



BAMANPUKUR HUMAYUN KABIR MAHAVIDYALAYA

Minakhan, North 24 Parganas, West Bengal

**Seminar on
HAPPINESS AND WELL – BEING**

**Organized by
DEPARTMENT OF EDUCATION**

Date : 27. 01.2020

Time –1 pm to 3 pm

Venue : Seminar Hall

Organizing Secretary

Mrs. Sumita Chatterjee, Asst.prof. of Education, BHKM

Report of the seminar on

HAPPINESS AND WELL – BEING

Date :27. 01.2020 Time –1 pm to 3 pm Venue : Seminar Hall

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INTRODUCTION AND ORGANIZATION

The Department of Education of Bamanpukur Humayun Kabir Mahavidyalaya organised seminar on "***Happiness and well – Being*** " and proposed date for the seminar was settled. The requisite permission was sought from the Principal of the college for the same, and the allotment of time and date was confirmed Notice and programme brochure were circulated to the students and the teachers accordingly. All the Resource Persons accepted the proposal and confirmed the presence.

The seminar Session

The welcome address was given by Dr S.Biswas , principal BHKM ,then Prof Sumita Chatterjee invited the speaker for the dais .Felicitation of the guest were done by Ratna Natua and Susmita Sau from department of Education .After the welcome song by Priyanka Pramanik accompanied by Sreelekha Mitra ,the session started with a brief presentation session on Happiness and well – Being by Mr Ujjwal Debnath ICTC Counsellor Sadhikhan Dearth Rural Hospital Jalengi ,Murshidabad .Then Mr ,Jubbar Mondal Senior Yoga Teacher ,Zenfit Fitness and Yoga Centre,Vietnam presented a yoga with Rinki Mahato .The Programme ended with a vote of thanks by Prof Sumita Chatterjee HOD Department of Education.

GLIMPSES OF THE SEMINAR



Inaugural song by Priyanka Pramanik



Our esteemed guest



Rinki Mahato in Happiness and well-being session



Our esteemed guest Sreelekha

Brochure of the Seminar



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Mahavidyalaya, Bamanpukur
Email- bhkm2007@gmail.com
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PRESENTS PROGRAMME ON



"SEMINAR ON HAPPINESS AND WELL- BEING"
DATE: 27.01.2020 **TIME: 1 P.M AM TO 3 PM**
Organized by
Department of education
For Correspondence:
Convenor Prof Sumita Chatterjee 9830711801
Email sumichatu@gmail.com

"SEMINAR ON HAPPINESS AND WELL- BEING"
Date :27.01.2020
Venue : Seminar hall
Programme Schedule

Inaugural Session
1pm- 1.15 pm- Inviting the dignitaries on the Dias.
1.15 p.m.to 1.30. - Felicitation to the dignitaries and Lighting of the lamp.
1.30-1.40.p.m -Welcome song
1.40-2 pm introduction of the theme: by Principal Dr Subhas Biswas

Technical Session
2 p.m to 3 p.m
Speakers
Mr Ujjawal Debnath (ICTC Counsellor)-
Health Awareness for happiness
Sadhikhans Dearth Rural Hospital Jalangi, Murshidabad
Mr Jubbar Mondal (Senior Yoga Teacher)
Yoga --- Happiness and Well being
Zenfit fitness and Yoga Centre, Vietnam

Vote of Thanks -Sumita Chatterjee (HOD) Dept of Education

