



Gitanjali College of Physical Education

Recognised by NCTE & Affiliated to University of Burdwan

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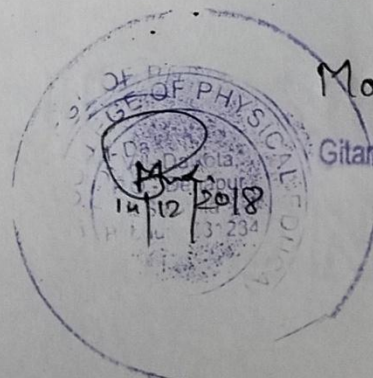
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To whomever it may concern

This is to certify that Dr. Md Kamrul Hassan, Assistant Professor of Department of Physical Education of Dr. Bhupendra Nath Dutta Smriti Mahavidyalaya, has delivered a lecture on the topic Fitness and Yoga at Gitanjali College of Physical Education Sainthia.

He has also trained the students in a Special Technical Session, both theoretical and practical, on December 14, 2018. The students have been immensely benefitted from the training and we look forward for such activities in future.



Moumita Paramanik.
Teacher-In-Charge
Gitanjali College of Physical Education

14/12/2018

**Extension Activity on Special Training Camp on One Day Fitness and Yoga Camp
at Gitanjali College of Physical Education, Sainthia, Birbhum.**

14th Dec, 2018

Objectives:

The main goal of short camps is to help participants improve in a particular area over a short period. This is especially beneficial for new entrepreneurs as they gain a clear understanding of the challenges they might face in the future. Short camps ensure they will be well-prepared for what lies ahead in their careers. The objective of one day Fitness and Yoga camp is to provide physical and mental agility and strength along with cognitive learning. Health is considered a merit besides academic excellence.

Beneficiaries:

Total Number of 90 students of BPED/MPED of Gitanjali College of Physical Education, Sainthia, Birbhum has participated in this One-day Fitness & Yoga Camp on 14th December, 2018.

Outcome:

The students of the Gitanjali College were highly benefited from the One-day Fitness and Yoga Camp. Students of this College can learn various aspects of fitness and yoga to improve our daily life or to maintain our healthy life from this camp. From This Camp Students can Learn how to improve our Physical and Mental health and reduce the risk of developing several diseases through physical and yogic activity.

Alka K. Hansraj
14/12/2018

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