

Name of Teacher :- Rajesh Gupta

Date :- 03/03/2022

Topic -> Introduction to Yoga Philosophy

Absence :- 1. Md Hasamuz Rahman

2. Tumpa Mandal

3. Sumita Bhaskar

4. Aparna Sarkar

5. Rinki Khatun

6. Marupa Dasgupta

7. Shreya Ganguly

8. Rinki Khatun

9. Abdul Rauf

10. Usmila Dutta

11. Sujata Dutta

12. Ruben Khatun

13. Parissa Fakhari

14. Subhjit Mondal

15. Susanta Hembram

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Class discussion :-

1) what is yoga

2) yoga in our life

3) yoga in day to day life

4) need of concentration (by 1 minut activities)

Teacher - Rajesh Gupta

Date: - 04/03/22

Topic: - Introduction to Yoga Philosophy

- 1) Shreya Ganguly
- 2) Marudra Pasricha
- 3) Rimi Khatun
- 4) Arama Sarkar
- 5) Sumita Bhaskar
- 6) Md Hasamuz Rahman
- 7) Umila Datta
- 8) Abdul Raaf
- 9) Kinki Khatun
- 10) Tumpa Mandal
- 11) Rusba Khatun
- 12) Sujata Datta
- 13) Priya Fulmali
- 14) Subhojit mardhi
- 15) Susanta Kembron

Topic content

- 1) Stage of yoga
- 2) meaning of yoga from different philosophy school.
- 3) yoga is a path of mukti (moksha)
- 4) Concept of moksha.

Name of Teacher : Dyutikana Bajani

Date : 05/03/2022

Topic : The Yoga Sutras of Patanjali

Signature of Students :

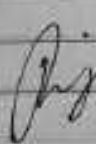
1. Sumita Bhaskar
2. Md. Hasanur Rahaman
3. Sujata Dutta
4. Marufa Tasnim
5. Urmila Dutta
6. Rusba Khatun
7. Priya Fulmali
8. Shreya Ganguly
9. Abdul Raaf
10. Subhojit Masdi
11. Rimi Khatun
12. Rinvi Khatun
13. Susanta Hembrom
14. Tumpa Mandal
15. Aparna Sarkar

Short note on Google Meet class discussion on the above topic :

1. Nature of Yoga.
2. Eight fold means of Yoga.

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~~note~~

Class taken by Mr. Rajesh Gupta in the place of Dyutikana Bajani on 05/03/2022 at 8.00 PM on the platform Google meet.

  
H.O.D. Philosopher

06

Online

Name of Teacher: Ahetasamuddin

Date: 12, 03, 2022

Topic: The Bhagavad Gita,

1. Rimi Khatum
2. Md. Hasamul Rahaman
3. Aparna Sarkar
4. Jumba Khatum
5. Rinki Khatum
6. Abdul Roak
7. Sujata Dutta
8. Sumita Bhaskar
9. Shreya Ganguly
10. Ushmita Dutta
11. Ruba Khatum
12. Priya Fulmali
13. Subhojit Masdi
14. Suanata Hembaram

I. Introduction of The Bhagavad Gita.

1. What is explained in Bhagavad Gita ?



07  
Name of Teachers: Aneta Samudhin

Date - 17, 03, 2022

Topic: The Bhagavad Gita

- 1) Rimi Khatun
- 2) Md Hasanur Rahman
- 3) Aparna Sarkar
- 4) Tumpa Khatun
- 5) Rinta Khatun
- 6) Abdul Raaf
- 7) Sujata Dutta
- 8) Sumita Bhaskar
- 9) Shreya Ganguly
- 10) Urmita Dutta
- 11) Rusba Khatun
- 12) Priyita Fulmali
- 13) Subhojit Mardhi
14. Susanta Ghemrom

1. Who first wrote the Bhagavad Gita?

2. Definition, contents and significance of the Bhagavad Gita.

3. Is the Bhagavad Gita a true story?

24/03/22

Present. -

- 1) Sasata Dutta
- 2) Sumita Bhaskar.
- 3) Shreya Ganguly.
- 4) Abdul Raaf
- 5) Rimi Khatun
- 6) Aparna Sarkar
- 7) Md Hasanur Rahaman
- 8) Rabi Khatun
- 9) Marufa Tasnim
- 10) Tumpa Manda
- 11) Ruba Khatun
- 12) Priya Fulmauli
- 13) Subhojit Mardhi
- 14) Susanta Hembroon

Teacher name:- Rajesh Gupta

Date:- 24/03/22

Topic- Upanishad

Topic covered:- Basic concept of Upanishad and relation with yoga.  
Explanation of yoga in Upanishad.

Name of Teacher :- Md Najibur Rahman, Date - 26/03/2022

Topic :- Bhakti Yoga

Attendance :-

- 1) Abdul Roof.
- 2) Sumita Bhoskar.
- 3) Anjana Sarkar.
- 4) Shreya Ganguly
- 5) Marufa Tasnun.
- 6) Md Hasanul Rahaman.
- 7) Armita Ghatta.
- 8) Rinki Khatun.
- 9) Tumpa Mondal.
- 10) Rusba Khatun.
- 11) Sujata Ghatta
- 12) Susanta Hembram.
- 13) Priya Fulmali
- 14) Subhajat mardhi.
- 15) Rimi Khatun.

Class Discussion :- Class ~~was~~ taken on Google meet as per above topic and a short note is delivered after the class.

Name of The Teacher : Dyutikama Bajani

Date : 02/04/2022

Topic : The Yoga of Meditation (Dhyana Yoga).

- 1. Sujata. Dutta.
- 2. Rinki Khatun.
- 3. Sumita Bhaskar
- 4. Rusba Khatun.
- 5. Md. Hasanur Rahaman.
- 6. Pampa Mandal
- 7. Priya Fulmali
- 8. Shreya Ganguly.
- 9. Aparna Sarkar
- 10. Marufa Tasnin.
- 11. Rimi Khatun.
- 12. Abdul Raaf.
- 13. Susmita Hembram
- 14. Shri Subhojit Mazdi.

Class discussion :

- 1. Why is yoga and meditation important for students
- 2. practices.

Note:-  
 class taken by Rajesh Gupta  
 in the place of Dyutikama Bajani  
 on 02/04/22, at 8.00 P.M in the platform  
 of Google meet.

*[Signature]*  
 H.O.D. Photograph



Name of Teacher: Anetareemuddin

Date: 04.04.2022

Topic :- Sai Anurobindo's Integral Yoga

Mazufa, Tasnim  
Rimi Khatun  
Shreya Ganguly.  
Sudata Dutta

Aparna Sarkar  
Md Hasanur Rahman  
Kinki Khatun  
Sumita Bhaskar.  
Tumpa Mandal,  
Rusba Khatun  
Tosita Fulmali  
Subhojit mardhi  
Susanta Hombrow  
Ismile Tudu  
Sampita Mandal  
Mangsha Pitter  
Abdul Roaf

Discusses the topic Sai Anurobindo's  
Integral Yoga.

Online

Name of Teacher: Ahetasamuddin

Date - 09.04.2022

Topic: Sri Aurobindo's Integral Yoga.

1. Susanta Hembram
2. Subhojit Masdi
3. Priya Fulmali
4. Rusba Khatun
5. Tumpa Mandal
6. Sumida Bhaskar
7. Rinshi Khatun
8. Md Hasamul Palashan
9. Aparna Sarkar
10. Sujata Dutta
11. Shreya Ganguly
12. Rimi Khatun
13. Masrifa Tasnim
14. Abdul Raaf

সমস্যা বিশ্লেষণ: - i) কী কারণে এ ঘটনা

ঘটবে?

ii) কোন কী কারণে এ ঘটনা ঘটে? এর

ফলাফল কী? এতে কী কী সমস্যা

কোন কারণে এ ঘটনা ঘটে?

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9  
Name of Teacher :- md Najibur Rahman.

Topic :- Yoga and Abharation (naksha)  
Date - 23/9/22

Attendance :- 1. Rusba Khatun.

2) Sujata Datta.

3) Rinki Khatun.

4) Marufa Tasnim.

5) Abdur Raof.

6) Shreya Gunguly.

7) Anpara Sarkar.

8) Sumita Bhaskar.

9) Tumpa Mondal.

10) md Hasaneur Rahman.

11) Urnila Datta.

12) Susmita Hembram.

13) Priya Fulmali.

14) Subhajit Mondal.

15) Rinki Khatun.

This class is taken on Google meet and on the above topic a short note is delivered after this class on above topic.

28/04/2022

Topic: - modern application of yoga

- 1) Rinki Khatur.
- 2) Shreya Ganguly.
- 3) Marufa Tasnim
- 4) Sujata Dutta
- 5) Abdul Raaf
- 6) Sumita Shastri.
- 7) Aparna Sarkar
- 8) Tumpa Mandal.
- 9) Rimi Khatur.
- 10) Md Hasanur Rahman
- 11) Subhojit Mondal
- 12) Susanta Hembram

Teacher: Rajesh Gupta

Ques: - 1) what is the problem.

- 1) main problem of life
- 2) " " of expectation.
- 3) kinds of difficulty of life.
- 4) Identifying the state of basic problem.

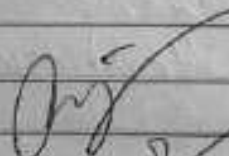


3/04/22

Examination appearance list:-

- 1) Sujata Dutta
- 2) Sumitg Bhaskar.
- 3) Masuda Tasmim
- 4) Pinki Chakrabarty
- 5) Abdul Kadir
- 6) Shreya Ganguly.
- 7) Aparna Sarkar
- 8) Md Hasamud Rahman
- 9) Rimi Chakrabarty
- 10) Priya Palmai
- 11) Ruba Khadun
- 12) Subhojit Mondal
- 13) Susanta Hemrom.

— X —

  
H.O.D

Date - 16.4.2022

Name of Teacher - Saugata Sarkar.

Department of Education

Topic : Yoga and the mind body connection.

online (Google meet)

- Student -
1. Suvojit Mondal
  2. Abdul Roof
  3. Priya Fulmali
  4. Aparna Sarkar.
  5. Marufa Tasnim
  6. Ruba Khatun
  7. Rimi Khatun
  8. Rinki Khatun
  9. Sujata Dutta
  10. Sumita Bhaskar.
  11. Shreya Ganguly
  12. Tumpa Mondal
  13. Usmile Datta

Topic Covered - (কম্পিউটার)

কম্পিউটারের দ্রুত পরিবর্তন

কম্পিউটারের

দ্রুত পরিবর্তন

কম্পিউটারের দ্রুত পরিবর্তন