#### Best Practice 2020-21

#### **Best Practice-1**

- 1. Title of the Practice: Online Classes and Webinar in the Lockdown Period
- 2 **Objectives of the Practice:** The Covid-19 Pandemic has prompted the educational institutes to adopt an alternative of Classroom teaching and College authority have decided to continue the classes and complete the courses for the students during the lockdown period through online platform.
- **3** The Context: The students were from different socioeconomic circumstances and have no or little internet/cyber accessibility for computers or smart phones. Therefore, the first and foremost obstacle handled by the teachers was to convince the students about the online classes and its applicability in specified cases.
- **4. The Practice: The** college has selected Google meet and Google Classroom platforms to carry forward the classes for the digital learning purpose during this lockdown period. The study materials are provided to the students, who do not have the facility of high data connection to join online classes, through Google Classroom/mail/WhatsApp groups.
- 5. Evidence of Success: Each department have done the demonstrations for online classes to the students. Each semester has been a classroom space and specified WhatsApp group to notify about classes and learning materials. The assignments and quizzes are first demonstrated to the students, then the practice of taking quizzes online is continued. Assignments are also given and collected by the teacher in digital platform. The basic digital skills of each student are becoming better day by day which might help them in their future career. nd cultural etc for the students and faculty members in this academic year.
- 6. Problems Encountered and Resources Required: Till now, the participant limit of google meet for a particular meeting slot is 200 people. We need to increase the limit to at least 500 participants each slot. This will be helpful for classes of programme students. The hands-on practical classes are not yet included in online mode. This perspective must be added in future to help the students who have practical in their respective courses. Lecture series on some, popular social and culture topics could be arranged through this online platform as a campaigner practice from the college in each year. Network Problems in rural areas due to rainy/stormy weather and unavailability of smart gadgets for each student due to their economic crisis are also critical issues for e-learning platforms.

#### **Best Practice-2**

- **1.** Title of the Practice: Online co-curricular activities
- 2. Objectives of the Practice: Participation in extra-curricular activities has been found to associate with increased well-being. Continuous academic work in front of the screen would lead to boredom and monotony. This is precisely the time co-curricular activity should be introduced for students to enable them to feel refreshed about academics. Students will then make an effort to learn new things more rigorously and this may even rub-off on academic work. Pauses at the right time would create simultaneous interest in academics and co-curricular activity. A right balance between the two will obtain the right results.
- 3. The Context: While physical activities like sports, athletics and other games and cultural activities have been postponed due to the corona virus, the main difficulties were to encourage the students to take up online quizzes, debates, music, yoga practices on digital platforms. These activities are very necessary to help students keep in touch with each other that was common during pre-Covid-19 times. The institute has taken the challenge to motivate the students to participate in different online co-curricular activities.
- 4. The Practice: In this year, the college organized a two-day online Inter College Cultural Competition "Prabaha", where students from several colleges of West Bengal participated. The college also organized a three-day online International Workshop on Yoga to convey the message among the students that the physical exercise is the key to our immunity. The publication Physics Departmental magazine "Sristi" on website was also an effort to encourage the students to practice their writing, drawing, painting skills. Moreover, almost all the

departments organized quiz competitions, student seminar during this academic session.

- 5. Evidence of Success: We received an enormous response from our students. They participated in all these programmes enthusiastically. The online cultural competition "Prabaha" was viewed by more than 1000 students. Similarly, more than 300 students participated in the Yoga workshop. The students were also actively participated in the quiz competitions and seminars.
- 6. Problems Encountered and Resources Required: Network Problems in rural areas and unavailability of smart gadgets for each student due to their economic crisis are critical issues. Due to such inevitable problem, we were unbale to contact with all of our students and many of them were unable to join the programs due to network issues.

	3.1.3 Number of Sem	inars/conferences/workshops cond	ucted by the institution during the	vear		
	Year	Name of the workshop/ seminar	Number of Participants	Date From – To	Link to the Activity report on	
SI no			-		the website	
1	2021	Gonocetonar udvasone	100	24 th April,2021		
		Nariswadhinotaprotyasha-o-				
2	2021	prapti / 200	200	28-29 september,2021		
						https://drive.google.com/drive/fo
		Design Your Profession with			http://www.srikrishnacollegeba gula.ac.in/notice/33642Chem_W	lders/1wSFLCZSVg6y2- u63F4H9bVFDZYp11rjL?usp=shari
3	2021	Chemical Interface of Industry	55	On 18.07.2021	ebiner.pdf	ng
3	2021	"সৈন্যহীন বিদ্রোহী" দ্বিশত		011 10:07:2021	ebilier.pui	
		জন্মবর্ষ উদযাপনে ঈশ্বরচন্দ্র				
4	2020	বিদ্যাসাগর	aprox. 2000 only	6th-7th February, 2020	kundu_sanhita@yahoo.com	
		One Day State Level Webinar				
5	2020-2021	on Coastal management	120	17th July,2021		
		GLOBAL CRISIS AND HUMAN				
		WELL BEING : BUDDHIST				
6	2020	CONTRIBUTIONS (Webinar)	Approx 100	28th August, 2020		
		Dukkha: A Permanent Partner of				
-	2021	Sentient Being in Buddhism	A	16th Contourbox 2021		
7	2021	(Webinar) Webinar On Specialized topics	Approx 65	16th September, 2021		
8	2021	in Physics	90	06.05.2021		
°	2021		50		https://www.srikrishnacollegeb	
		Webinar on "Covid-19 Through			agula.ac.in/Activities/235434Bro	
9	2020	the lens of Gender"	>100	27.07.2020	chure.pdf	
					https://www.srikrishnacollegebag	
		Webinar on Special lecture on			ula.ac.in/Activities/114832Afganis	
10	2021	"Whats wrong with Afganistan"	>100	24.08.2021	tan%20Report.pdf	
		A ONE DAY NATIONAL LEVEL				
		WEBINAR ON " MENTAL WELL-			https://docs.google.com/forms/d	
		BEING AND STRESS			/e/1FAIpQLSdxkwbJ_uIAo2mVBo	
11	2021	MANAGEMENT DURING COVID- 19 PANDEMIC"	aprox. 3000 only	29th September, 2021	MWLagVY01kFCvtDS5umK8Dtj0s wnzt4w/viewform?usp=sf link	
11	2021	Two Day International Online		29th September, 2021	wizt4w/viewioringusp=si_link	
		Workshop cum Webinar ON			1st Day-	
		"Engaging Students in an Online			https://youtu.be/JtWJddK5SUA	
		Environment: Global			2nd Day-	
12	2020	Perspectives"	1772	28th-29th August, 2020	https://youtu.be/JoetTZP8Syg	
		Two Day National Level Virtual				
		Interactive Workshop on Poetry			1st Day-	
13	2021	Reading and its Appreciation	150	24th-25th June, 2021	https://youtu.be/leopeXLLOsU	
					2nd Day-	
					https://youtu.be/Zv2XjXhgzPA	
		7 Day Text reading international				
14	2020	E -Workshop on Tarkamritam	>800	21 to 27.07.2020		
		7 Days National E- workshop on				
15	2020	Sanskrit Research Methodology	>930	18-24.08.2020		
		Two day International Webinar				
		on Relevence of Yogashastra In				
16	2020	modern Context	>600	3-4 th July		
		ICPR sponsored Online				
		lecture(National Level) on Relevence of Yogashastra in				
17	2020	Contemporary World	>600	7th July		
1/	2020	Special E- Lecture(National Level)	-			
		on Relevence of				
		Srimadvagavadgita in modern				
18	2020	context	>200	13-Dec		
		Special E- Lecture( State Level)				
		on Yoga as a Soluation to the				
19	2020	recent crisis	>150	18-Dec		
	2024	Health awarness for protection	200	12.0		
20	2021	against desease Covid 19 and Black Fungus	200	12-Dec 23rd June 2021		
21	2021	Covid 19 and Black Fungus Challenges of Health, Fitness &		2010 JUNE 2021		
22	2020	Wellbeing during Covid-19 Era	150	29th July,2020		
	2020	International Workshop on Yoga	150	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		
		and Improvement of Immunity				
23	2021	power	271	21st to 23rd June,2021		
		Womens leaders:Their				
		Perceptions for Society,				
		Achievement in Academic and				
		Contributions in COVID-19				
24	2021	Pandemic	129	11th Aprol,2021		
25	2020	Impact of Covid-19 Education		5th July 2020		
25	2020	and Employability of Rural youth		5th July 2020	1	1

#### PRABAHA-2021

#### 24<sup>th</sup> & 25<sup>th</sup> July,2021

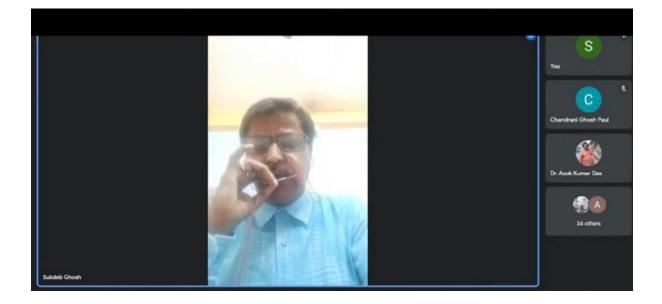
The Cultural Committee in collaboration with IQAC of Srikrishna College had organized a two-day online inter-college cultural competition "Prabaha" on 24<sup>th</sup> and 25<sup>th</sup> July 2021. The programme was held through Google Meet and the whole programme was streamed live on YouTube. The programme was inaugurated by our Principal Dr. Sukdeb Ghosh by addressing all our honoured guests and judges. We were honoured to have Dr. Swagata Das Mohanta, Principal, Chakdaha College and Dr. Asok Kumar Das, Principal, Asannagar Madan Mohan Tarkalankar College as hour Chief Guests. The competition was held in six categories, Rabindra Sangeet, Recitation, Rabindra Nrityra, Loko Geeti, Debate and Loko Nritya, which were distributed over two days. In all categories ten selected participants performed live except Rabindra Nritya and Loko Nritya. In those two dance categories we had played recorded videos of ten selected participants. We had external and internal judges for each category. Our honoured judges were

- Rabindra Sangeet- Dr. Syamali Lahiri, Associate Professor, Ranaghat College, Dr. Tapati Thakur, Associate Professor, Nabadwip Vidyasagar College, and Dr. Anita Das, Associate Professor, Srikrishna College
- Recitation- Dr. Susmita Banerjee, Associate Professor, Sudhiranjan Lahiri Mahavidyalaya and Mr. Arnab Chakraborty, SACT, Srikrishna College
- Debate- Dr. Chandrima Basu, Associate Professor, Nabadwip Vidyasagar College and Dr. Debatra Kumar Dey, Assistant Professor, Srikrishna College
- Loko Geeti- Dr. Syamali Lahiri, Associate Professor, Ranaghat College, and Mr. Tapas Biswas, SACT, Srikrishna College
- Rabindra Nritya and Loko Nritya- Mrs. Banani Ghosh, Dance Teacher, PTTI, Nadia and Mrs. Anamika Chakraborty, Assistant Professor, Srikrishna College.

The live programme had 868 and 500 viewers on YouTube on 24<sup>th</sup> July and 25<sup>th</sup> July, respectively. The college had provided E-certificates to the top three rank holders of all the categories. The YouTube link of the programmes are-

- 24.07.2021https://www.youtube.com/watch?v=CGstaQG9gwE&ab\_channel=SrikrishnaCollegeWebinar
- 25.07.2021https://www.youtube.com/watch?v=qNJEq6YHe78&ab\_channel=SrikrishnaCollegeWebinar

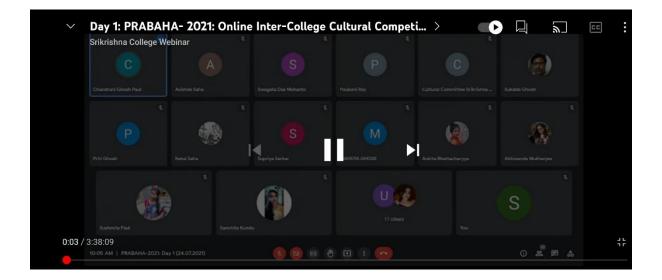


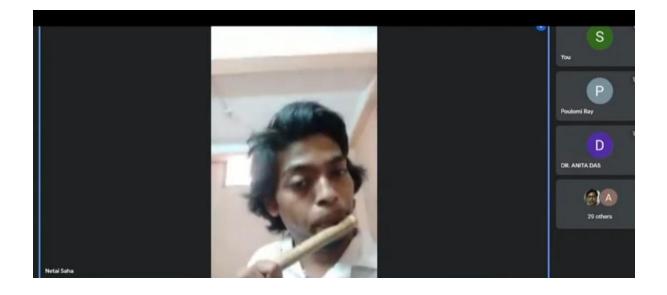


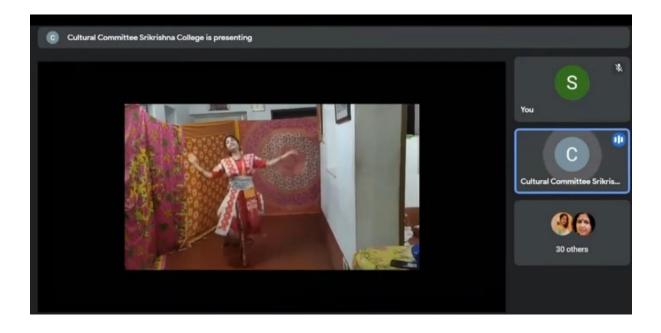




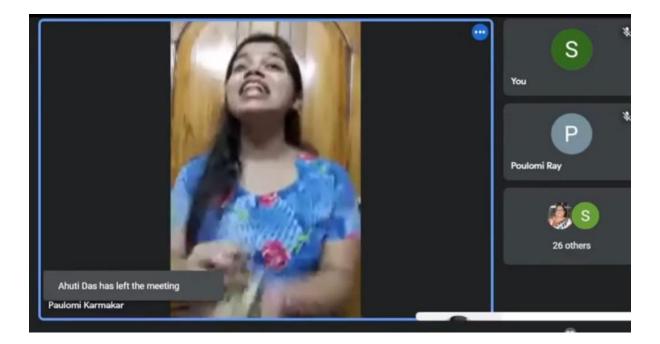




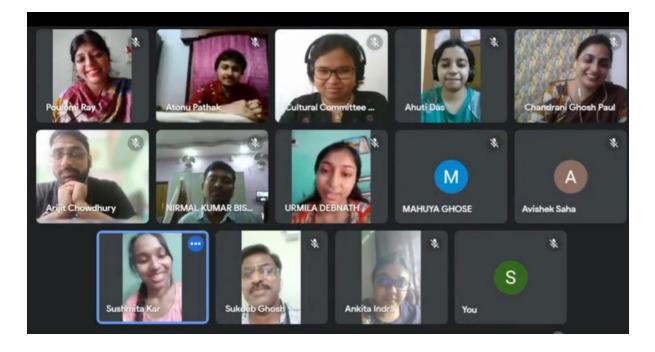








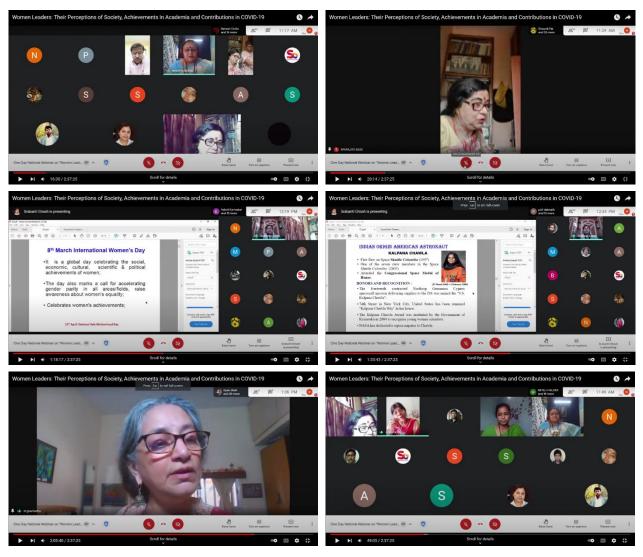




## Report of Women's Cell Activity 2020-2021

### A one-day webinar on "Women Leaders: Their Perceptions for Society, Achievements in Academia and Contributions in COVID-19 Pandemic" Date- 11.04.2021

Women's Cell of Srikrishna College, Bagula organized a one-day national level webinar titled "Women Leaders: Their Perceptions for Society, Achievements in Academia and Contributions in COVID-19 Pandemic" on 11.04.2021 to celebrate International Women's Day. The webinar was held through Google Meet (https://meet.google.com/ceg-szyy-jrb) platform and was also live streamed on YouTube (https://youtu.be/daqcgZgovuM). Our eminent speakers were Dr. Krishna Basu (Poet, Retired Professor, Dept of Bengali, Kanchrapara College), Mrs. Dipika Mukherjee (Sr. PHN, Health and family welfare department, Hanskhali Block), Dr. Srabanti Ghosh (Senior Scientist, CSIR-CGCRI, Kolkata), and Dr. Gita Chadha (Professor, Dept of Sociology, University of Mumbai). The speakers presented beautiful interactive sessions about women's leadership in different aspects of our society. A total of 129 participants including students, researchers, and faculties from various institutes in India registered for the webinar and participated actively to make the webinar a successful event.



# Report on International Workshop(Virtual) conducted by the Department of Physical Education

Title: International Workshop on Yoga & Improvement of Immunity Power Date: 21<sup>st</sup> to 23<sup>rd</sup> June,2021

Department of Physical Education, Srikrishna College, Bagula, Nadia has organized a Webinar in collaboration with IQAC, Srikrishna College on the topic "International Workshop on Yoga & Improvement of Immunity Power" on 21<sup>st</sup> to 23<sup>rd</sup> June,2021 through virtual mode. This Webinar has been funded by the college. The Webinar has been designed keeping in mind the present situation and the emerging needs of the people in covid-19 pandemic period.

**Particpant's Profile:** A total Number of 271 delegates from our college, other colleges of West Bengal & other states of India and student from our colleges were participated through virtual mode.

**Description of the program:** Eminent speaker present on the occasion are Professor Sudarshan Bhowmick from the Jashore University of Science and Technology, Bangladesh, Assistant Professor (Dr) Malay Kr. Mukhopadhyay from the PGGIPE, Banipur, West Bengal State University, Professor (Dr) Madhab Ch. Ghosh from University of Kalyani , Mr.Pratap Santra, Yoga Instructor In-Charge from the University of Kalyani, Mr. Prosenjit Ghosh, Yoga Teacher, Yogi Yoga, Beijing, China and Mr. Rathin Kundu, Yoga teacher, Pranava Yoga Kundu & Danial, Ho Chi Minh City, Vietnam. Our honorable president of governing body Mr. Anup kr. Bhadra was also present in this occassion.

Inaugural session started on 21.06.2021 at 10:00 AM with the inaugural speech by Mr. Anup kr. Bhadra, President of Governing Body, Srikrishna College. Principal Dr. Sukdeb Ghosh and Coordinator of IQAC of our college Smt.Mahuya Ghose has given welcome address. In the 1<sup>st</sup> session Professor Sudarsan Bhowmick has given keynote address with topic 'Yoga for Improvement of Immunity- An Analysis".

In 2nd session Mr. Rathin Kundu has given valuable lecture and demonstration on 'Yoga for All". Day one was completed with vote of thanks given by Mrs. Puspita Mahata, NAAC Coordinator of our College.

In 1<sup>st</sup> session of Day Two started with the lecture of Dr. Malay Kr. Mukhopadhyay on the topic ' Yoga Health and Covid-19'. In 2<sup>nd</sup> session Mr. Prosenjit Ghosh has given lecture and demonstration on 'Breathing Practice for Improve the Lungs Capacity.

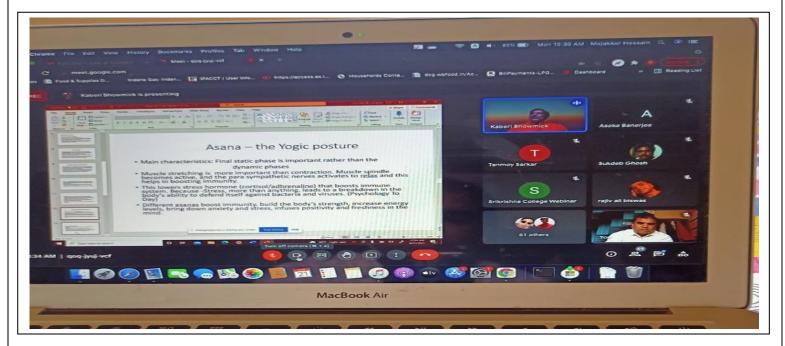
Both the session was very interactive and the speakers answered many queries raised by the participants. Dr. Md. Imran Hossain, Head of the Department of Physical Education proposed vote of thanks.

In Day three 1<sup>st</sup> session was started with the lecture of Prof(Dr) Madhab ch. Ghosh on the topic 'Yoga Asanas to Boost Immunity and Reduce Stress'. Mr. Protap Santra has given valuable speech on 'Efficacy on Indigenous Yoga Practice in Changing Physical and Social Environment'. In 2<sup>nd</sup> session Mr. Rathin Kundu has given very useful speech and demonstration on 'Boost Your Immune System'. Technical side of the workshop was conducted efficiently by Dr. Sajijul Islam, Department of Commerce and Mr. Alamgir Mondal, SACT, Department of Physical Education.

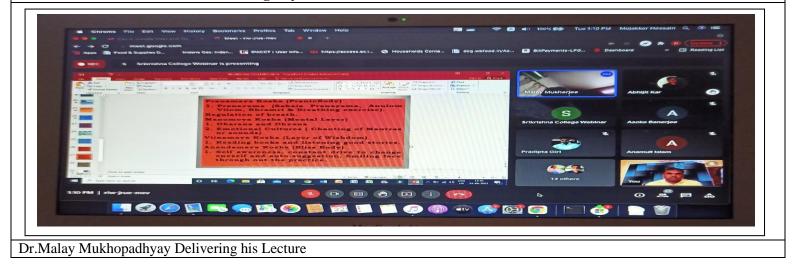
Entire program was coordinated by Dr. Md. Imran Hossain and Mr. Asoke Banerjee with the support of

Principal and all the faculty members of the Srikrishna college, Bagula, Nadia.

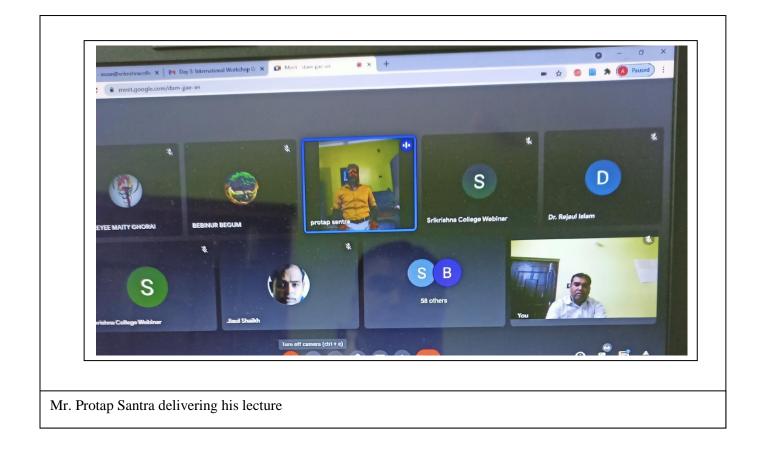
Report Submitted by: Dr. Md. Imran Hossain Head, Department of Physical EducationSrikrishna College, Bagula.



Prof. Sudarsan Bhowmick delivering keynote address.











Mr. Prosenjit Ghosh demonstrates different forms of Yogasanas

#### **INTERNATIONAL WORKSHOP**

#### ON

# **"YOGA AND IMPROVEMENT OF IMMUNITY POWER"**

(Virtual Mode: Google Meet, YouTube)

Organized by

Department of Physical Education in Collaboration with IQAC



# **SRIKRISHNA COLLEGE**

(Affiliated to University of Kalyani)

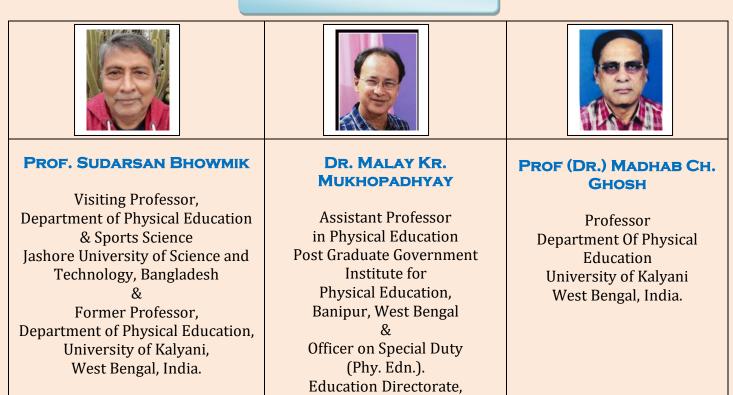
Bagula, Nadia, West Bengal, India.

Accredited by NAAC: Grade 'B' (2<sup>nd</sup> Cycle)

#### DATE- 21<sup>ST</sup> to 23<sup>rd</sup> June 2021

## EMINENT SPEAKERS

#### TIME: 10 AM - 12 Noon (IST)



Govt. of W.B. India.
----------------------

	INVITEE YOGA INSTRUCTORS	
<b>Mr. Protap Santra</b> Yoga Instructor In- Charge, Yoga Centre, Department of Physical Education University of Kalyani, W.B. India.	<b>Mr. Rathin Kundu</b> Yoga Teacher, Pranava Yoga Kundu & Denial, Ho Chi Minh City, Vietnam.	<b>Mr. Prosenjit Ghosh</b> Yoga Teacher, Yogi Yoga, Beijing, China.

	Organizing Committee
Patron	Mr. Anup Kr. Bhadra, President of Governing Body, Srikrishna College.
Chairperson	Dr. Sukdeb Ghosh, Principal, Srikrishna College
Director	<b>Dr. Md.Imran Hossain</b> , HOD, Department of Physical education, Srikrishna College
Coordinators	Dr. Sajijul Islam, Assistant Professor, Department of Commerce, Srikrishna   College   Mr. Asoke Banerjee, State Aided College Teacher, Department of Physical   Education, Srikrishna College
Associated Members	Miss. Bebinur Begum, State Aided College Teacher, Department of PhysicalEducation, Srikrishna CollegeMr. Sajal Modak, State Aided College Teacher, Department of Physical Education,Srikrishna CollegeMr. Alamgir Mondal, State Aided College Teacher, Department of PhysicalEducation, Srikrishna CollegeMr. Babul Hossain Mondal, Part Time Instructor, Department of PhysicalEducation, Srikrishna College

Mr. Supriya Ranjan Bain, Part Time Instructor, Department of Physical
Education, Srikrishna College
Mr. Rajib Ali Biswas, Part Time Gym Instructor, Department of Physical
Education, Srikrishna College

	Advisory Committee
1.	Prof. Kanchan Bandopadhyay, Retd. Professor, Department of Physical Education, University
	of Kalyani, W.B. India
2.	Mrs. Mahuya Basu(Ghose), Associate Professor, Dept. of Bengali & IQAC Coordinator,
	Srikrishna College
3.	Dr. Biswajit Bala, HOD, Department of Teacher Education, WBUTTEPA, Kolkata, West Bengal
4.	Mr. Somnath Chakroborty, Associate professor & Bursar, Dept. of Mathematics, Srikrishna
	College
5.	Mr. Goutam Sarkar, Associate Professor & TCS, Dept. of History, Srikrishna College
6.	Mrs. Puspita Mahata, Assistant Professor & NAAC Coordinator, Dept. of Commerce, Srikrishna
	College
7.	Dr. Bipul Mondal, Assistant Professor & G.B. Member, Dept. of Bengali, Srikrishna College

#### **Important Information**

Join through Google Registration Form (Registration Fees: Nil)

Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLScIqNmjvPzS\_3tuzwJAakESQhXFUaUuMtlOZ5s1W gLr8qqPw/viewform?usp=sf\_link

- ✤ Last date of Registration: 20<sup>th</sup> June 2021 at 11.59 PM
- ◆ After registration, join the Telegram Group to get regular updates about the Workshop.
  - Link to join the Telegram Group: <u>https://t.me/joinchat/X3cBqGAyNFtlZTY1</u>
- Meeting link will be provided through Telegram Group
- All registered participants will receive E-Certificate after attending all the sessions of the Workshop and submitting the feedback form.

Queries	Dr. Md. Imran Hossain, HOD, Dept. of Physical Education, E-mail id-
	physicaleducation@srikrishnacollegebagula.ac.in
	Mr. Asoke Banerjee, SACT, Dept. of Physical Education. Mob: 8509523109
Technical Team:	Dr. Sajijul Islam, Assistant Professor, Dept. of Commerce, Srikrishna College.
	Mr. Alamgir Mondal, SACT, Dept. of Physical Education, Srikrishna College.

#### **AN INTERNATIONAL WORKSHOP**

#### ON

**"YOGA AND IMPROVEMENT OF IMMUNITY POWER"** 

Organized by

Department of Physical Education in Collaboration with IQAC

#### **SRIKRISHNA COLLEGE**

**PROGRAMME SCHEDULE** 

#### DAY-1

#### Date- 21.06.2021

TIME	INAUGURAL PROGRAMME
9:45 - 10:00 A.M.:	Joining the link through Google Meet and YouTube.
10:00 – 10:05 A.M.:	Inaugural speech by <b>Mr. Anup kr. Bhadra</b> , President of Governing Body,
10:00 – 10:05 A.M.:	Srikrishna College.
10:05 - 10:15 A.M.:	Welcome Address by <b>Dr. Sukdeb Ghosh</b> , Principal, Srikrishna College
10:15 – 10:20 A.M.:	Welcome Address by <b>Prof. Mahuya Basu(Ghose),</b> IQAC Coordinator, Srikrishna
10.13 - 10.20 A.M	College.
	1 <sup>ST</sup> SESSION
10:20 - 11:00 A.M.:	Speaker: Prof. Sudarsan Bhowmik
	<b>TOPIC: "YOGA FOR IMPROVEMENT OF IMMUNITY – AN ANALYSIS"</b>
11:00 – 11:05 A.M.:	Q & A Session
11:05 - 11:10 A.M.:	Vote of Thanks by Mrs. Puspita Mahata, NAAC Coordinator, Srikrishna College.
	2 <sup>ND</sup> SESSION (PRACTICAL)
11:10 – 11:55 A.M.:	Yoga Instructor: <b>Mr. Rathin Kundu</b>
	TOPIC: YOGA FOR ALL
	Yogic Activities:
	Breathing exercises for increase lungs capacity $st$ Exercises for relax neck pain $st$
	Exercises for shoulder mobilities * Exercises for increase back mobilities * Hip
	joint mobilities exercises(Basic) * Streaching exercises for hamstring * Twisting
	pose * Cat cow movements * Boat Pose(Navasana) * Bridge Pose(Ardha
	Chakrasana) * Pawan Muktasana * Relaxation * Sabasana * Om chanting.
11:55 A.M. – 12:00	Vote of Thanks by <b>Dr. Md. Imran Hossain,</b> HOD, Department of Physical
Noon:	Education, Srikrishna College.

#### DAY-2

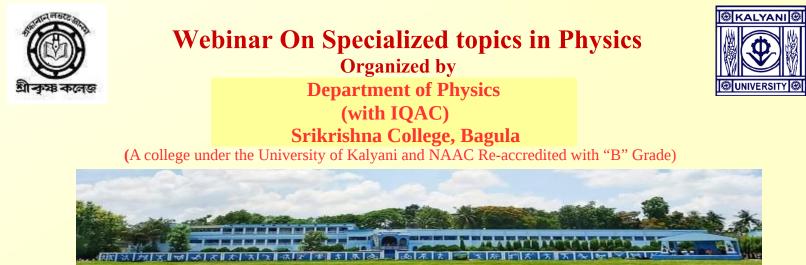
#### DATE-22.06.2021

TIME	Programme Schedule
9:45 - 10:00 A.M.:	Joining the link through Google Meet and YouTube.
	1 <sup>ST</sup> SESSION
10:00 - 10:40 A.M.:	Speaker: Dr. Malay Kr. Mukhopadhyay
	TOPIC: "YOGA HEALTH AND COVID-19"
10:40 – 10:50 A.M.:	Q & A Session
10:50 – 10:55 A.M.:	Vote of Thanks by <b>Dr. Md. Imran Hossain,</b> HOD, Department of Physical
	Education, Srikrishna College.
	2 <sup>ND</sup> SESSION (PRACTICAL)
10:55 - 11:45 A.M.:	Yoga Instructor: Mr. Prosenjit Ghosh
	TOPIC: BREATHING PRACTICE FOR IMPROVE THE LUNGS CAPACITY
	Yogic Activities:
	Neti (Cleaning the nose) * Kapalbhati * Deep Breathing Exercises (Various types) * Anulom Vilom Pranayama (Nadi Sodhona Pranayama) * Bhramari Pranayama (Humming Bee Breathing) * Meditation (3 to 5 minutes).
11:45 – 11:55 A.M.:	Q & A Session.
11:55 A.M. – 12:00 Noon:	Vote of thanks by <b>Mr. Asoke Banerjee,</b> SACT, Department Of Physical Education, Srikrishna College.

#### DAY-3

#### Date- 23.06.2021

TIME	Programme Schedule
9:45 – 10:00 A.M.:	Joining the link through Google Meet and YouTube.
	1 <sup>ST</sup> SESSION
10:00 - 10:30 A.M.:	Speaker 1: <b>Prof. (Dr.) Madhab Ch. Ghosh</b> TOPIC: "YOGA ASANAS TO BOOST IMMUNITY AND REDUCE STRESS"
10:30 - 10:35 A.M.:	Q & A Session
10:35 – 11:05 A.M.:	Speaker 2: Mr. Protap Santra
	TOPIC: EFFICACY OF INDIGENOUS YOGA PRACTICE IN CHANGING PHYSICAL AND SOCIAL ENVIRONMENT
11:05 - 11:10 A.M.:	Q& A Session
	2 <sup>ND</sup> SESSION (PRACTICAL)
11:10 – 11:50 A.M.:	Yoga Instructor: Mr. Rathin Kundu
	TOPIC: BOOST YOUR IMMUNE SYSTEM
	Yogic Activities:
	Breathing exercises * Yogic warmup * Sun salutation * Standing posture (Warrior pose, Trikonasana) * Gentel spine twisting pose * Side plank pose * Sitting posture (Ustrasana, Child pose) * Prone position (Ekpada Salavasana) * Supine position (Setubandhasana, Halasana) * Pranayama * Relaxation.
11:50 - 11:55 A.M.:	Q & A Session.
11:55 A.M. – 12:00 Noon:	Vote of thanks by <b>Mrs. Puspita Mahata</b> , NAAC Coodinator, Srikrishna College
Queries	Dr. Md. Imran Hossain, HOD, Dept. of Physical Education, E-mail id-
	physicaleducation@srikrishnacollegebagula.ac.in
	Mr. Asoke Banerjee, SACT, Dept. of Physical Education. Mob: 8509523109
Technical Team:	Dr. Sajijul Islam, Assistant Professor, Dept. of Commerce, Srikrishna College.
	Mr. Alamgir Mondal, SACT, Dept. of Physical Education, Srikrishna College.



#### Date and Time: 10:30 am – 1 pm on 5<sup>th</sup> June, 2021 (Saturday) Online platform : Google Meet

# **Speakers**

# **Title and Abstracts**



Dr. Satyaki Kar Assistant Professor AKPC Mahavidyalaya, India

#### Title : Quantum Oscillation in Topological Nodal Line Semimetals

Abstract : Quantum oscillation occurs when an electronic system is acted upon by a time varying strong magnetic field. From our text book knowledge, we have seen how Landau quantization occurs in a three dimensional electron gas system in presence of a magnetic field. There a constant variation of the field causes oscillations in the density of states and thereby in quantities like magnetization, conductivity etc. We discuss similar effects when strong fields are applied in topological nodal line systems. Using simple models one can show how a change in the direction of the field can change the topological nature of the magnetic oscillations.



Dr. Subhasis Samanta Post doctoral researcher, Jan Kochanowski University, Poland

#### Title : The Phase Diagram of Strongly Interacting Matter

Abstract : A basic question of physics is what ultimately happens to matter as it is heated or compressed extremely. At very high temperature and/or density the fundamental degrees of freedom of the strong interaction, quarks and gluons, come into play and a transition from matter consisting of confined hadrons to a state of deconfined quarks and gluons is expected. The study of possible phases of strongly interacting matter is at the focus of many research activities worldwide. A critial point is also expected in the phase diagram of the strongly interacting matter. In this presentation I will discuss about ongoing theoretical and experimental efforts to understand this phase diagram.

#### **Register** for free at <u>https://forms.gle/wUKLs8VHzG478ZVx7</u> Last date of registration : 03/06/2021. Capacity: 250 participants. **E-certificates to be issued.**

**Tentative Program Schedule** 

10:30 am : Opening address by Mr. Anup Kumar Bhadra (GB President)

Welcome address by Dr. Sukdeb Ghosh (Principal)

Welcome address by Mrs. Mahuya Ghosh (IQAC Coordinator)

- 11:00 am : Lecture by Dr. Satyaki Kar
- 11:40 am : Q &A Session
- 11:50 am : Lecture by Dr. Subhasis Samanta
- 12:30 pm : Q & A Session

12:40 pm : Concluding remarks by Mrs. Puspita Mahata (NAAC Coordinator)

#### **Organizing Committee**

Patron :	Mr. Anup Kumar Bhadra (Governing Body President, Srikrishna College, Bagula)
Chairperson :	Dr. Sukdeb Ghosh (Principal, Srikrishna College, Bagula)
Convenors :	Dr. Tushar Kanti Bose (Assistant Professor, Department of Physics) Dr. Sujay Pal (Assistant Professor, Department of Physics) Dr. Ankita Indra (Assistant Professor and H.O.D., Department of Physics)
Coordinators :	Ms. Nandita Biswas ( <i>State aided college teacher II, Department of Physics</i> ) Mr. Supratick Adhikary ( <i>State aided college teacher II, Department of Physics</i> ) Ms. Sriparna Paul ( <i>State aided college teacher II, Department of Physics</i> ) Mr. Rakesh Sen ( <i>State aided college teacher I, Department of Physics</i> ) Ms. Piyasi Shit ( <i>State aided college teacher II, Department of Physics</i> ) Ms. Ankita Das ( <i>State aided college teacher II, Department of Physics</i> )

For queries, contact (via email) with : Dr. Tushar Kanti Bose Assistant Professor Department of Physics Srikrishna College, Bagula Email ID: tkb@srikrishnacollege.ac.in

\_\_\_\_\_

# One day Webinar on Specialized Topics in Physics, organized by Department of Physics, on 05.06.2021

An Webinar on 'Specialized topics in Physics' was organized by the Department of Physics on 5<sup>th</sup> June 2021. The invited speakers were the following : 1) Dr. Satyaki Kar, Assistant Professor, AKPC Mahavidyalaya, India and 2) Dr. Subhasis Samanta, Post doctoral researcher, Jan Kochanowski University, Poland. Around 90 participants including students, researcher, faculties from various institutes registered for the webinar and most of them participated actively to make the webinar a successful event.



SRIKRISHNA COLLEGE

Bagula, Nadia

Dept. of Philosophy Reports on Seminar

# 2021 - 2022

#### A Report on Webinar

Department of Philosophy, Srikrishna College organised a one-day State Level Webinar on "Dukkha: A Permanent Partner of Sentient Being in Buddhism" in virtual mode on 16<sup>th</sup> September, 2021 from 10.30 a.m. onwards.

#### Lord Buddha and

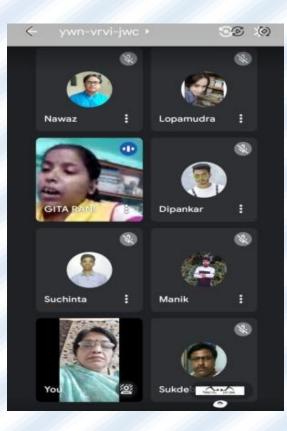
his noble teachings was our Webinar's main theme. The Buddhists tradition emphasized the importance of developing insight into the nature of Dukkha, the conditions that caused it and how it can be overcome. This process formulated in the teachings on the four noble truths of the Universe and the nature of reality. Dukkha refers to the suffering or unsatisfactoriness of life. A sentient being might temporarily fulfil their desires but suffering whether physical, emotional or mental cannot be avoided.

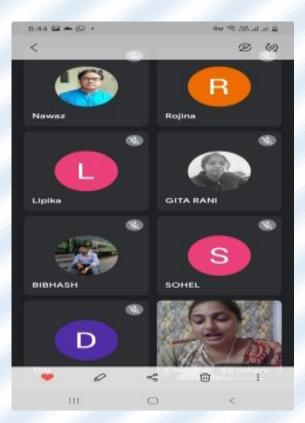
#### The President

and the Principal of the College inaugurated the Webinar followed by the welcome address by Dr Anita Das, Associate Professor in Philosophy. Respected eminent speakers Prof. Dr. Madhumita Chattopadhaya from Jadavpur University and Prof. Dr. Raghunath Ghosh from North Bengal University delivered their lectures on the title of the Webinar. Mrs. Gita Rani Jana convened the webinar and Mr. Nawaz Sarif was in the charge of the technical part of the Webinar. About 115 participants registered their names for the Webinar and about 80-90 participants attended the Webinar on Google Meet App. At the end of the Webinar they all received the certificates. ended successfully with the interactive session and the vote of thanks on behalf of the new HOD of the Department Mrs. Chandrani Ghosh, Assistant Professor in Philosophy.

	ACCREDITED BY NAAC: GRADE "B", 2ND CY	CLE)
	A ONE DAY STATE LEVEL WEBIN	AR
	Dukkha: A Permanent Partner of Sen Being in Buddhism	tient
	Organized by	
100	Department of Philosophy	
-	Department of Philosophy & Internal Quality Assurance Cell (IQAC)	-
	Department of Philosophy &	
	Department of Philosophy & Internal Quality Assurance Cell (IQAC)	Real
	Department of Philosophy & Internal Quality Assurance Cell (IQAC)	Reas
	Department of Philosophy & Internal Quality Assurance Cell (IQAC)	-
	Department of Philosophy & Internal Quality Assurance Cell (IQAC)	-
	Department of Philosophy & Internal Quality Assurance Cell (IQAC)	C Freedo Mart
Date: 16th	Bepartment of Philosophy Internal Quality An anace Cell (BOAC) Sriketshana College	Google Meet
	Platform:	Concel Hert









SRIKRISHNA COLLEGE , BAGULA, NADIA (AFFILIATED TO UNIVERSITY OF KALYANI & ACCREDITED BY NAAC: GRADE "B", 2<sup>ND</sup> CYCLE)



# A ONE DAY STATE LEVEL WEBINAR ON Dukkha: A Permanent Partner of Sentient Being in Buddhism





Eminent speakers invited for the Webinar:



Prof. Dr. Madhumita Chattopadhyay Department of Philosophy Dean, Faculty of Arts, Jadavpur University



Prof. Dr. Raghunath Ghosh Former Emeritus Professor of Philosophy, University of North Bengal

# **Registration Link:**

https://docs.google.com/forms/d/e/1FAIpQLSezynSqCsh11Od\_idwV-428BGyw0DiS9nvzP48WvOteuRWRhA/viewform?usp=pp\_url Google Meet link:

https://meet.google.com/ywn-vrvi-jwc

# Organizing Committee

#### **Patron:**

Shri Anup Kumar Bhadra President, Governing Body, Srikrishna College

#### **Chairman:**

Dr. Sukdeb Ghosh Principal, Srikrishna College

#### **Joint Convener:**

Prof. Chandrani Ghosh & Dr. Anita Das Department of Philosophy Joint Coordinators: Miss. Gita Rani Jana & Mr. Nawaz Sarif Department of Philosophy Advisory Committee: IQAC Co-ordinator : Prof. Mahuya Ghose NAAC Co-ordinator: Prof.Puspita Mahata

> G. B. Members: Prof.Anamika Chakraborty Dr. Bipul Mondal Bursar Prof. Somnath Chakraborty Teachers' Council Secretary Prof. Gautam Sarkar Technical Coordinators Mr. Nawaz Sarif

#### **Details of the Webinar:**

No Registration Fee Last Date for Registration: 13 /09 /2021 Webinar through Google Meet& You Tube Mobile : 9126746509/9051931625

### SRIKRISHNA COLLEGE

**Program Schedule** 

**One-Day State Level Webinar: Organized by Department of Philosophy & IQAC,** 

Srikrishna College

On

Dukkha: A Permanent Partner of Sentient Being in Buddhism Date: 16th September, 2021; Time: 10:30 am – 01:30 pm

Time	Programme
10:30 am-10:40 am	Inaugural speech by Shri Anup Kumar Bhadra, President, Governing Body, Srikrishna College
10:40 am-10:50 am	Welcome address by Dr.Sukdeb Ghosh, Principal, Srikrishna College
10:50 am-10:55 am	Welcome address by Prof. Mahuya Ghose, Associate Professor, Dept. of Bengali, Srikrishna College.
10:55 am-11:00 am	Welcome address by Dr. Anita das & Introduction by Miss Gita Rani Jana & Mr. Nawaz Sarif Department of Philosophy, Srikrishna College
11:00 am- 12 noon	Address by eminent speaker Prof. Dr. Madhumita Chattopadhyay, Department of Philosophy, Jadavpur University
12 noon- 01:00 pm	Address by eminent speaker Prof. Dr. Raghunath Ghosh, Department of Philosophy, University of North Bengal.
01:00 pm-01:15 pm	Interactive Session
01:15 pm-01:30 pm	Vote of Thanks by Prof. Chandrani Ghosh, HOD, Department of Philosophy.