

BIRPARA COLLEGE

(NAAC ACCREDITED)

P.O. Birpara, Dist. Alipurduar (W.B.)

PIN - 735 204

*(A Govt. Aided Degree College
Affiliated to the University of
North Bengal & Enlisted Under
Sec. 2(f) & 12(B) of UGC. Act.)*



Phone & Fax No. : 03563 - 266217

Website : www.birparacollege.ac.in

e-mail : birparacollege@gmail.com

Ref

Date

NOTICE

Date: 05.11.2022

It is hereby notified that a Seminar on "Mindfulness and Physical Health: Research-Based Approach to Reducing Stress and Enhancing Wellness" will be conducted by NSS Unit I, Birpara College in collaboration with IQAC, Birpara College on 10th November 2022. All students are requested to attend the seminar.

Teacher-in-Charge
Birpara College

Teacher-in-charge
BIRPARA COLLEGE
Birpara, Alipurduar

AUTHENTICATED

Kanoban Chakrabarti
Principal
Birpara College
Birpara, Alipurduar

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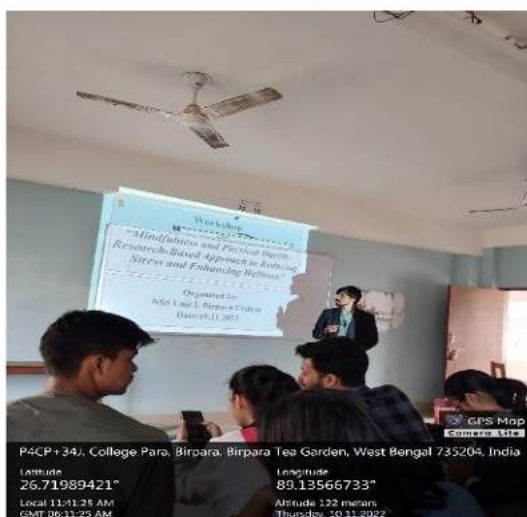
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Date

SEMINAR ON "MINDFULNESS AND PHYSICAL HEALTH: RESEARCH-BASED APPROACH TO REDUCING STRESS AND ENHANCING WELLNESS"

Organized By: NSS Unit I, Birpara College in collaboration with IQAC, Birpara College

Date: 10th November 2022



Mr. Tabiul Islam delivering his lecture in the seminar



Student participation in the seminar

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

BIRPARA COLLEGE, BIRPARA, ALIPURDUAR

Title of Event: Workshop on Mindfulness and Physical Health: Research Based approach to Reducing stress and Enhancing well-being
 Date: From 10/11/2022 to 1/1/ Time (in hours) 1

Organised by: NSS Unit 1, Birpara College.

In collaboration with: IQAC, Birpara College.

Attendance Sheet

Sl. No.	Roll No.	Signature	Sl. No.	Roll No.	Signature
1.	1220176	BINA TOPPO	26.	1200350	Neha Saiba
2.	1220180	Kushal Sherrma	27.		
3.	1220182	Nisha Sah sonari	28.		
4.	1220183	Kalpama Tiwari	29.		
5.	1220191	Joy majumdar	30.		
6.	1220207	Arjun Bickram chhetri	31.		
7.	1220284	Rohini mangar	32.		
8.	1220233	Chandan Das	33.		
9.	1220295	Debeya Laktra	34.		
10.	1220812	Dipak Kujur	35.		
11.	1220811	12208 Nikhil Dhanuwar	36.		
12.	1220815	Akash Saha	37.		
13.	3210053	Sagar Rai	38.		
14.	3210054	Kirun Sarker	39.		
15.	3210055	Sagar chhetri	40.		
16.	3210056	ARYA SUBBA	41.		
17.	3210057	Neha Parvin	42.		
18.	3210059	SUMIDEY	43.		
19.	3210060	Pankaj kumar Mandal	44.		
20.	3210061	Aman Kumar Sah	45.		
21.	1200254	moon saibya	46.		
22.	1200286	Jagabandhu Roy	47.		
23.	1200302	Debika karjee	48.		
24.	12200302	Tina Saibya	49.		
25.	1200350	Neha Saiba	50.		

Teacher-in-charge
 BIRPARA COLLEGE
 Birpara, Alipurduar

AUTHENTICATED

PRINCIPAL
 BIRPARA COLLEGE
 BIRPARA, ALIPURDUAR