

Serampore Girls' College

13, T.C. Goswami Street, Serampore, Hooghly – 712201, West Bengal

Re- Accredited by NAAC : Grade B (2nd Cycle)

Email: Serampore_girls_college@yahoo.co.in

www.seramporegirlscollege.org

REPORT ON WORKSHOP ON THE PRESENT SCENARION OF YOGA

Academic Session: 2022-2023

**2 DAYS WORKSHOP on THE PRESENT SCENARION OF YOGA conducted by
Department of Physical Education, Serampore Girls' College**

a. Name of Workshop: THE PRESENT SCENARION OF YOGA

b. Venue: Room no: Office Block and SB 22, Serampore Girls' College, Serampore

b. Course Objective:

- Create job opportunity for students
- Know about benefits of yoga
- Know about higher studies in YOGA

c. Admission fees: FREE

d. Date: 28-29 April 2023 (Time: 7:30 am to 10:00 am)

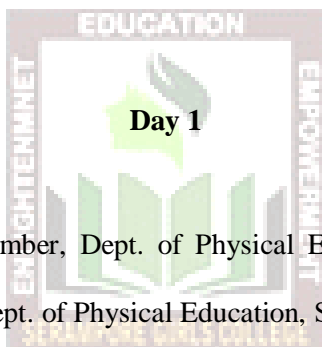
e. Duration: 2 days

f. Enrolled number of students: 48

g. Name of Resource Person:

(a) Sayanti Banerjee (Faculty Member, Dept. of Physical Education, Serampore Girls' College, Serampore)

(b) Taniya Nag (Faculty Member, Dept. of Physical Education, Serampore Girls' College, Serampore)



Demonstrator:

Ms. Sangita Das (Ex-Student of Serampore Girls' College, Serampore), Diploma in Yoga, World Yoga Society, Golpark, Kolkata

Ms. Susmita Nath, (Ex-Student of Serampore Girls' College, Serampore), B.P.ED (Pursuing), State Institute of Physical Education for Women, Hasting House, Kolkata & Participating in Khelo India as Yoga Player & All India Inter University Yoga Player

Day 2

Nam of Resource Persons:

Dr. Malay Kumar Mukhopadhyay, Assistant Professor, Post Graduate Institute for Physical Education, Banipur, N. 24 Parganas & Officer on Special Duty Education Directorate, DoH, Govt. of West Bengal

Demonstrator:

Ms. Sangita Das (Ex-Student of Serampore Girls' College, Serampore), Diploma in Yoga, World Yoga Society, Golpark, Kolkata

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Ms. Susmita Nath, (Ex-Student of Serampore Girls' College, Serampore), B.P.ED (Pursuing), State Institute of Physical Education for Women, Hasting House, Kolkata & Participating in Khelo India as Yoga Player & All India Inter University Yoga Player

j. Course Outcome:

- They learn how to different aspects of Yoga practices and its benefit from this workshop.
- They learn future opportunities on Yoga in Higher Education and Job prospects.
- They also learn different sources of competition regarding Govt. as well as non- Govt. organization.
- From this workshop they know how to earn money by teaching and practicing.

Principal

Coordinator, Serampore Girls' College

