



# **Khatra Adibasi Mahavidyalaya**

Khatra, Bankura, West Bengal

**Department of Philosophy**

**Academic Activities**

**(2021-2022)**

## **Academic activities of the session 2021-2022**

<b>Academic activity</b>	<b>Date</b>
<b>National Webinar</b>	<b>21/01/2022 to 22/01/2022</b>
<b>Parent-Teacher Meeting</b>	<b>07/03/2022</b>
<b>International Yoga Day</b>	<b>21/06/2022</b>



Two-Day National Webinar on “Critical Thinking & Philosophizing” on 21<sup>st</sup> – 22<sup>nd</sup> January 2022 organised by Department of Philosophy, Khajuraho Adibasi Mahavidyalaya.

Details of the Seminar in this link: <https://acrobat.adobe.com/id/urn:aaid:sc:AP:305bb932-d90c-490e-a4a5-7b4864041f0d>

খাতড়া আদিবাসী মহাবিদ্যালয়  
খাতড়া, বাঁকুড়া

মাননীয় / মাননীয় অভিভাবক,

এতদ্বারা আপনাকে জানানো যাচ্ছে যে, খাতড়া আদিবাসী মহাবিদ্যালয়ের দর্শন বিভাগের উদ্যোগে আগামী ৭ই মার্চ, ২০২২ সোমবার দুপুর ১ ঘটিকায় শিক্ষক-অভিভাবকদের মধ্যে একটি মিটিংয়ের আয়োজন করা হয়েছে। এই মিটিংয়ে আপনার উপস্থিতি একান্ত কাম্য। সময়ের অভাবে ব্যক্তিগত আমন্ত্রণ পত্র পাঠাতে না পারার জন্য দুঃখিত।

ধন্যবাদান্তে

বিভাগীয় প্রধান

দর্শন বিভাগ



**Khatra Adibasi Mahavidyalaya**  
**Department of philosophy**  
**A Report on Parent-Teacher Meeting**  
**7<sup>th</sup> March 2022**

Department of Philosophy, Khatra Adibasi Mahavidyalaya has organized a parent-teacher meeting on 7<sup>th</sup> March 2022 in room-30 at 1pm. The main purpose of the meeting was to create a common platform, where teacher and parents come together to enrich the student's educational experiences and discuss variety of issues regarding all round development of students.

The meeting was organized under guidance of HOD of the departments of the Philosophy, Prof. Chandan Barman. Parent teacher meeting was started with welcome address and introductory speech by Dr. Nityananda Patra, Principal of Khatra Adibasi Mahavidyalaya. Then all faculty members were introduced to parents. Attendance and results of previous semester were shown to the parents. Students identified as low performers were advised to improve their performance. Parents expressed their happiness towards the quality of education at college as well as the department and praised the college for providing facilities and encouragement for extracurricular and co-curricular activities which helps overall development of an individual.

Meeting concluded with a vote of thanks and refreshment.



## REPORT

### **International Yoga Day Celebration Organised by Department of Philosophy Khatra Adibasi Mahavidyalaya**

#### Introduction:

In recognition of the holistic significance of yoga in the lives of individuals, The Department of Philosophy, Khatra Adibasi Mahavidyalaya collaboration with Physical Education and NSS Unit-I, II & III was celebrated the International Yoga Day on June 21, 2022.

#### Participants:

Principal, teachers of Philosophy Department, 3 NSS Programme officers, total participant 135 within 89 NSS volunteers (49 Female, 40 male) participated in the Yoga session in the occasion of International Yoga Day Celebration.

#### Aims and Objectives: -

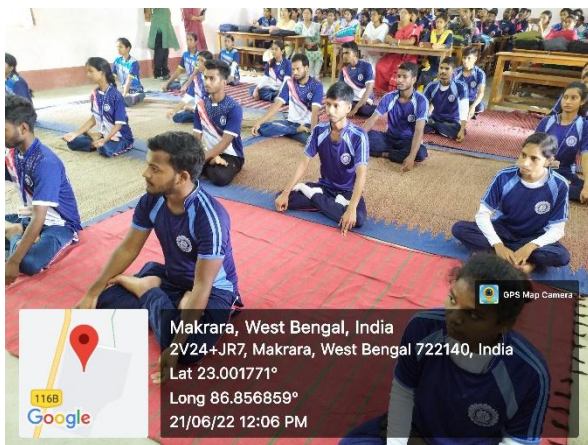
Yoga is an ancient physical, mental and spiritual practice that originated in India. Today it is practiced in various forms around the world and continues to grow in popularity.

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

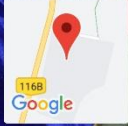
- The International Day of Yoga aims to raise awareness among students, NSS volunteers and other stakeholder of the college of the many benefits of practicing yoga.
- Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions. So, 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: -

Their session started with prayer followed by warm-up after which several uplifting āsana, breathing exercises and relaxation techniques were instructed and discuss by Swami Jitendriyanandaji, Maharaj, Bharat Sewashram Sangha and Swami Pranabanandavidyapith. NSS programme officers also emphasized 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 partook its enriching benefits.

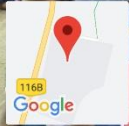








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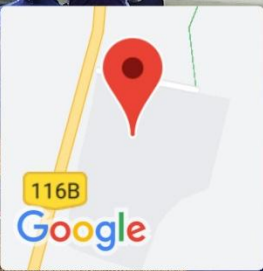


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