



Khatra Adibasi Mahavidyalaya
Bankura University
Department of Physical Education

LIST OF ACADEMIC ACTIVITIES (2023-2024)

SL NO.	NAME OF THE ACTIVITIES
1	STUDENT FEEDBACK
2	INTER NATIONAL YOGA DAY (21 JUNE)
3	LEADERSHIP CAMP (27 th TO 30 th DECEMBER)



1. STUDENT FEEDBACK

STUDENT FEEDBACK ON MENTORSHIP [July 20 2023- June 20 24]

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	Ila Mahata	10	10	10	10	10	10	10	10	10	10	100	Ila Mahata 7319354153
2	Priya Bhuniga	9	10	9	10	9	10	9	10	9	10	95	Priya Bhuniga 7864031449
3	Sansita mahata	10	9	10	9	10	9	10	9	10	9	95	Sansita mahata 9064828508
4	Boushiki Mahata	10	10	10	10	10	10	10	10	10	10	100	Boushiki Mahata 8101892188
5	Priyanka Dutta	9	9	10	10	9	9	10	9	10	10	95	Priyanka Dutta 7863957468

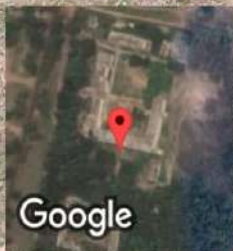
[Signature]
GOVERNOR
IQAC
Khatra Adibasi Mahavidyalaya



4. INTER NATIONAL YOGA DAY (21 JUNE)

Report 2023-24 “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 Akinchan Paul also suggested to improve life skills by yoga.



Makrara, West Bengal, India
2V24+JR7, Khatra Adibasi Mahavidyalaya, Baragar, West Bengal 722140, India
Lat 23.001743°
Long 86.856793°
21/06/24 08:57 AM GMT +05:30

 **GPS Map Camera**



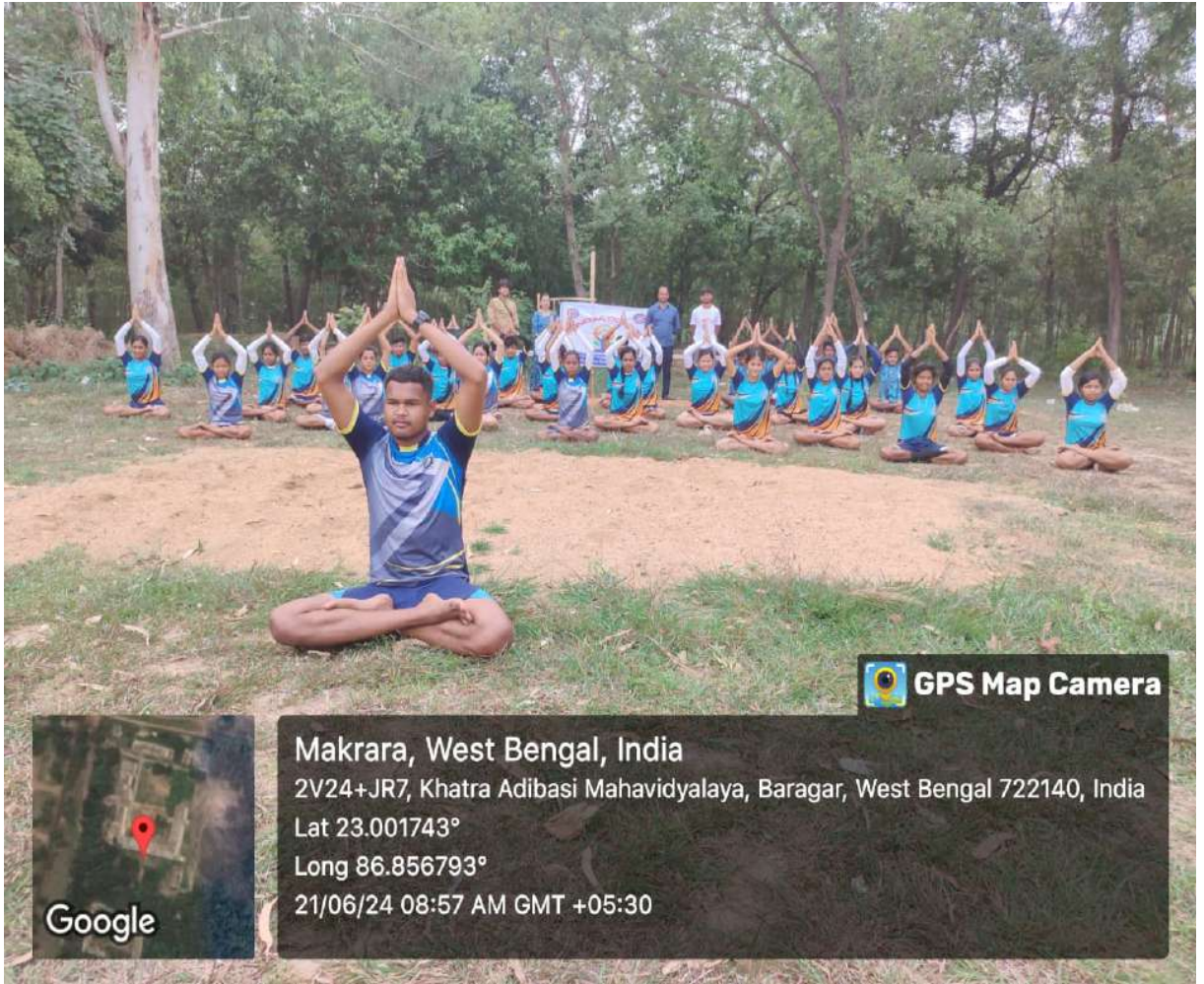
After this motivational speech, delivered by wise dignitaries, students performed yoga asanas in a united way followed by some other minor games.



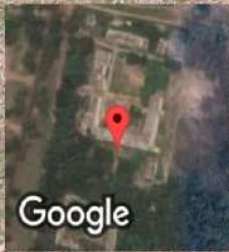


The college lays emphasis on the overall growth of the students – their physical as well as intellectual development. I hope we could lay a strong foundation of our students and seen them perform well in all the spheres of life”.

Nithi Roy
Head
Department of Phy. Edn.
Khatra Adibasi Mahavidyalaya



 **GPS Map Camera**



Google

Makrara, West Bengal, India

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Yitki Roy
Head
Department of Phy. Edn.
Khatra Adibasi Mahavidyalaya





Khatra Adibasi Mahavidyalaya Leadership Camping Programme



2023-2024

**FOR STUDENT OF SEMESTER AT
BAHARAMURI HIGH SCHOOL,
BAHARAMURI, BANKURA, WESTBENGAL**

Bitti Roy
Head
Department of Phy. Edn.
Khatra Adibasi Mahavidyalaya



Khatra Adibasi Mahavidyalaya Leadership Camping Programme



2023-2024
FOR STUDENT OF SEMESTER
AT BAHARAMURI HIGH
SCHOOL,
BAHARAMURI, BANKURA, WESTBENGAL

DEPARTMENT OF **PHYSICAL EDUCATION**

KHATRA ADIBASI MAHAVIDYALAYA



LEADERS TRAINING CAMP-2023-2024

FOR STUDENT OF SEMESTER -V
AT BAHARAMURI HIGH SCHOOL, BAHARAMURI, BANKURA,
WESTBENGAL

(FROM 27TH DECEMBER TO 30TH DECEMBER 2023)

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.



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



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 / khatracollege@gmail.com
Website: www.kamv.ac.in
NAAC Accredited B+ (Second Cycle)

Ref. No.: Date: 20.12.2023

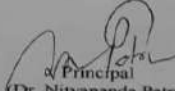
To
The Headmaster
Baharamuri High school
Hatirampur : Bankura



**Sub :- Permission for organising Camping Programme for the students of Sem. – V
from 28.12.2023 to 30.12.2023**

Sir,
May I request you to allow Prof. Tithi Roy, Assistant Professor & Prof. Monojit Mondal, SACT-2, Swarnava Chakraborty, Amrit Mandal (Invitee Lecturer) of Physical Education to organise the Camping Programme for the students of Sem – V from 28.12.2023 to 30.12.2023 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,


(Dr. Nityananda Patra)
Principal
Khatra Adibasi Mahavidyalaya
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

- ❖ *AYAN CHAKRABORTY*
- ❖ *DIPAK BAURI*
- ❖ *MADHUMITA MALLICK*
- ❖ *RAJU SING SARDAR*
- ❖ *SHYAMALI MAHATA*
- ❖ *BAKUL KUMBHAKAR*
- ❖ *SUBHADEEP CHAKRABORTY*
- ❖ *AKASH LAI*
- ❖ *APURBA MAHATA*
- ❖ *DIPAK KARMAKAR*
- ❖ *PURNIMA RAJOWAR*
- ❖ *RIMA MODAK*
- ❖ *ROMA MAHATA*
- ❖ *SARATHI SARDAR*
- ❖ *SHREYA MAHAPATRA*
- ❖ *SRIKANTA BHUINYA*
- ❖ *SUBHENDU MAHATA*
- ❖ *SUJATA MAHATA*
- ❖ *DEBARATI MAHATA*
- ❖ *ASTIC BAURI*
- ❖ *SAIKAT SINGHA*



TEACHERS NAME

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



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