodies unity of mind and body. The students, along with the teachers and non-teaching staff performed yoga with different postures such as Dhanurasan, Shirsashan, Half Halasana, Full Halasana, Gomukhasana, Garudasana and finally ended with Pranayama and Meditation between 10 and 11.30 a.m. Dr. Swadesh Ranjan Pan, the only faculty member of Physical Education Department conducted the entire programme. Our Officer-in-Charge, Dr. S.R Pan, and faculty members encouraged the students to practise regular yoga to remain fit forever and improve their concentration in various activities.

*Tarak Jany.*

**Co-ordinator  
IQAC**

**Coordinator  
Nayagram P.R.M. Govt. College  
IQAC**

**Nayagram P.R.M. Govt. College**

  
**Officer-in-charge**

**Nayagram P.R.M. Govt. College**

**(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM,  
WEST BENGAL, 721125**

NAYAGRAM PANDIT RAGHUNATH MURMU GOVERNMENT COLLEGE  
Baligeria :: Nayagram :: Jhargram-721125

SIGNATURE SHEET  
International Yoga Day  
Date: 21.06.2022

Sl. No.	Student Name	Signature
1	Mahendra Tudu	Mahendra Tudu
2	Hemanta Tudu	Hemanta Tudu
3	Krishna Chandra Mahata	Krishna Ch: Mahata
4	Madhumita Dey	Madhumita Dey
5	Bidisha Mahata	Bidisha Mahata
6	Nupur Mahata	Nupur Mahata
7	Banashree Mahata	Banashree Mahata
8	Puja Bera	Puja Bera
9	Laxmi Priya Dhin	Laxmi Priya Dhin
10	Shampa Shyamal	Shampa Shyamal
11	Suthapa Giri	Suthapa Giri
12	Biplab Routh	Biplab Routh
13	Champa Sahoo	Champa Sahoo
14	Jagadish Murmu	Jagadish Murmu
15	Koushik Mahata	KOUSHIK MAHATA
16	Pari Tudu	Pari Tudu
17	Sandhya Hembram	Sandhya Hembram
18	Supriya Paloi	Supriya Paloi
19	Utpal Mahata	Utpal Mahata
20	Sonali Mondli	Sonali Mondli
21	Ronit Barik	Ronit Barik
22	Milan Mandal	Milan Mandal
23	Kunwar Tudu	Kunwar Tudu
24	Biswasjit Bhunia	Biswasjit Bhunia
25	Ananya Patterayak	Ananya Patterayak
26	Subhas Mahata	Subhas Mahata



(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
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WEST BENGAL, 721125

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Baligeria :: Nayagram :: Jhargram-721125

SIGNATURE SHEET  
International Yoga Day  
Date: 21.06.2022

27	Abari Mahata	Abari Mahata
28	Chandan Patra	chandan patra
29	Dulali Tudu	Dulali Tudu
30	Krittibas Mahata	Krittibas Mahata
31	Sampa Mahata	Sampa Mahata
32	Tarun Patra	Tarun Patra
33	Parbati Rana	Parbati Rana
34	Doctor Soren	Doctor Soren
35	Jaydeb Jana	Jaydeb Jana



(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
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WEST BENGAL, 721125





सत्यमेव जयते

# Yoga for all



ORGANISED BY

NSS, UNIT-1

Nayagram Pandit Raghunath Murmu Government College



**DATE: 22.07.2022**

Debasis Mahato

Faculty, Art of Living

**NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE**

VIII. & P.O. – Baligeria : P.S. – Nayagram : Dist. - Jhargram (W.B.) : Pin. – 721125

Email: [principal2014prmgc@gmail.com](mailto:principal2014prmgc@gmail.com) / [ncd2014oic@gmail.com](mailto:ncd2014oic@gmail.com)

Contact: 9732779838

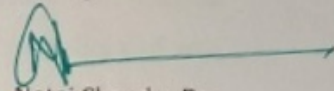
Website: <https://nayagramprmgovtcollege.ac.in>

Memo No: NPRMGC/NSS /22-23/ 07

Date: 18.07.2022

**NOTICE**

This is to notify all the students of our college that an one-day Yoga workshop is going to be held on 22.07.2022 at 11:30 am in the PRM Hall. Therefore, the willing students are hereby called for a free registration for this program within 10.30 am on the date mentioned above. Sri Debasis Mahato, faculty member, Art of Living, shall guide the students on 'Yoga for All'.

  
Dr. Netai Chandra Das  
Officer-in-Charge/NSS Programme Officer  
Nayagram PRM Govt. College

(DR. NETAI CHANDRA DAS)  
OFFICER-IN-CHARGE  
NAYAGRAM P.R.M. GOVT. COLLEGE  
BALIGERIA, NAYAGRAM, JHARGRAM  
WEST BENGAL, 721125

**NAYAGRAM PANDIT RAGHUNATH MURMU GOVT. COLLEGE**

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Email: principal2014nprmgovtcollege@gmail.com/ sec2014nprmgovtcollege@gmail.com

Contact: +91 9732779838; Website: <https://nayagramprmgovtcollege.ac.in>

**Report on  
Yoga Workshop**

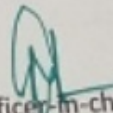
**(Session 2022-23)**

The NSS unit of our college organized an One-day Yoga Workshop in PRM hall on 22.07.2022 at 11.30 a.m. Sri DebasisMahato, Faculty member, Art of Living, provided guidance to the students on 'Yoga for All'. Yoga is a timeless practice that offers numerous physical, mental and spiritual benefits. Traditionally, yoga was reserved for specific segments of society, but the modern approach emphasizes inclusivity and accessibility. Mr. Mahato discussed about the significance of making yoga available to everyone regardless of age, gender, ability or background.

The expert mentioned that Yoga improves physical and mental well-being, increases flexibility and balance, reduces stress and anxiety, boosts self-esteem and confidence, and gives a sense of community and connection. Then he went on teaching the students some yoga for beginners, and further extended the session by showing them some yoga asanas for people with disabilities, older adults and expectant mothers. He made a serious attempt to make this session a comprehensive one by breaking down barriers and promoting accessibility.

Mr. Mahato tried his best to prove to the students that yoga has an immense power that can transform life and encouraged the students to spread this word to their family and community. The students were thrilled by the endeavour of this teacher to include all sections of the society within his concern. It was a very special session as it addressed not only the budding possibilities of the coming years, but also took into consideration the aged and the disabled.

*Tanuj Jana*  
Co-ordinator  
IQAC  
Coordinator  
Nayagram P.R.M. Govt. College  
IQAC  
Nayagram P.R.M. Govt. College

  
Officer-in-charge  
Nayagram P.R.M. Govt. College

**(DR. NETAJI CHANDRA DAS)**  
**OFFICER-IN-CHARGE**  
**NAYAGRAM P.R.M. GOVT. COLLEGE**  
**BALIGERIA, NAYAGRAM, JHARGRAM**  
**WEST BENGAL, 721125**





ONE DAY YOGA WORKSHOP

Attendance Sheet

Date:- 22.07.2022

Sl. No.	Name of Student	Signature
1	Nisargan Murmu	Nisargan Murmu
2	Sumit Tudu	Sumit Tudu
3	Mukunda Mundi	Mukunda Mundi
4	Chandramohan Murmu	Chandramohan Murmu
5	Surajit Sing	Surajit Sing
6	Malica Hembram.	Malica Hembram.
7	Rajesh Hembram	Rajesh Hembram
8	Bablu Hansda	Bablu Hansda
9	Saurav Sing	Saurav Sing
10	Abdul Karim	Abdul Karim
11	Laxmiram Murmu	Laxmiram Murmu
12	Niran Mundi	Niran Mundi
13	Milan Hembram	Milan Hembram
14	Jhuma Thapar	Jhuma Thapar
15	Swarnalata Hansda	Swarnalata Hansda
16	Sonali Murmu	Sonali Murmu
17	Giita Murmu	Giita Murmu
18	Gowri Saren	Gowri Saren

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BALIGERIA, NAYAGRAM, JHARGRAM-721125

ONE DAY YOGA WORKSHOP

Attendance Sheet

Date:- 22.07.2022

Sl. No.	Name of Student	Signature
11	Kantik Das	Kantik Das
3/	Anil Mahata	Anil Mahata
3/	Akash Hamsda	Akash Hamsda
4)	Purna chandra Maudi	Purna chandra Maudi
5)	PUJA MAL	puja mal.
6)	Dalton rofn.	Dalton rofn.
7.	Salma Honsda	Salma Honsda.
8.	Basanti Kisku	Basanti Kisku
9,	Bramila Tudu	Bramila Tudu
10	Sakuntala Tudu	Sakuntala Tudu
11.	Karaklata Mahata	Karaklata Mahata
12	Anima Bhunia	Anima Bhunia
13	Pinki Bhunia	Pinki Bhunia
14	Rina Saren	Rina Saren
'15	Jamuna Kisku	Jamuna Kisku
16.	Rupali Sing	Rupali Sing
17	Sonamoni M	Sonamoni Maudi

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