

NAME OF THE EVENT- FITNESS PROGRAM

ORGANISED BY- THE NATIONAL SERVICE SCHEME, SHRI SHIKSHAYATAN COLLEGE IN COLLABORATION WITH THE STUDENTS' COUNCIL, SHRI SHIKSHAYATAN COLLEGE.

DATE – FEBRUARY 5-11, 2025

VENUE – SHRI SHIKSHAYATAN COLLEGE

NUMBER OF PARTICIPANTS – 38

STUDENTS – 38 (ALL STREAMS)

TEACHERS – 4

RESOURCE PERSON- SUDIPTA GHOSH

DESCRIPTION

A yoga session was conducted by the National Service Scheme in collaboration with the Students' Council, Shri Shikshayatan College as a part of an initiative to promote holistic well-being among students. The session aimed to enhance physical fitness, mental clarity, and emotional balance, aligning with the principles of holistic development. The main objectives were to introduce students to the benefits of yoga for physical and mental health, to manage stress and improve concentration and to encourage mindfulness and overall well-being.

OUTCOME

The yoga session proved to be a valuable experience, contributing to students' holistic development by nurturing their physical, mental, and emotional well-being.



2025/02/05 12:49

Kolkata, West Bengal, India

11, Lord Sinha Road, Elgin, Kolkata, West Bengal 700071, India

Lat 22.543086 Long 88.349435



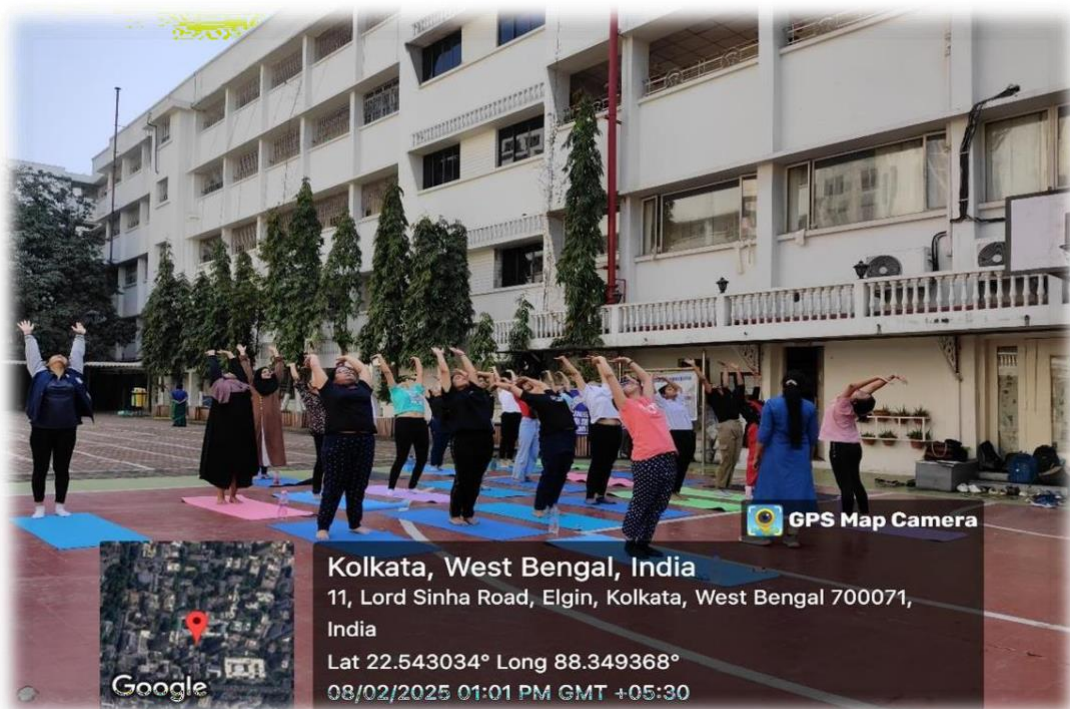
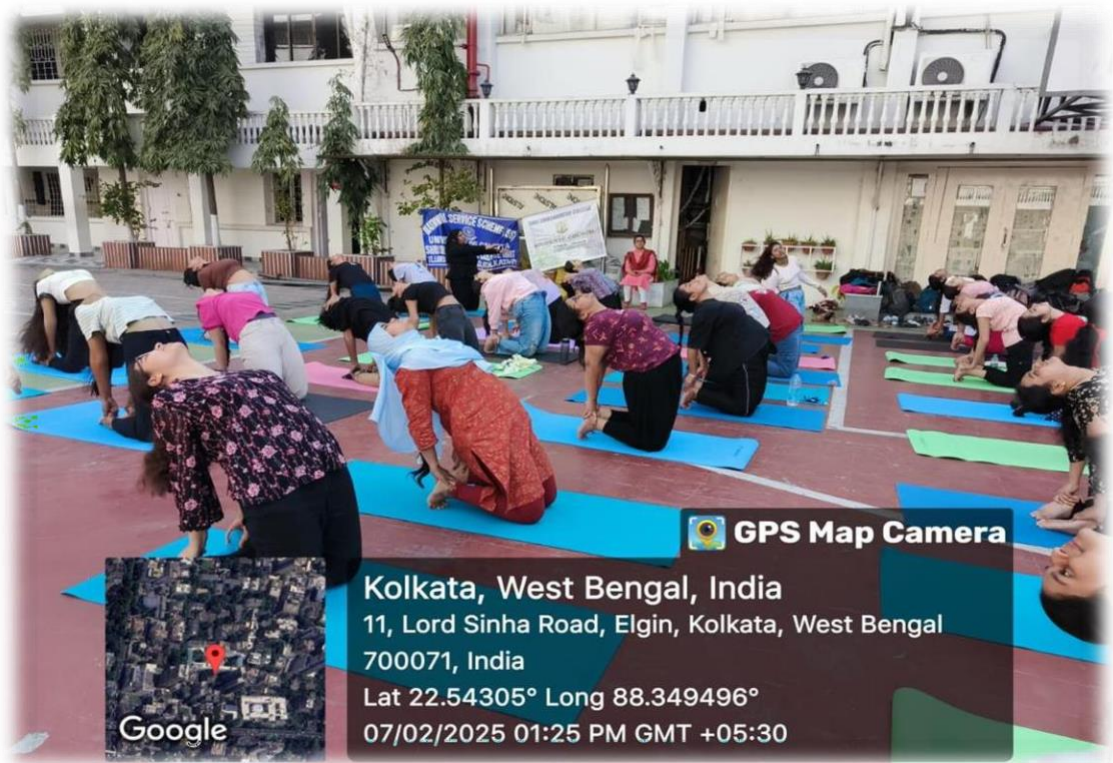
GPS Map Camera

Kolkata, West Bengal, India

11, Lord Sinha Road, Elgin, Kolkata, West Bengal 700071, India

Lat 22.543148° Long 88.349392°

06/02/2025 01:32 PM GMT +05:30





Kolkata, West Bengal, India

11, Lord Sinha Road, Elgin, Kolkata, West Bengal
700071, India

Lat 22.543017° Long 88.349375°

10/02/2025 02:20 PM GMT +05:30

Google



GPS Map Camera



Kolkata, West Bengal, India

11, Lord Sinha Road, Elgin, Kolkata, West Bengal
700071, India

Lat 22.543134° Long 88.349503°

11/02/2025 03:07 PM GMT +05:30

Google



GPS Map Camera

Yoga Session Day-1

FITNESS
PROGRAM

5/2/25

<u>Name</u>	<u>Department</u>	<u>Signature</u>
① Priisha Roy	BA Sociology (H)	Priisha Roy
② Anwesha Chakraborty	BA JMC	Anwesha Chakraborty
③ Sampurna Das	BA. English	Sampurna Das.
④ Khushi Modi	B.Sc. Botany (H)	Khushi Modi
⑤ Aishwarye Dey Sarkar	BA English	Aishwarye Dey Sarkar
⑥ Nabarita Mondal	BA JMC	Nabarita Mondal
⑦ Sumran Shaw	B.Com Hons.	Sumran Shaw
⑧ Kanak Mishra	B.Com Hons (Eve)	Kanak Mishra
⑨ Sakshi Agarwal	B.Com Hons (Eve)	Sakshi Agarwal
⑩ Hamna Tayyeb	B.A Education	Hamna Tayyeb.
⑪ Shania Alam	B.A. Education (Hons)	Shania
⑫ Sanku Rikha	B.A JMC (Hons)	Sanku Rikha.
⑬ Keyana Mondal	B.A JMC (Hons)	Keyana Mondal
⑭ Soral Shaw	B.A JMC (Hons)	Soral Shaw.
⑮ Sushmita Kumari Saha	B.Com (H) (M) Sem 3	Sushmita
⑯ Harshika Jaiswal	B.Com (H) (M) Sem 3	Harshika.
⑰ Prananya Agarwal	BBA (H)	Prananya.
⑱ Aditi Agarwal	B.Com (H) (M) Sem 3	Aditi
⑲ Adiba Khan	B.Com (H) (M) Sem-5	Adiba
⑳ Mehreen Nesa	B.Sc (Hons) Sem-3	Mehreen Nesa
㉑ Shwasti Bheda	B.A Political Science Sem-3	Shwasti Bheda
㉒ Rajashree Adhikari	BA Eco- Sem 3	Rajashree

6/2/25

<u>Name</u>	<u>Department</u>	<u>Signature</u>
1) Simran Shaw	B. Com (H) Morning	Simran Shaw
2) Darakhshan Anjum	B. Com (H) Morning	Darakhshan
3) Divisti Shaw	B. Com (H) Morning	Divisti
4) Gurn Agarwal	B. Com (H) Morning	Gurn
5) Nandani Agarwal	B. Com (H) Morning	Nandani
6) Sarechi Agarwal	B. Com (H) (Even)	Sarechi Agarwal
7) Khushi Modi	B. Sc. Botany (H)	Khushi Modi
8) Saba Sohini Datta Roy	B. A. English (H)	S. Roy
9) Poushali Mitra	B. A. JMC (H)	Poushali Mitra
10) Priha Roy	B. A. Sociology (H)	Priha Roy
11) Roshni Arora	B. Com (M)	Roshni Arora
12) Iestika Banerjee	B. A. Pol. Sc.	I. Banerjee
13) Shreya Das	B. Com (H) (M)	Shreya Das
14) Yashika Shuman	B. Com (H) (M)	Yashika. V. Shuman
15) Sneha Singh	B. Com (H) (M)	Sneha Singh
16) Sheikh Mahamukh Zaman	B. Sc. Botany	S. Zaman
17) Shobha Purohit	B. Sc. Math (h)	Shobha Purohit
18) Sunanda Sil	BBA (Hons)	Sunanda Sil
19) Kanak Mishra	B. Com (Even)	Kanak Mishra
20) Riya Prasad	B. Com (M)	Riya Prasad
21) Survi Chettri	B. Com (H)	Survi Chettri
22) Samiyah Faizua	B. Com (H) (M)	Samiyah Faizua
23) Pranavya Aggarwal	BBA (H)	Pranavya
24) Ratiya	B. Com (H) (M)	Ratiya

Name	Department
1) Rashmi Arora	B.Com (H) Morning
2) Divisti Shaw	B.Com (H) Morning
3) Gun Agarwal	B.Com (H) Morning
4) Khushi Modi	B.Sc. Botany (H)
5) Khushi Baxi	B.Com (H) (M)
6) Titus Handa	B.Sc. (Hons) Hons
7) Mohini Tiwari	B.A. (JMC) Hons
8) Keyel Maity	B.A. (JMC) Hons
9) Sayani Goswami	B.A. (JMC) (H)
10) Sanskriti Jaiswal	B.Com (H) Morning
11) Mehru Nesa	B.Sc. (HDC)
12) Nandini Agarwal	B.Com (H) Morning
13) Samiyah Faizma	B.Com (H) Morning
14) Sheikh Maharukh Zaman	B.Sc. Bot (H)
15) Payal Chaudhary	B.Com (H)
16) Rama Agarwal	B.Com (H)
17) Priti Ghosh	B.Com (H)
18) Darakhshan Anjum	B.Com (H)
19) Kainat Rafique	B.Com (H)
20) Simran Shaw	B.Com (H)
21) Prananya Agrawal	B.A. (H)
22) Soucechi Agarwal	B.Com (H) (E)
23) Kanak Mishra	B.Com (H) (E)
24) Hamna Tayyeb	B.A. (Education)
25) Anvita Shaw	B.Com (H) (E)
26) Anvita Shaw	B.Com (H) (E)

Sign 7/2/25

Rashmi Arora.

Shaw.

Gun Agarwal.

Khushi Modi

Khushi Baxi.

Titus.

Mohini

Keyel Maity

Sanskriti Jaiswal

Mehru Nesa

Nandini

Samiyah Faizma.

Sheikh

Payal Chaudhary

Rama Agarwal

Priti Ghosh

Darakhshan.

Kainat.

Simran

Prananya

Soucechi Agarwal

Kanak Mishra

Hamna

Anvita

Anvita

Name	Dept
1) Roshni Arora	Bcom (H) Morning
2) Sahobha Parohit	BSc Math (H)
3) Nandani Agarwal	Bcom (H) Morning
4) Gun Agarwal	Bcom (H) Morning
5) Divyesh Shaw	Bcom (H) Morning
6) Sayani Goswami	B.A. JMC (H)
7) Koyel Maity	B.A. JMC (H)
8) Darakhshan Arjun	B.Com (H) Morning
9) Kairat Rafigue	Bcom (H) (M)
10) Simran Shaw	Bcom (H) (M)
11) Prananya agrawal	BA (H) (M)
12) Rajashree sathi Kori	Eco (H)
13) Anvita Shaw	Bcom (H) (M)
14) Prisha Roy	BA sociology (H)
15) Poushali Mitra	BA JMC (H)
16) Mohini Tiwari	BA JMC (H)
17) Onizah Shaukat	BA Hist (H)
18) Khushi Modi	B.Sc. Botany (H)
19) Sakshi Agarwal	Bcom (H) (Eve)
20) Kanak Mishra	Bcom (H) (Eve)
21) Nabanita Mondal	BA. JMC (H)
22) Anwesha Chakraborty	BA. JMC (H)
23) Khushi Bansi	Bcom (H) (M)
24) Harshika Jaiswal	Bcom (H) (M)
25) Anvika Singh	B.Sc. Chem (H)

Sign 8/2/25

Roshni Arora
 Sahobha Parohit
 Nandani Agarwal
 Gun Agarwal
 Divyesh
 Sayani
 Koyel
 Darakhshan
 Kairat
 Simran
 Prananya
 Rajashree
 Anvita
 Prisha Roy
 Poushali Mitra
 Mohini
 Onizah Shaukat
 Khushi Modi
 Sakshi Agarwal
 Kanak Mishra
 Nabanita Mondal
 Anwesha Chakraborty
 Khushi Bansi
 Harshika Jaiswal
 Anvika Singh

name	dept	Sign	10/1/2
1) Rashmi Arora	B.Com(H) Morning	Rashmi Arora	
2) Shobha Porohit	B.Sc Math (H)	Shobha Porohit	
3) Dipanjana Ghatak	B.Com(H) Morning	Dipanjana Ghatak	
4) Divyati Shaw	B.Com(H) Morning	Divyati Shaw	
5) Nandani Aggarwal	B.Com(H) Morning	Nandani Aggarwal	
6) Gun Aggarwal	B.Com(H) (Morning)	Gun Aggarwal	
7) Khushi Modi	B.Sc. Botany (H)	Khushi Modi	
8) Kainat Rafique	B.Com (H) (M)	Kainat	
9) Darakhshan Anjum	B.Com (H) (M)	Darakhshan Anjum	
10) Sheikh Mahamul Zaman	B.Sc. (Botany) (H)	Sheikh Mahamul Zaman	
11) Onizah Shaukat	BA (Hist) (H)	Onizah Shaukat	
12) Simran Shaw	B.Com(H) (M)	Simran Shaw	
13) Pranshya Agrawal	BBA (H)	Pranshya	
14) Mohini Tiwari	B.A (JMC) (H)	Mohini	
15) Ireshika Banerjee	B.A. Pol. Sc (H)	I. Banerjee	
16) Anwesha Chakraborty	BA JMC (H)	A. Chakraborty	
17) Nabanita Mondal	BA. JMC (H)	Nabanita Mondal	
18) Sakshi Aggarwal	B.Com(H) [Eve]	Sakshi Aggarwal	
19) Kanak Mishra	B.Com(H) [Eve]	Kanak Mishra	
20) Hamna Tayyeb	B.A (Education)	Hamna	
21) Khushi Basu	B.Com H (M)	Khushi Basu	
22) Afifa Zafar	B.Com H (M)	Afifa Zafar	
23) Prisha Roy	BA Sociology (H)	Prisha Roy	
24) Melvin Nasa	B.Sc HDE	Melvin Nasa	
25) Azeeba Sagar	B.Sc Chem	Azeeba Sagar	
26) Shristi Bhatt	BA Pol (H)	Shristi Bhatt	

11/2/25

Name	Dept	Sign
1) Roshni Anora	B.Com(H) Morning	Ros RB
2) Shobha Pusohil	B.Sc Math(H)	SP
3) Adiba Khan	B.Com(H) Morning	Adiba
4) Mohini Tiwari	B.A. JMC (H)	Mohini
5) Poushali Mitra	B.A. JMC (H)	Poushali Mitra
6) Sayani Goswami	B.A. JMC (H)	SP
7) Koyel Maity	B.A. JMC (H)	Koyel Maity
8) Kainat Rafique	B.Com (M) (H)	Kainat
9) Harshika Jaiswal	B.Com (M) (H)	Harshika Jaiswal.
10) Darakhshan Anjum	B.Com (M) (H)	Darakhshan
11) Sakshi Agarwal	B.Com (H) [eve]	Sakshi Sakshi Agarwal
12) Kanak Mishra	B.Com (H) [eve]	Kanak Mishra
13) Simran Shaw (NSS)	B.Com(H) (M)	Simran (NSS)
14) Divyati Shaw	B.Com(H) (M)	Divyati
15) Sanskriti Jaiswal (NSS)	B.Com (H) (M)	Sanskriti Jaiswal. (NSS)
16) Rashmi Kothari	BA Pol Sci.	Rashmi Kothari
17) Sheikh Mahamul H Zaman (NSS)	B.Sc Botany (H)	Sheikh (NSS)
18) Aneeka Saini (NSS)	B.Sc Chem (H)	Aneeka (NSS)
19) Shania Alam	B.A Edu. (H)	Shania (NSS)
20) Hamna Tayyeb (NSS)	B.A. Edu (H)	Hamna (NSS)
21) Anwesha Chakraborty	BA JMC	Anwesha Chakraborty
22) Nabanta Mondal	B.A. JMC	Nabanta Mondal.
23) Mehruin Nesa	B.Sc (HDC)	Mehruin Nesa

