

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

WORKSHOP ON "THE LIFE SKILLS TOOLBOX: YOGA, FITNESS, AND HEALTHY LIVING"

Date of Event: 04th March 2022

Place: Birpara College

Expert: Tabiul Islam, Department of Physical Education, Birpara College

Number of Participants: 19 Students

1. Objective of the Workshop

The workshop aimed to equip students with essential life skills related to yoga, fitness, and healthy living practices. It focused on enhancing students' overall well-being through physical fitness techniques, mindful yoga practices, and promoting a balanced lifestyle.

2. Details of the Session

The session was conducted by Mr. Tabiul Islam, a seasoned expert from the Department of Physical Education, who guided the participants through the following key areas:

- **Introduction to Yoga:** Participants were introduced to the foundational aspects of yoga, including posture, breathwork, and meditation. The emphasis was on mindfulness and stress management through simple yet effective yoga practices.
- **Fitness Training:** Mr. Islam demonstrated a series of physical exercises aimed at improving overall fitness, flexibility, strength, and stamina. The session included both warm-up routines and strength-building exercises.

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

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- **Healthy Living Practices:** A discussion on the importance of maintaining a balanced diet, hydration, and sleep was conducted. Mr. Islam also emphasized the role of mental well-being in achieving a holistic healthy lifestyle.
- **Interactive Q&A:** Students were encouraged to ask questions related to their own fitness goals and challenges, with practical tips provided by the expert.

3. Key Takeaways for Students

- **Physical Health:** Students learned about the importance of regular physical activity and how various fitness routines can be integrated into daily life to improve overall health.
- **Mental Well-Being:** The yoga and meditation practices highlighted the importance of mental clarity, focus, and stress relief.
- **Lifestyle Management:** Participants gained insights into maintaining a balanced and healthy lifestyle, including proper nutrition and the significance of consistent sleep schedules.

4. Conclusion

The workshop was successfully conducted with active participation from 19 students. Mr. Tabiul Islam provided valuable insights on yoga, fitness, and healthy living that will continue to benefit the participants in their everyday lives. The event fostered greater awareness about the importance of incorporating physical activity and mindfulness into daily routines.

Kanstav Chakraborti
Principal
Birpara College
Birpara, Alipurduar

BIRPARA COLLEGE, BIRPARA, ALIPURDUAR


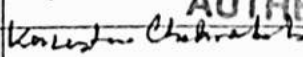
Title of Event: Work shop on "The life Skills Toolbox: Yoga, Fitness and Healthy living"

Date: From 04/05/2022 to - / - / - Time (in hours) _____

Organised by: Department of Physical Education

In collaboration with: IQAC, Birpara College

Attendance Sheet

Sl. No.	Roll No.	Signature	Sl. No.	Roll No.	Signature
1.	1210422	Smit Kujur	26.		
2.	1210493	Aditya nagJinany	27.		
3.	1210553	Sowadib Karjee	28.		
4.	1210605	Amalash Roy	29.		
5.	1210639	Champa Roy	30.		
6.	1210672	Dipika Roy	31.		
7.	1210714	Kunal Karjee	32.		
8.	1210750	Bapi Ray	33.		
9.	1210801	Manjira Ray	34.		
10.	1210905	ASHIS KARJEE	35.		
11.	1200159	Sushanta Roy	36.		
12.	1200159	MOZES ORJON	37.		
13.	1200171	Kazi Farhad Hossain	38.		
14.	1200203	Apurba Roy	39.		
15.	1200249	Mamta natsinany	40.		
16.	1200254	MOON SAIBYA	41.		
17.	1190883	mandu Roy	42.		
18.	1190884	Nayan Roy	43.		
19.	1190894	Francis Orjion	44.		
20.			45.		
21.			46.		
22.			47.		
23.		Teacher-in-charge BIRPARA COLLEGE Birpara, Alipurduar	48.		
24.		 Principal	49.		
25.		PRINCIPAL BIRPARA COLLEGE BIRPARA, ALIPURDUAR	50.		