



**Khatra Adibasi Mahavidyalaya**  
**Bankura University**  
**Department of Physical Education**

**LIST OF ACADEMIC ACTIVITIES (2022-2023)**

SL NO.	NAME OF THE ACTIVITIES
1	STUDENT FEEDBACK
2	Psychological Basis of Physical Education under MoU with Seva Bharati Mahavidyalaya <i>(Faculty Exchange Program)</i>
3	INTER NATIONAL YOGA DAY (21 JUNE)
4	NATIONAL SPORTS DAY (29 <sup>th</sup> AUGUST)
5	LEADERSHIP CAMP (28 <sup>th</sup> TO 30 <sup>th</sup> DECEMBER)



# 1. STUDENT FEEDBACK

STUDENT FEEDBACK ON MENTORSHIP | July 2022 - June 2023


NAME OF THE MENTOR: TITHI ROY

DESIGNATION: ASSISTANT PROFESSOR

DEPARTMENT: PHYSICAL EDUCATION

Sl.	Student Name & Semester	He/She is expert in his/her fields of study. (10)	He/She is enthusiastic and always motivates us. (10)	He/She shows respect to all (10)	He/She Meets us frequently (10)	He/She possesses great adaptability (10)	He/She encourages to value learning (10)	He/She is supportive & tries to solve our problems. (10)	He/She is responsive to our needs. (10)	He/She is an active learner also. (10)	He/She is helpful in achieving anyone's goal. (10)	Total /100	Initial/Signature of Student (with Phone Number)
1	RANI DUTTA	10	10	10	10	10	10	10	10	10	10	100	Rani Dutta 8972357949
2	SNANTU MUKHERJEE	9	10	10	10	9	10	9	9	9	10	95	Snantu Mukherjee 7076373721

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 Coordinator  
 IQAC  
 Khatra Adibasi Mahavidyalaya  
 Khatra - Bankura



## **2. Psychological Basis of Physical Education under MoU with Seva Bharati Mahavidyalaya**

### **Report**

**(Faculty Exchange Program) Date:** 18<sup>th</sup> May 2023

**Organized by:** Khatra Adibasi Mahavidyalaya in Collaboration with Seva Bharati

Mahavidyalaya

**Topic of Lecture:** "Psychological Basis of Physical Education" by Dr. Mritunjoy Das, Asstt. Prof. Department of Physical Education, Seva Bharati Mahavidyalaya.

**Speaker:** Dr. Mritunjoy Das, Assistant Professor in the Department of Physical Education, Seva Bharati Mahavidyalaya.

**Participation:** Students: 35, Teacher: 3

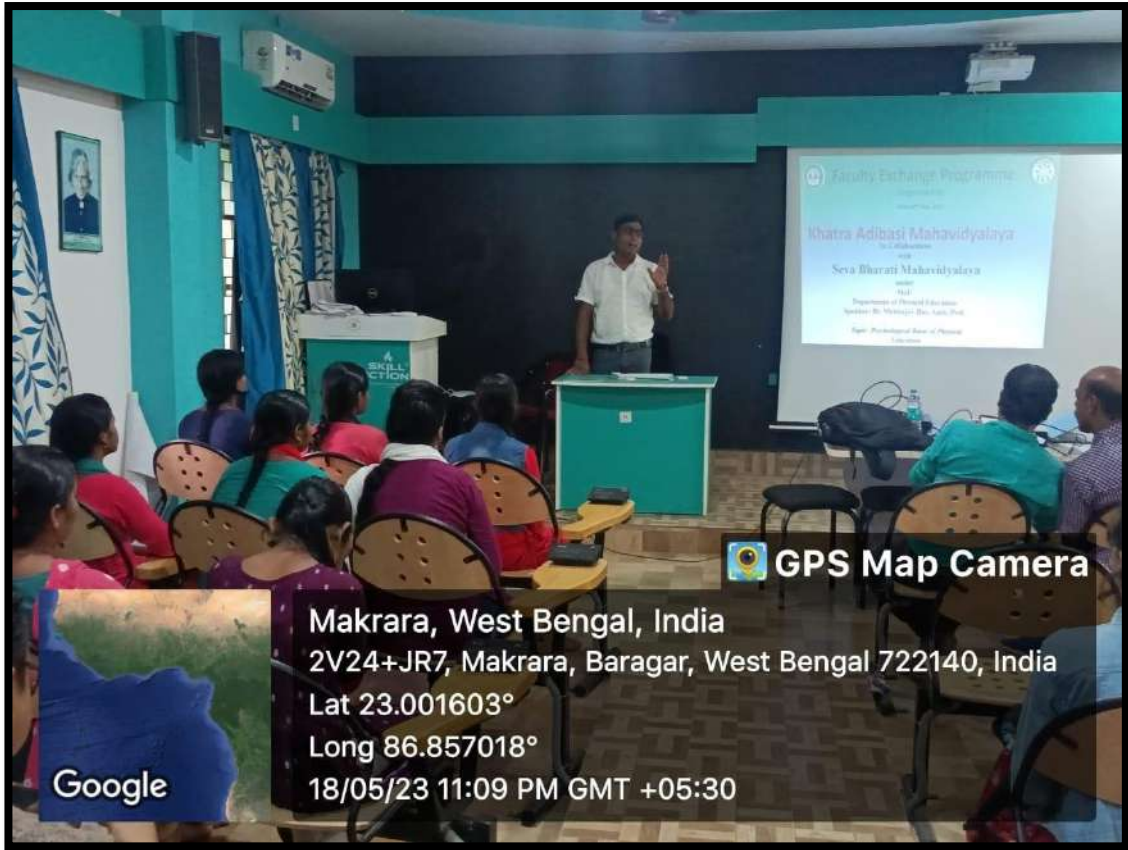
### **Introduction:**

On the 18th of May 2023, Khatra Adibasi Mahavidyalaya successfully conducted a Faculty Exchange Program as part of the Memorandum of Understanding (MoU) with Seva Bharati Mahavidyalaya. The program aimed to foster academic collaboration, share expertise, and enhance the overall academic environment of both institutions.

**Keynote Lecture** - "Psychological Basis of Physical Education" by Dr. Mritunjoy Das: The highlight of the event was the lecture by Dr. Das delved into the psychological aspects of physical education, exploring the impact of mental well-being on physical performance and



overall health. His insightful presentation engaged the audience and sparked valuable discussions.



**Interactive Session:** Following the lecture, an interactive session allowed participants to ask questions and share their perspectives. The exchange of ideas between faculty members from both institutions contributed to a rich academic discourse.

**Campus Tour and Networking:** The program included a campus tour, enabling faculty members to familiarize themselves with the facilities and resources of the host institution. Informal networking sessions were organized, fostering relationships and potential future collaborations.

**Conclusion:**

The Faculty Exchange Program between Khatra Adibasi Mahavidyalaya and Seva Bharati Mahavidyalaya was a resounding success, aligning with the spirit of the MoU. The event not only facilitated the exchange of knowledge but also strengthened the bonds between the two institutions. It is anticipated that such collaborative efforts will continue to enhance the academic landscape for both faculty and students in the years to come.



## **4. INTER NATIONAL YOGA DAY (21 JUNE)**

### **Report 2022-23 “INTERNATIONAL YOGA DAY”**

International yoga day is celebrated every year on 21 June . The day raises awareness about yoga ,physical activity, sports, and overall health. yoga not only develop a sense of friendliness and team spirit but also help develop physical toughness and mental health. It shapes the body, makes it strong and active. The inauguration program started with the National Anthem followed by welcome address delivered by the H.O.D Physical Education Astt Proff Tithi Roy . Principal Proff Nityananda Patra gave a brief speech about the International yoga day. The Proff Alok Bhoumik addressed the gathering and said, playing is an incredible way of reducing stress. Astt Professor Kalyan Kanti Dutta also suggested to improve life skills by yoga.



After this motivational speech, delivered by wise dignitaries, students performed yoga asanas in a united way followed by some other minor games.



The college lays emphasis on the overall growth of the students – their physical as well as intellectual development. I hope we could lay a strong foundation of our students and seen them perform well in all the spheres of life”.

*Mithi Roy*  
Head  
Department of Phy. Edn.  
Khatra Adibasi Mahavidyalaya



*Githi Roy*  
Head  
Department of Phy. Edn.  
Khatra Adibasi Mahavidyalaya

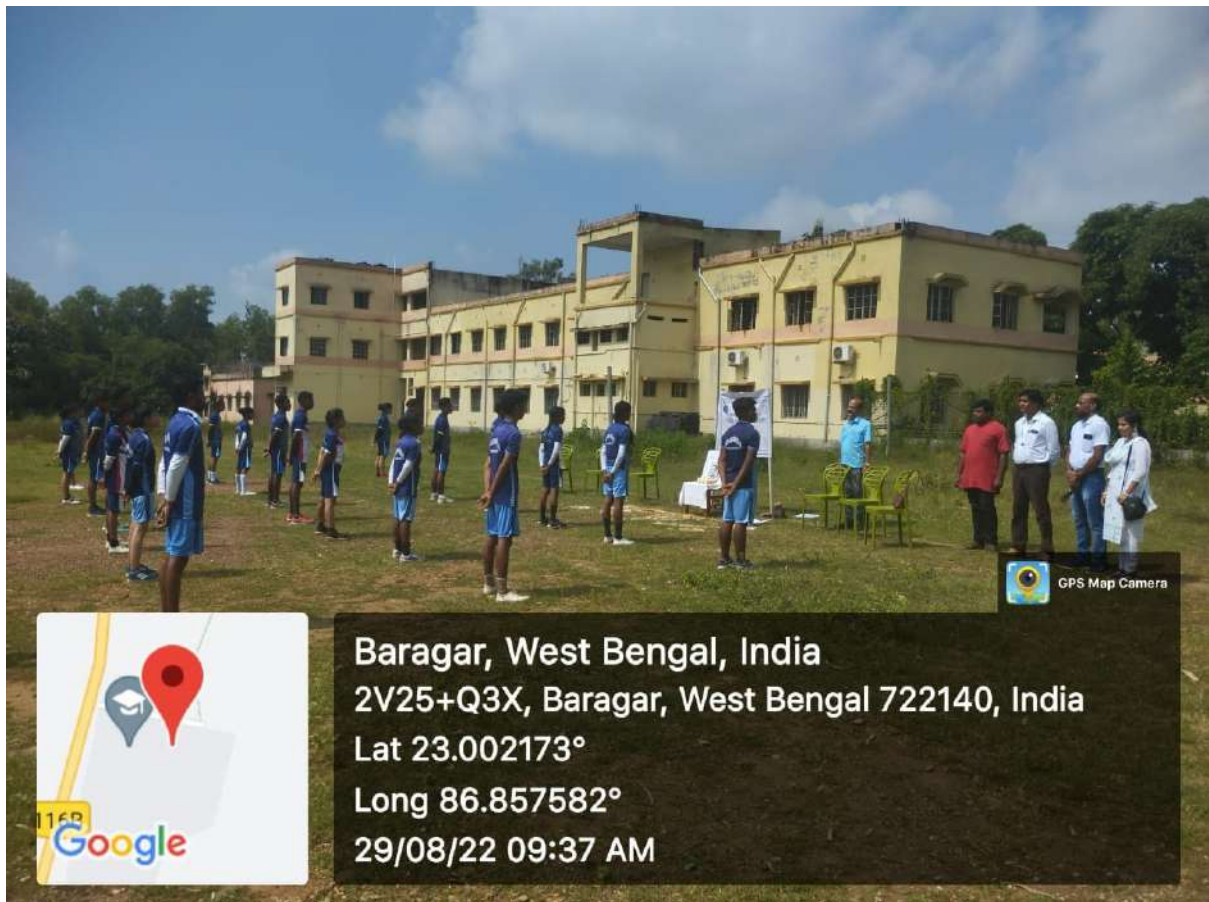
## **5. NATIONAL SPORTS DAY (29<sup>TH</sup> AUGUST)**

### **Report 2022-23**

“The National Sports Day”

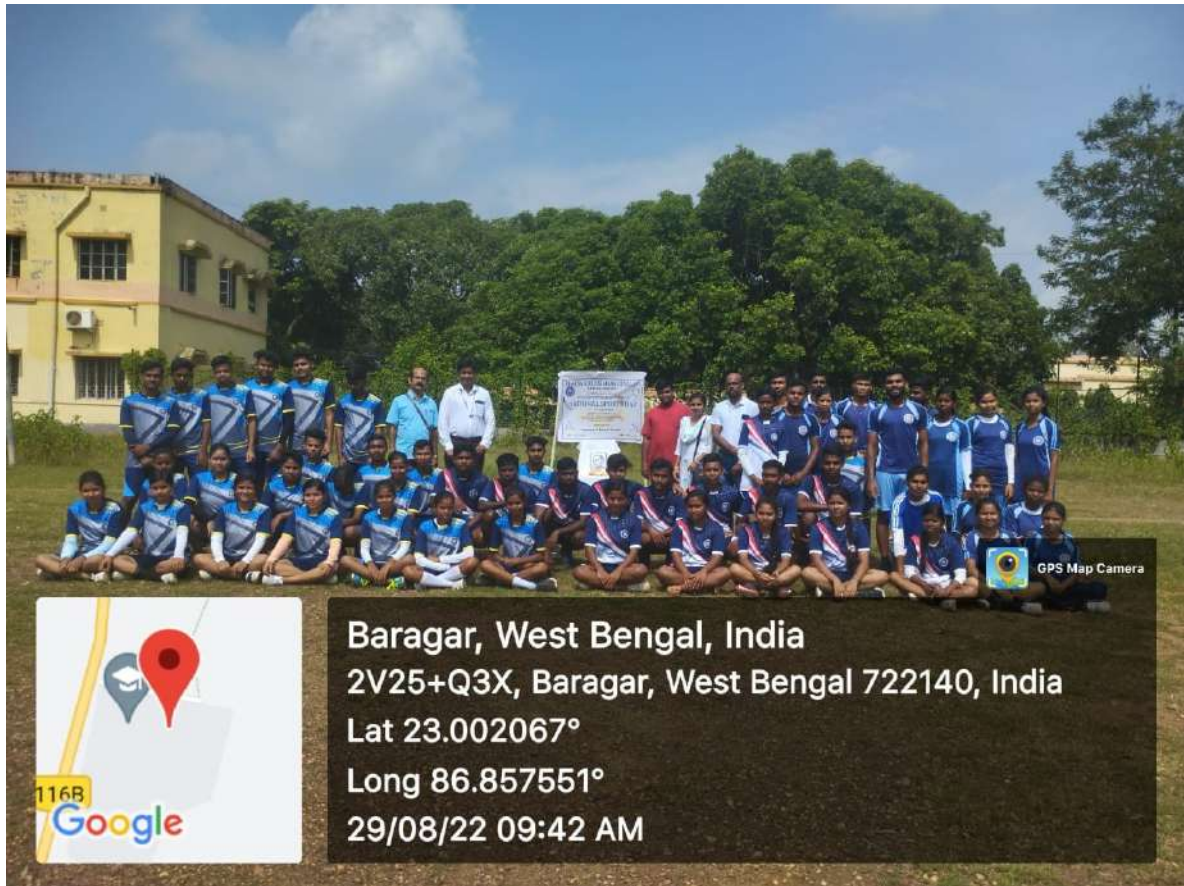
Organized by Department of Physical Education.

National Sports Day is celebrated every year on 29 August to commemorate the birthday of Major Dhyan Chand whose magic with the hockey stick can never be forgotten. The day raises awareness about physical activity, sports, and overall health. Sports not only develop a sense of friendliness and team spirit but also help develop physical toughness and mental health. It shapes the body, makes it strong and active. The inauguration program started with the National Anthem followed by welcome address delivered by the H.O.D Physical Education Asstt Proff Tithi Roy. Principal Proff Nityananda Patra gave a brief speech about the National Sports day. The Proff Alok Bhoumik addressed the gathering and said, playing is an incredible way of reducing stress. Asstt Professor Kalyan Kanti Dutta also suggested to utilize various sports facilities and gym to improve life skills. Asstt Professor Amio satpati expressed his view giving example of major Dhyan Chand and said there is no substitute of hardship to become successful in life.



After this motivational speech, delivered by wise dignitaries, students performed yoga asanas in a united way followed by some other minor games.





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**Khatra Adibasi Mahavidyalaya**  
Leadership Camping Programme



**2022-2023**  
**FOR STUDENT OF SEMESTER -V**  
**AT RANIBANDH HIGH SCHOOL,**  
**RANIBANDH, BANKURA, WESTBENGAL**

*Sitki Roy*  
Head  
Department of Phy. Edn.  
Khatra Adibasi Mahavidyalaya



# Khatra Adibasi Mahavidyalaya

## Leadership Camping Programme



**2022-2023**  
**FOR STUDENT OF SEMESTER -V**  
**AT RANIBANDH HIGH SCHOOL,**  
**RANIBANDH, BANKURA, WESTBENGAL**

# **DEPARTMENT OF** **PHYSICAL EDUCATION**

*KHATRA ADIBASI MAHAVIDYALAYA*



## **LEADERS TRAINING CAMP-2022-2023**

FOR STUDENT OF SEMESTER -V

AT RANIBANDH HIGH SCHOOL, RANIBANDH, BANKURA, WESTBENGAL

*(FROM 28<sup>TH</sup> DECEMBER TO 30<sup>TH</sup> DECEMBER 2022)*

### **CAMPING EDUCATION**

- To learn new skill and attitudes
- To work and worship
- To develop social consciousness and sprit of service
- To natural and human companionship

#### **THROUGH**

#### **CAMPING ACTIVITIES**

Flag hosting ceremony

Prayer

Art and craft

Community singing

Stunts and contests

Camp games

Group discussion

Hiking

Camp fire

Camp song

Cleanliness

Camp are not built around things. They are built around personalities.

## Objectives and Goals

1. To further the welfare of campers and leaders, through camping.
2. To extend the recreational and educational benefits of out of doors living.
3. To give emphasis in camping to leadership and citizenship training in keeping with the principles and traditions of democracy.
4. To give emphasis to spiritual opportunities through camping.
5. To provide opportunities for fellowship among campers, 6. To stimulate high professional standards of camp leadership.
7. To provide for exchange of experiences and successful practices, and for development of materials, standards and other aids for the progress of P Camping.
8. To interpret camping to related groups and to the public.



# PROGRAMME AT CAMP

*(28/12/2022)*

- 10.30 A.M - *Assembly, Attendance, Prayer, Flag Hosting*
- 11 am - 12 am- *Campus Cleaning*
- 12.05pm - 12.30 pm- *Camp Song Practice*
- 12.30 pm - 1.00 pm- *Bathing*
- 1.00 pm - 1.30 pm- *Lunch*
- 1.30 pm - 2.00 pm- *Break*
- 2.00 pm - 3.00 pm *Programme Practice*
- 3.15pm - 4.15 pm - *Game*
- 5.00 pm - 5.30pm- *Tiffin*
- 6.30 pm - 8.30 pm- *Camp Fire*
- 9.00 pm - 9.30 pm- *Dinner*
- 9:30- *Light Off*



# PROGRAMME AT CAMP

(29/12/2022)

- |                     |   |
|---------------------|---|
| ○ 5.30 am-          | <i>Rising Call</i>                                    |
| ○ 6.30am-           | <i>Tea</i>  |
| ○ 7.00 am-          | <i>Assembly, Attendance, Prayer, Flag Hosting.</i>    |
| ○ 7.15 am-          | <i>Conditioning</i>                                   |
| ○ 8.15 am-          | <i>Cleaning up Inspection of camp unit and areas.</i> |
| ○ 9.00 am -         | <i>Break Fast</i>                                     |
| ○ 10.00 am-         | <i>Special Programme (Paper Chasing)</i>              |
| ○ 1.00 pm-1.30pm-   | <i>Lunch</i>  |
| ○ 2.00 pm-3.00 pm   | <i>Programme Practice</i>                             |
| ○ 3.15 pm-4.15 pm - | <i>Game</i>   |
| ○ 5.00 pm-5.30 pm-  | <i>Tiffin</i>   |
| ○ 6.30 pm-8.30 pm-  | <i>Camp fire</i>                                      |
| ○ 9.00 pm 9.30 pm-  | <i>Dinner</i>   |
| ○ 9.30 pm-          | <i>Light Off</i>                                      |



# PROGRAMME AT CAMP

(30/12/2022)

- |                     |   |
|---------------------|---|
| ○ 5:30 am-          | Rising Call                               |
| ○ 6:30 am-          | Tea                                       |
| ○ 7:00 am -7:30 am- | Flag down                                 |
| ○ 7:30 am-8:30 am-  | Campus cleaning                           |
| ○ 8:30 am-9.00 am-  | Evaluation                                |
| ○ 9:00am – 9:30 am- | Packing up                                |
| ○ 9.30am-           | Leave camp site for Ranibandh High School |



## Khatra Adibasi Mahavidyalaya

P.O.-Khatra : Dist. -Bankura : Pin- 722140 : West Bengal

Phone: 03243-299972 / 8900057220 E-mail: kacollege@rediffmail.com / khatraacollege@gmail.com

Website: [www.kamy.ac.in](http://www.kamy.ac.in)

NAAC Accredited B+ (Second Cycle)

Ref. No. KAM/2022-23/1129

Date: 23.12.2022

To  
The Headmaster  
Ranibandh High school  
Ranibandh : Bankura




**Sub :- Permission for organising Camping Programme for the students of Sem. - V  
from 28.12.2022 to 31.12.2022**

Sir,

May I request you to allow Prof. Tithi Roy, Assistant Professor & Prof. Monojit Mondal, SACT-2, Dept. of Physical Education to organise the Camping Programme for the students of Sem. - V from 28.12.2022 to 31.12.2022 at your school premises. I shall be highly obliged if you kindly consider our request and do the needful at the earliest. Your acceptance and acknowledgment in this regard will be highly appreciated.

Thanking you,

  
Principal  
(Dr. Nityananda Patra)  
Khatra Adibasi Mahavidyalaya  
Principal  
Khatra Adibasi Mahavidyalaya  
Khatra, Bankura



# CAMP FIRE LIGHTING CEREMONY

## 1. SPIRIT OF CHARACTER:

*"I am the spirit of Character who is spotless. With my presence in this camp, there shall be purity, Unselfishness, sportsmanship and respect for all in thought, word and deed of all the campers. Their character shall be as pure as the flame of my torch."*

## 2. SPIRIT OF HEALTH:

*"I am the spirit of Health. I shall give strength to the body, mind, and the spirit of the campers. I shall keep them free from all sickness moral, mental and physical. They shall be as powerful as the flame of my torch."*

## 3. DEMOCRACY:

*"I am the spirit of Democracy. I shall prevail over the privileges and duties of the campers. I shall enable them to establish self-Government, self-discipline and self-sacrifice. My torch is the symbol of equality of all human beings like the flames of all kinds of fire."*

## 4. SPIRIT OF FRIENDSHIP:

*"I am the spirit of Friendship. I shall establish understanding, loyalty, co-operation and love amongst all the campers. Their love shall be as bright as the brightness of my torch."*

## 5. SPIRIT OF CITIZENSHIP:

*"I am the spirit of Citizenship. I shall make the campers a happy community. They shall develop patriotism, leadership, fellowship and consideration for others, and above all they shall love God and service to mankind, irrespective of race, caste, colour or creed. They shall feel as the flame of my torch."*

## 6. SPIRIT OF FUN AND HAPPINESS:

*"I am the spirit of Fun and Happiness; I shall be in this camp through rain or sun-shine. I shall replace the hardships and difficulties of camp life. The flame of my torch is like the cheerfulness which overcomes all troubles."*

## 7. ALL THE SPIRITS:

*We put torches to light your campfire (First one leads and all present repeat after him). Let this fire purify our thoughts and action and make us a community united in love for the glory of God, country and mankind."*

# **KHATRA ADIBASI MAHAVIDYALAYA**

## **> STUDENTS NAME**

- |                         |                   |
|-------------------------|-------------------|
| ❖ JAYASHREE PATRA       | ❖ BINOD MUDI      |
| ❖ BAPI MANDAL           | ❖ SAGUN SAREN     |
| ❖ KABITA RAJOWAR        | ❖ CHANDANA MAHATA |
| ❖ ARPITA HALDAR         | ❖ DHANANJAY TUDU  |
| ❖ SONIA BAURI           | ❖ GURUDAS TUDU    |
| ❖ ANNADA MAJHI          | ❖ KHOKAN MAHATA   |
| ❖ UJJAWAL CHATTERJEE    | ❖ KAJAL KAR MODAK |
| ❖ AJOY RANA             | ❖ RIYA MAHATA     |
| ❖ SUPRAKASH AULI        | ❖ SUSANTA BHUIYA  |
| ❖ RABINDRANATH SARDAR   | ❖ SUDIP MAHATA    |
| ❖ PURNIMA SINGHA        | ❖ UJJWAL BAURI    |
| ❖ LAKSHMIPRIYA RAKSHIT  | ❖ RAJIB BAURI     |
| ❖ ANWESHA CHAKRABORTY   | ❖ RAHUL MAHATA    |
| ❖ RABINDRANATH PRAMANIK | ❖ SOVAN MANDAL    |
| ❖ SUDIP LAYEK           | ❖ SAILEN HEMBRAM  |
| ❖ SAGUN HEMBRAM         | ❖ SOUVIK GHOSH    |



**TEACHERS NAME**

- 1. TITHI ROY**
- 2. MONOJIT MONDAL**
- 3. SWARNAVA CHAKRABORTY**



*Tithi Roy*  
Head  
Department of Phy. Edn.  
Khatra Adibasi Mahavidyalaya