

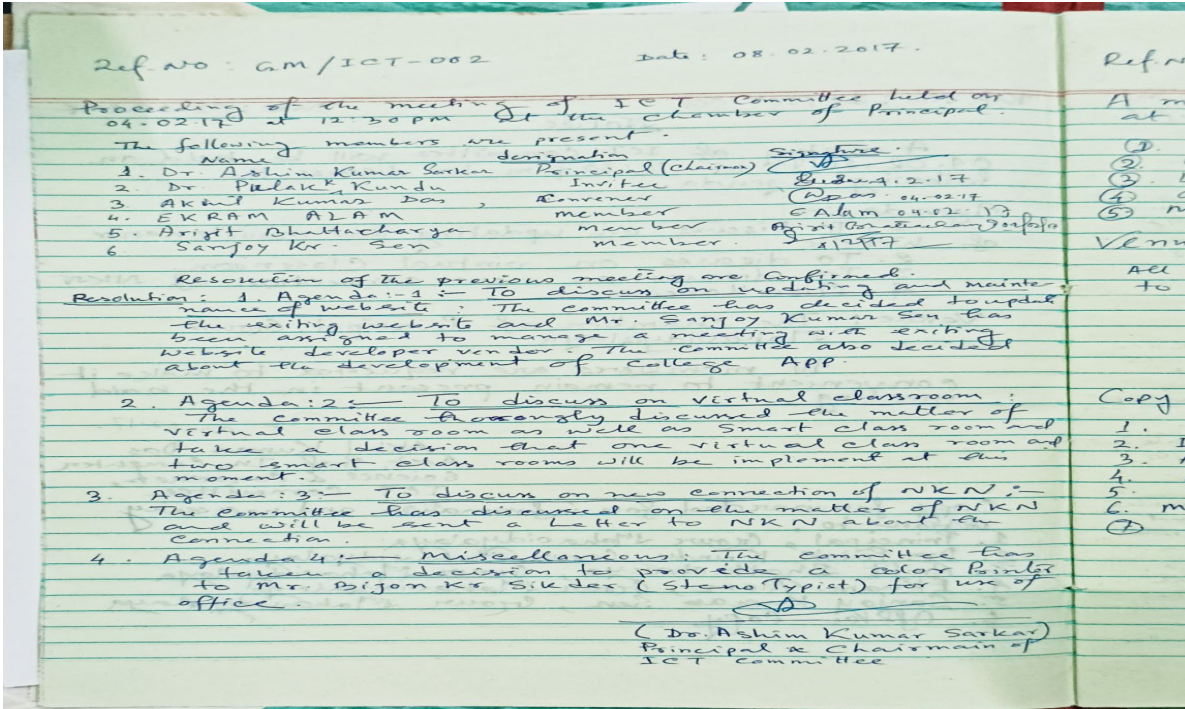
GOUR MAHAVIDYALAYA

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RESOLUTION: ICT COMMITTEE

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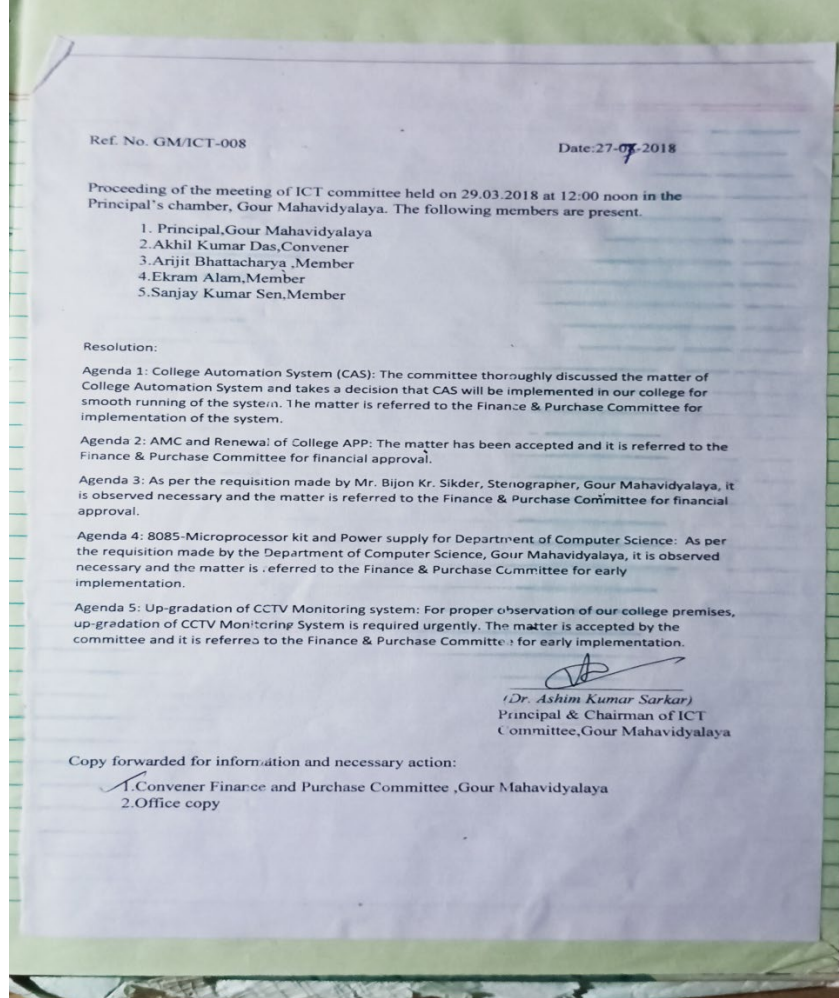
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Apply Only for BVOC Students

WhatsApp No.
9932570701 / 9733144274
Call, only for Admission purpose

Dr. Ashim Kumar Sarkar
Principal
Gour Mahavidyalaya

Admission Notice 2022

University Circulation

Know your Application id

Know Your Admission Code

ONLINE ADMISSION PORTAL

GOUR MAHAVIDYALAYA
MANGALBARI, MALDA, WEST BENGAL
ACCREDITED BY NAAC (2nd Cycle) B+

ONE DAY DEPARTMENTAL VIRTUAL SEMINAR
Caliph Al- Mamun: As a great Patron of Science and Knowledge in the Middle East

Organized by
Students, Department of Arabic
(طلاب قسم اللغة العربية)

Platform – Google Meet App
Date – 22.03.2020
Time – 10:30 AM

Mentors
Sk Mainuddin
Md Asadullah

ONLINE TEACHING

Ashim Kumar Sarkar
(Dr. A. K. Sarkar)
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Gour Mahavidyalaya
Mangalbari, Malda

Principal
Gour Mahavidyalaya
Mangalbari, Malda

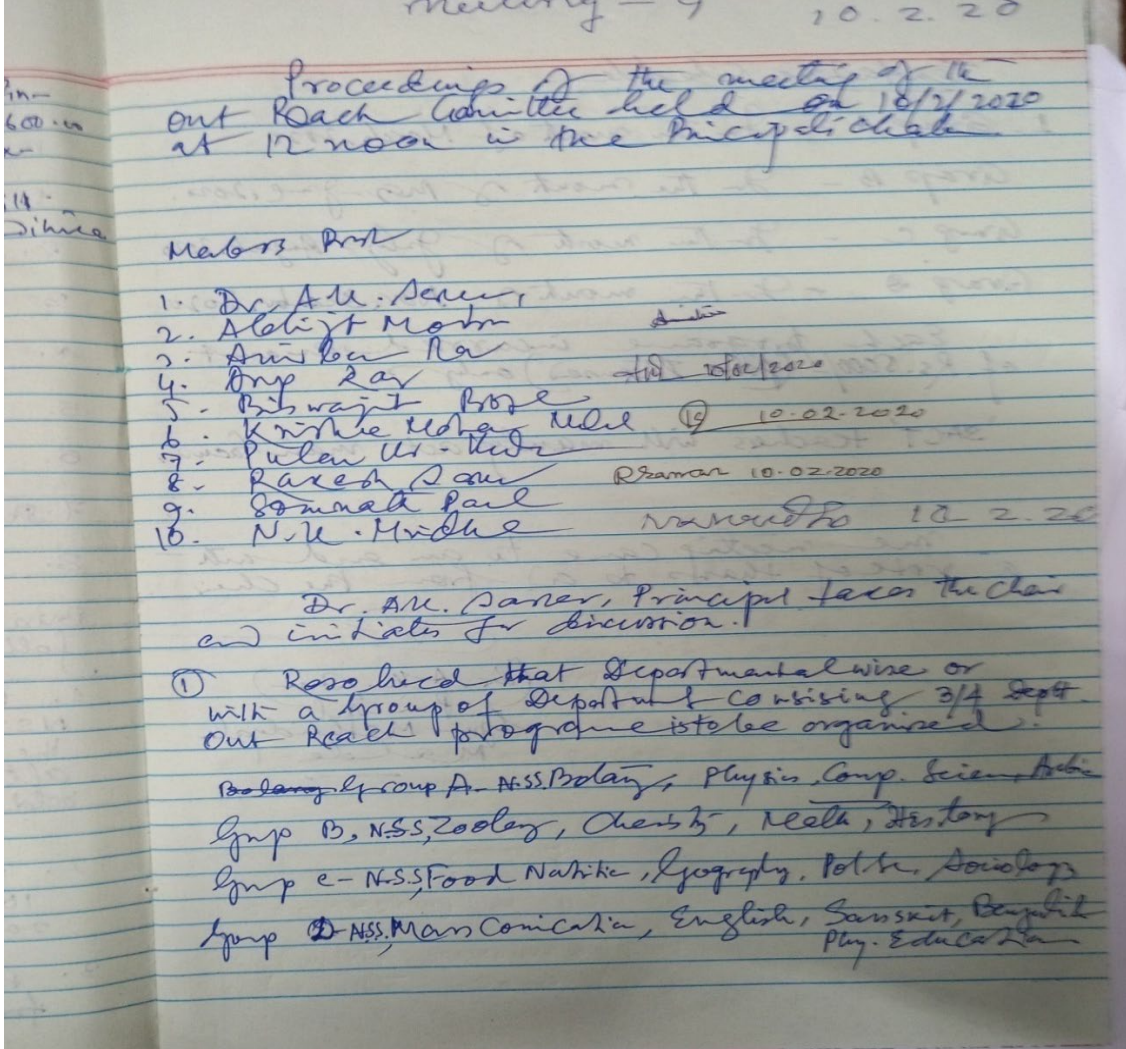
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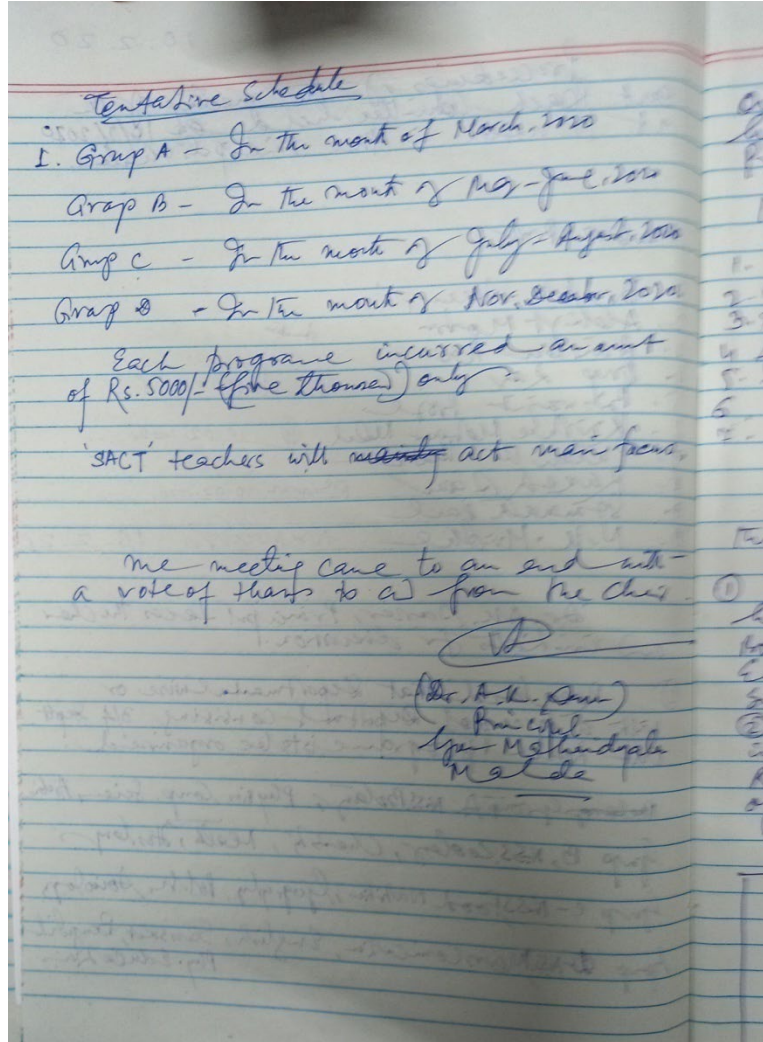
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RESOLUTION: OUTREACH PROGRAMME COMMITTEE

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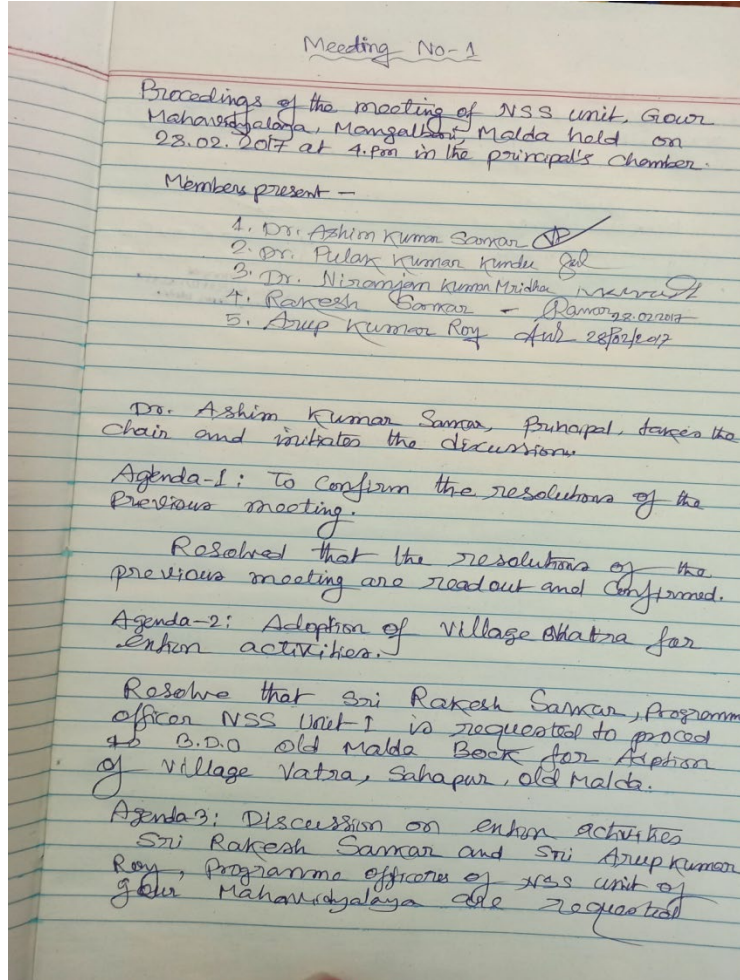
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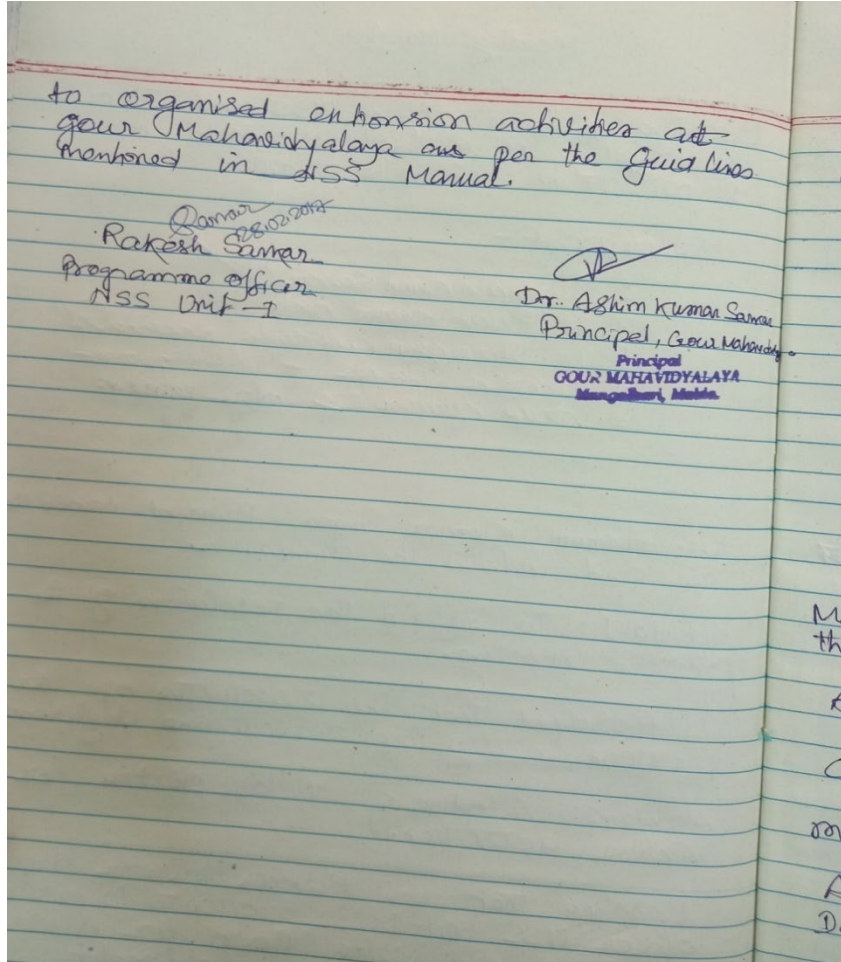
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RESOLUTION: N.S.S. ADVISORY COMMITTEE

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Proceedings of the meeting of the Beautification Committee, Gour Mahavidyalaya, Mangalbari, Malda, held on 4.3.2020 at 5 P.M. in the Principal's chamber.

Member Present:
S. Chatterjee
Supriya Bhowmik
Deepa Lata Tamang
Dr. Subhendu Chatterjee
Anup Kumar Ray

Agenda: 1. To confirm the resolutions of the previous meeting.
Resolved that the resolutions of the previous meeting are read out and confirmed.

Agenda: 2. Saplings plantation.
Resolved that saplings are to be planted in the college Garden. Resolved that Dr. S. Chatterjee, State Aided College Teacher, will look after the matter of the beautification of Gardens.

Agenda: 3. Discussion on Garden of Medicinal/Herbal plants.
Resolved that Sri Debjyoti Singha, State Aided College Teacher, Botany, will look after the matter of cleaning and manuring.
S/D

U. Basak Ray
Convener, Beautification Committee

Dr. A. K. Sarkar
Principal

Principal
GOUR MAHAVIDYALAYA
Mangalbari, Malda.

RESOLUTION: BEAUTIFICATION COMMITTEE

Ashim Kumar Sarkar
(Dr. A. K. Sarkar)
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Mangalbari, Malda

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GARDENING: GARDEN OF MEDICINAL PLANTS: COLLEGE CAMPUS

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Mangalbari, Malda
Principal
Gour Mahavidyalaya
Mangalbari, Malda

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**Government of West Bengal
Office of the Block Development Officer,
Old Malda Development Block, Malda**

Memo No: - 1244/10113

Date: 23/4/19

✓ To
The Principal,
Gour Mahavidyalaya,
Mangalbari, Malda

Sub: consent letter on adoption of village "Bhatra"
Ref: Your letter vide Memo no.121/GM/2019 Dated:20/02/2019

With reference to the above noted subject, this is to inform you that the proposal on adopting village "Bhatra" under Sahapur Gram Panchayat had been considered and consent is hereby accorded for works to be undertaken by Programme Officers of N.S.S. Unit- I & II as stated on above mentioned letter. This is for favour of your information and necessary action.

Memo no: 1244/1(j)10113
Copy forwarded for information to
The Pradhan, Sahapur Gram Panchayat

ux
Block Development Officer
Old Malda Development Block
R Date: 23/4/19

ux
Block Development Officer
Old Malda Development Block
R

Ashim Kumar Sarkar

(Dr. A. K. Sarkar)

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Gour Mahavidyalaya
Mangalbari, Malda

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Mangalbari, Malda

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26.12.2020



22.02.2021

FREE MEDICAL CAMP: VILLAGE BHATRA



PANDEMIC PERIOD: 211 BLANKETS WERE DISTRIBUTED AT VILLAGE BHATRA ON 02.01.2021

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SPORTS: CHAMPION TROPHY,2018

INTER COLLEGE(DISTRICT LEVEL SPORTS)

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BIFAL BASAK

Year	Name of the award/ medal	Team / Individual	University/State/National/ International	Sports/ Cultural
2017-2018: 16.1.2018, 17.1.2018 and 18.1.2018.	2 nd position	Individual: Bifal Basak	National level	Sports(800 Mtr .run)

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SNARUL ISLAM: STATE LEVEL LONG JUMP(1ST POSITION,2018)

Year	Name of the award/ medal	Team / Individual	University/State/National/ International	Sports/ Cultural	Name of the student
2019-2020: Date 23.2.2020 to 29.2.2020 IN Kolkata	2 nd position: Certificate	Individual	State Level(organised by Education Directorate, Government of West Bengal, Kolkata.	Sports: High Jump	Biswajit Ghosh
	1 st position: Certificate			Sports:Javeline throw	Bidu Chowdhury
	1 st position: Certificate			Sports: Long Jump	Sanarul Islam

Ashim Kumar Sarkar

(Dr. A. K. Sarkar)

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Mangalbari, Malda

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Mangalbari, Malda

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BIDU CHOWDHURY



BISWAJIT GHOSH

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Mangalbari, Malda

Biswajit Ghosh
Principal
Gour Mahavidyalaya
Mangalbari, Malda

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SANARUL ISLAM

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GE -2 (GENERIC ELECTIVE -2)
Yoga Education

Course Objectives: To enable the Students to:

- > correlate Yoga and Education;
- > transact different determinants of Yoga Education and Yoga Practices;
- > determine the scientific bases of yoga practices;

Unit -1: Basics of Yoga and Yoga Education Credit 2

- Yoga – Concept, Streams of Yoga, Patanjali Yogasutra, History of development of Yoga
- Yoga Education – Concept, Importance, Yoga Education as a fundamental base of education
- Eight limbs of Yoga: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi.

Unit -2: Scientific Base of Yoga and their Practices Credit 4

- Introduction to Human Anatomy and Physiology – Need and Scope of Anatomy and Physiology in Yoga –Types of various systems in the Human Body.
- Concept of Yogic Practices – Kinds of Yogic Practices: Asana, Pranayama, Kriya, Bandha, Mudra, Dhyana.
- Asana: Meaning - Principles of practicing asanas– Classification of asana.
- Pranayama – Meaning – Stages of Pranayama: Puraka, Rechaka, & Kumbhaka - Breathing regulation- Benefits of Pranayama.
- Kriyas & Dhayana (Meditation) – Types of kriya - Methods of practicing & Benefits of: Kapalabhati & Neti. - Meditation: Meaning – Types of Meditation – Breath awareness – Body Awareness- Transcendental Meditation.

Suggested Readings

1. Swami Satyananda Saraswati, A systematic course in the ancient tantric techniques of yoga and kriya, Bihar school of yoga, Bihar, 1981.
2. Swami kavalayananda: Pranayama, Kaivalyadhama, Lonavala, Pune. Dr. P. Mariayyah: Asanas, Sports Publications, Raja Street, Coimbatore-1.
3. Dr. K. Chandrasekaran, Sound Health Through Yoga, PremKalyan Publications, Sedapatti, Tamilnadu 1999.
4. Sri. O.P. Tiwari: Asanas why? And How? Kaivalyadhama, Lonavla.

Principal
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Mangalbari, Malda.
10/03/2021

CBCS SYLLABUS: YOGA



YOGA PRACTICE (30.08.2019)

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(Dr. A. K. Sarkar)

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Mangalbari, Malda

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RAIN WATER HARVESTING PLANT



SOLAR ENERGY POWER

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GREEN CAMPUS: GARDEN (GRADEN OF MEDICINAL PLANTS)

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