

Seminar on - Health  
Fitness Wellness and  
21st Century Life Style



# RAMANANDA COLLEGE



**BISHNUPUR \* BANKURA**

**Pin – 722122, West Bengal**

**UGC Recognized & State Government Aided Constituent College**

**Under the Bankura University**

**(Accredited by NAAC at 'B' Level)**

## Report on Workshop / Seminar

- Name of the organizing Department(s): Ramananda College
- Collaborating Agency (if any):NA
- Title of the Workshop / Seminar: Health Fitness Wellness and 21<sup>st</sup> Century Life Style
- Funded by: State Label
- Date(s): 30-03-2019
- Level: National / International / State / Other
- Number of participants: 100
- Details of Resource person(s):
  1. Prof. Alok kr. Banerjee
  2. Prof. Sudrasan Bhowmick
  3. Prof. Sumanta Kr. Mondal
  4. Dr. Dilip Kr. Nandi
- **Objective:** Sport is one of the means to build Nation Character unity as well as a means to develop body and soul. Sport becomes the need of every human being to be a prosperous man, it also establishes solidarity and strengthen national unity. Along with fun activities involving the community, sport is a part of public society. Moreover, sport played a role in increasing the level of society living standard, which is also play an important part of social and cultural in society. This seminar is conducted based on the current needs and issues of sport and physical education in the whole world, especially in India. Using the theme “: “Health Fitness Wellness and 21<sup>st</sup> Century Life Style”, this seminar aims to investigate the existing condition of sport and physical education in health fitness wellness and 21<sup>st</sup> century life style worldwide, and relate it to the relevant theoretical views
- **Outcome:** In addition, this seminar is also aimed to broaden its views on the sport development and physical education by opening an open chance of any related fields to sport and physical development so that there can be an enrichment in sport and physical education. As a seminar conducted by Physical Education Department, this seminar has reached its success indicated by the numbers.



*Shree*

**Principal,**

Ramananda College,

Bishnupur, Bankura

*Principal*

Ramananda College,

Bishnupur, Bankura



# RAMANANDA COLLEGE

**Bishnupur, Bankura**

*Respected Sir / Madam,*

*We are happy to announce that Department of Physical Education and Department of Physiology of Ramananda College are jointly going to organise a State Level Seminar on the topic **HEALTH FITNESS WELLNESS AND 21<sup>ST</sup> CENTURY LIFE STYLE** on 30th March 2019.*

*Respected Prof. Debnarayan Bandyopadhyay, Hon'ble Vice-Chancellor, Bankura University will inaugurate the programme, Prof. Alok Kr. Banerjee, former Vice-Chancellor, Kalyani University will deliver the Keynote address of the seminar, Prof. Sudarsan Bhowmick, former Professor, Department of Physical Education, Kalyani University, Prof. Sumanta Kr. Mondal, Department of Physical Education, Visva Bharti University, Dr. Dilip Kr. Nandi, Department of Physiology, Raja N.L.Khan Women's College, Prof. Sudip Sundar Das, Department of Physical Education, Jadavpur University and Shri Banibrata Mitra, Govt. Nominee, G.B. of Ramananda College will be present in the occasion as the guest of honour. Dr. Swapna Ghorai, Principal, Ramananda College will preside the inaugural session of the seminar.*

*We cordially invite you to attend and enrich the programme by your gracious presence.*

**Dr. Swapna Ghorai**  
Principal  
Ramananda College  
Bishnupur, Bankura

*Sincerely yours*  
**Dr. Deepak Kr. Singh**  
**Dr. Subhankari Prasad Chakraborty**  
Joint Organising Secretary

## PROGRAMME SCHEDULE

Date : 30.03.2019

1. Registration 9.00 am
2. Inaugural Song 10.15 am
3. Felicitation of Guests 10.30 am
4. Inauguration by lighting the lamp : 10.45 am  
*Prof. Debnarayan Bandyopadhyay*  
Vice-Chancellor, Bankura University
5. Welcome Address : 11.00 am  
*Principal, Ramananda College*
6. Speech by the Inaugurator : 11.15 am  
*Prof. Debnarayan Bandyopadhyay*  
Vice-Chancellor, Bankura University
7. Keynote Address : 11.30 am  
*Prof. Alok Kumar Banerjee*  
Former Vice-Chancellor,  
Kalyani University
8. Resource Persons :  
*Prof. Sudarsan Bhowmick* 12.15 - 1.45 pm  
Former Professor,  
Dept. of Physical Education,  
Kalyani University  
*Dr. Dilip Kumar Nandi*  
Associate Professor,  
Dept. of Physiology  
Raja N.L.Khan Women's College  
**LUNCH BREAK** 1.45 - 2.30 pm  
*Prof. Sumanta Kr. Mondal* 2.30 - 4.00 pm  
Department of Physical Education,  
Visva-Bharti University  
*Prof. Sudip Sundar Das*  
Department of Physical Education,  
Jadavpur University
9. Vote of Thanks 4.00 - 4.10 pm
10. Validictory Session 4.10 - 4.30 pm



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Date- 30-03-2019

f. No.

Notice of Health Fitness  
Wellness and 21st  
Century Life Style

## বিজ্ঞপ্তি

এতদ্বারা রামানন্দ কলেজের সকল অধ্যাপক-অধ্যাপিকা, শিক্ষাকর্মী ও ছাত্র-ছাত্রীদের জানানো যাচ্ছে যে, আজ (১৯-০৩-২০১৯) Physiology ও Physical Education বিভাগের উদ্যোগে “Health Fitness Wellness and 21<sup>st</sup> Century Life Style” সেমিনারের শুভ উদ্বোধন অনুষ্ঠিত হবে বেলা ১১টা থেকে ১টা পর্যন্ত। সেই উপলক্ষ্যে বেলা ১১টা থেকে ১টা পর্যন্ত কলেজের সমস্ত পঠন-পাঠন বন্ধ থাকবে। উক্ত অনুষ্ঠানে সকলকে উপস্থিত থাকার জন্য বলা হচ্ছে।



স্বপ্না ঘোড়াই  
(ডঃ স্বপ্না ঘোড়াই) ২/৩/১৯  
অধ্যক্ষ

রামানন্দ কলেজ  
বিষ্ণুপুর, বাঁকুড়া

**Principal**  
Ramananda College,  
Bishnupur, Bankura