



Khatra Adibasi Mahavidyalaya

Khatra, Bankura, West Bengal

Department of Philosophy

Academic Activities

(2020-2021)

Academic activities of the session 2020-2021

Academic activity	Date
Faculty Exchange programme	12/05/2021
International yoga Day	21/06/2021



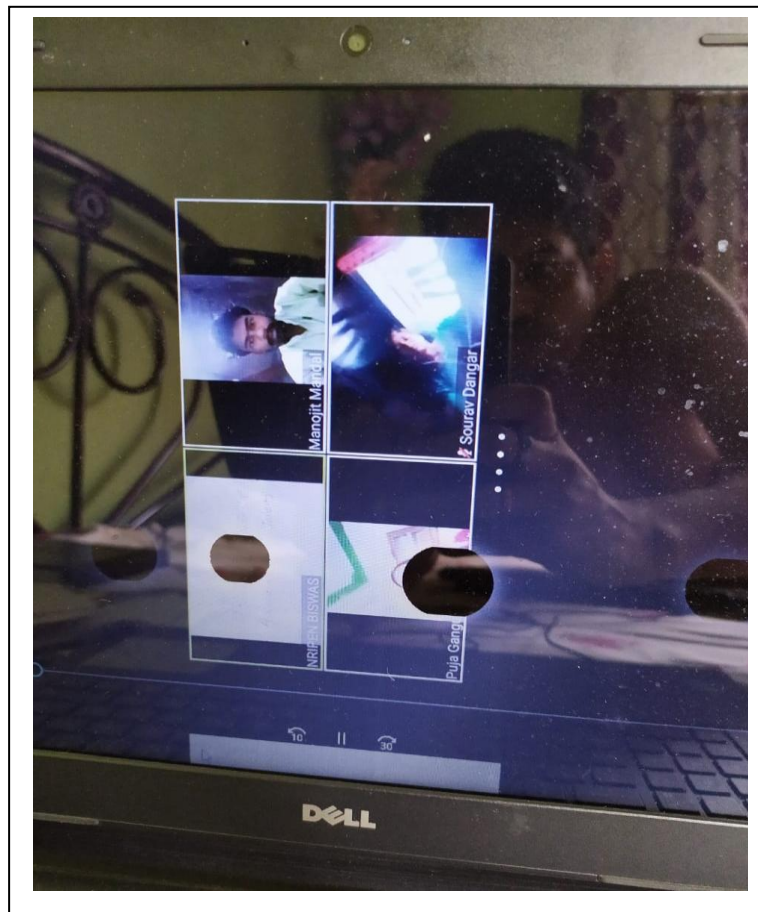
Report on Faculty Exchange Programme

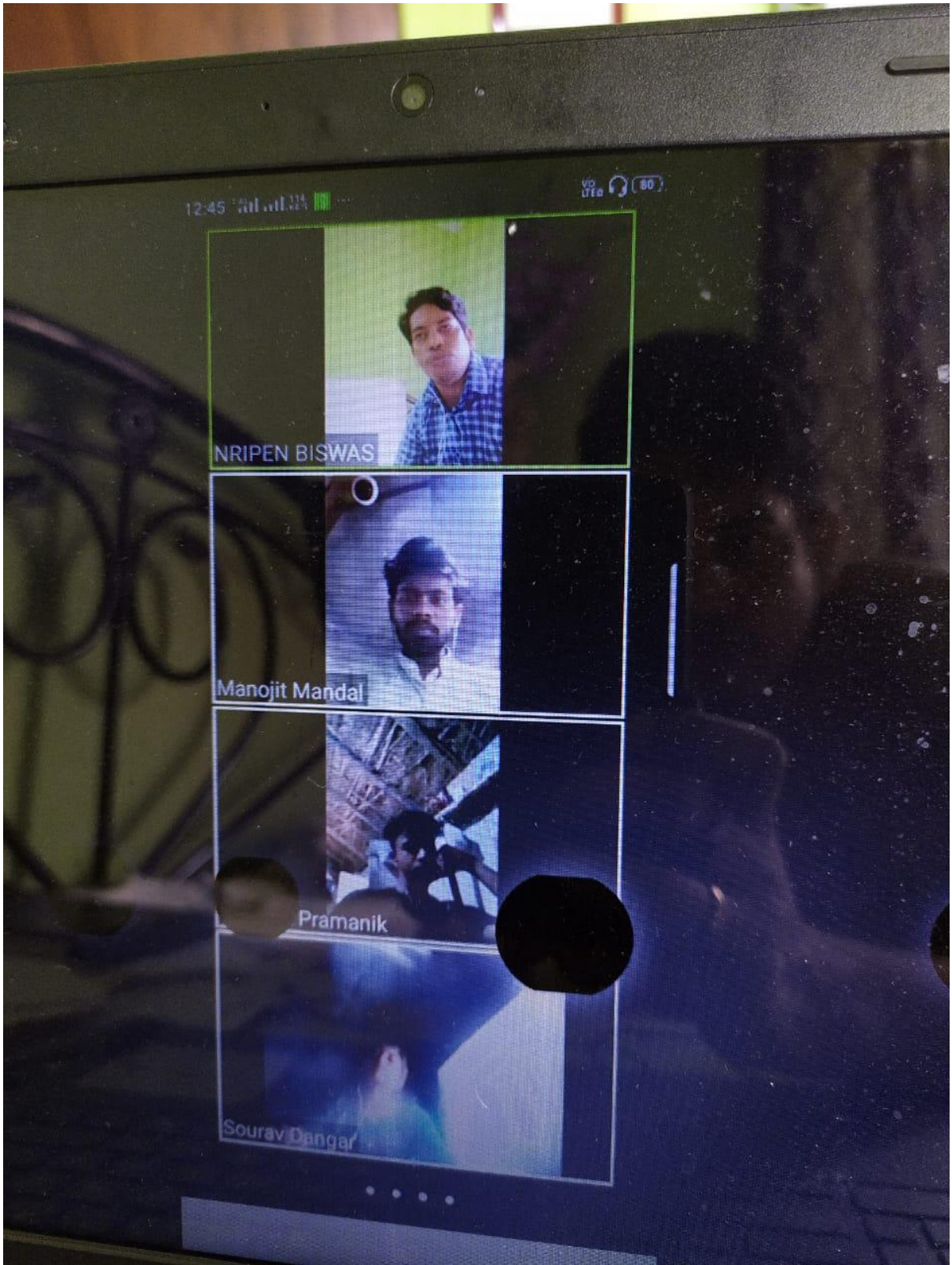
Date-12/05/2021

Department of Philosophy, Khatra Adibasi Mahavidyalaya, Khatra, Bankura, conducted a faculty exchange programme with Department of Philosophy, Gobardanga Hindu College, North 24 Parganas, for the 6th semester students of both colleges. The programme was on 12/05/2021 with 1 (one) hour of both colleges.

The faculty exchange program is a mutual, inter-institutional agreement with the exchange of expertise and services for each other. For the exchange program lecture was arranged by Prof. Chandan Barman, Head of the department of Philosophy, Khatra Adibasi Mahavidyalaya.

Prof. Nripen Biswas, Assistant Professor, Dept. Of Philosophy, Gobardanga Hindu College was started the session on 12 pm on virtual mode. The session was very interesting and interactive with the participation of around 15 Students from the both College. The focus of the lecture was the very popular subject of Practical Ethics i.e. Euthanasia. The one hour session came to an end with more new knowledge for the students and more experience from a new teacher. The session was a great success with more positive reactions from the faculties of both colleges.





REPORT

International Yoga Day Celebration

Organised by
The Department of Philosophy
Khatra Adibasi Mahavidyalaya

Introduction:

The Department of Philosophy Khatra Adibasi Mahavidyalaya celebrated the International Yoga Day on June 21, 2021. In the situation of Covid-19 pandemic, student gathering of this programme was restricted in the college campus, so 50 students of the department were celebrated the day actively and performed various āsana in their home instructed by the respective teacher of the Philosophy Department.

Participants:

Principal, teachers of Philosophy Department and 50 students (29 Female, 21 male) participated in the Yoga Demonstration in their house in the occasion of International Yoga Day Celebration.

Aims and Objectives: -

Yoga is an ancient physical, mental and spiritual practice that originated in India. Today it is practiced in various forms around the world and continues to grow in popularity.

Aims and objectives of the International Yoga Day celebration are following-

- The International Day of Yoga aims to raise awareness among students, teachers of Philosophy Department and other stakeholder of the college of the many benefits of practicing yoga.
- Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions. So, they have to achieve it in their life.
- Yoga embodies unity of mind and body, thought and action ... a holistic approach that is valuable to our health and our well-being. Yoga is not just about exercise; it is a way to discover the sense of oneness with yourself, the world and the nature.

Events: -

The session started with prayer followed by warm-up after which several uplifting āsana, breathing exercises and relaxation techniques were instructed and discuss by telephonic conversation and program teacher also emphasised the relevance of everyday yoga in preventing ailments, strengthening core and keeping oneself calm. Participants also performed 'Surya Namaskar', 'ArdhaChakrasan' 'Dhanurasan', and other various asana performed in their home and part took its enriching benefits.





