

HIRALAL BHAKAT COLLEGE

Nalhati, Birbhum, West Bengal, Pin-731220

Affiliated to the University of Burdwan and Re-accredited by NAAC

Email: hbcollge@gmail.com Website: www.hbcnht.edu.in

A Brief Report

on

One-day online college level webinar

**Entitled “Impact of Yoga and meditation intervention on students
stress and Anxiety Levels ”**

Department of Physical Education



An initiative of
Department of Physical Education & IQAC,
Hiralal Bhakat College,
Nalhati, Birbhum

Student's Webinar in " Impact of Yoga and Meditation intervention on
students Stress and Anxiety Levels "

Date: 15.07.2020

HIRALAL BHAKAT COLLEGE

NALHATI, BIRBHUM, WEST BENGAL, PIN 731220

Estd. 1986

(Affiliated to the University of Burdwan and Re-accredited by NAAC)

Phone: 03465255254 Email: hbcollge@gmail.com Website: www.hbcnht.in

Date: 01/07/2020

To
The Coordinator
IQAC
Hiralal Bhakat College
Nalhati, Birbhum.

Subject: Appeal to collaborate in one day online college level Webinar in Impact of Yoga and Meditation intervention on students Stress Anxiety Levels.

Dear Sir/ Madam,

This is to inform you that a workshop on “ **One Day College level webinar in Impact of Yoga and Meditation intervention on students Stress and Anxiety Levels** ” is going to be organised by the Department of Physical education, Hiralal Bhakat College, Nalhati, Birbhum on 15.07.2020 at 11 A.M.

You are hereby requested to allow a collaboration with IQAC, Hiralal Bhakat College, Nalhati, Birbhum in this regard for further advancement of academic excellence.

Thanking you.

Yours Sincerely.



(Tapan Mandal)

SACT , Department of Physical Education
Hiralal Bhakat College
Nalhati, Birbhu



HIRALAL BHAKAT COLLEGE

NALHATI, BIRBHUM, WEST BENGAL, PIN 731220

Estd. 1986

(Affiliated to the University of Burdwan and Re-accredited by NAAC)

Phone: 03465255254 Email: hbcollge@gmail.com Website: www.hbcnht.in

Date: 04.07.2020

To,
The Head
Department of
Hiralal Bhakat College
Nalhati, Birbhum.

Subject: Confirmation of collaboration.

Dear Sir/ Madam,

It is hereby intimated that IQAC, Hiralal Bhakat College, Nalhati, Birbhum does hereby confirm that a collaboration in a Webinar in "Impact of Yoga and meditation intervention on Students Stress and Anxiety Levels" on 15/07/2020 has been established following your letter dated 1st july, 2020.

Kindly consider it as a formal declaration of collaboration in this regard and oblige.

Thanking you,

Yours Sincerely



A handwritten signature in black ink, reading "Suddhasattwa Banerjee".

(Dr.Suddhasattwa Banerjee)
Coordinator, IQAC
Hiralal Bhakat College
Nalhati, Birbhum.

Hiralal Bhakat College

Nalhati, Birbhum, West Bengal, Pin 731220

Estd. 1986

(Affiliated to the University of Burdwan and Accredited by
N A A C)

E-mail: hbcollge@gmail.com Website: www.hbcnht.in

Webinar Report

Title of the Webinar	“Impact of Yoga and Meditation intervention on students Stress and Anxiety Levels”
Type of the Webinar	College level Webinar
Speaker	Dr. Hiralal Adhikari
Faculty-In-charge	1) Tapan Mandal, SACT 2) Sudam Mondal, Visiting Faculties Department of Physical Education
Department	Physical Education
Date	15-07-2020
Venue	At Home ,Through Google Meet
Target Audience	All Students of Hiralal Bhakat College.

Introduction :

Yoga and meditation are two forms of physical and mental exercises which have stood the test of time. Dating back thousands of years ,these practices remain popular today and are ,in many ways, more relevant in modern times. The ability to switch off and clear your mind is in valuable and this can be achieved in both practices. In this article we will look at the benefits of yoga and meditation.

Details:

The Department of Physical Education, Hiralal Bhakat College had been organized a One-day College Level Webinar entitled “ Impact of Yoga Meditation intervention on students stress and anxiety levels ” on 4 th july 2020 at 11A.M.

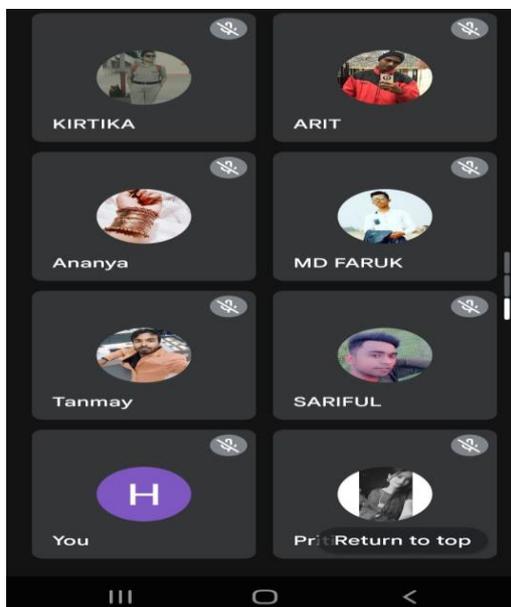
The present study focuses mainly on the following objectives:

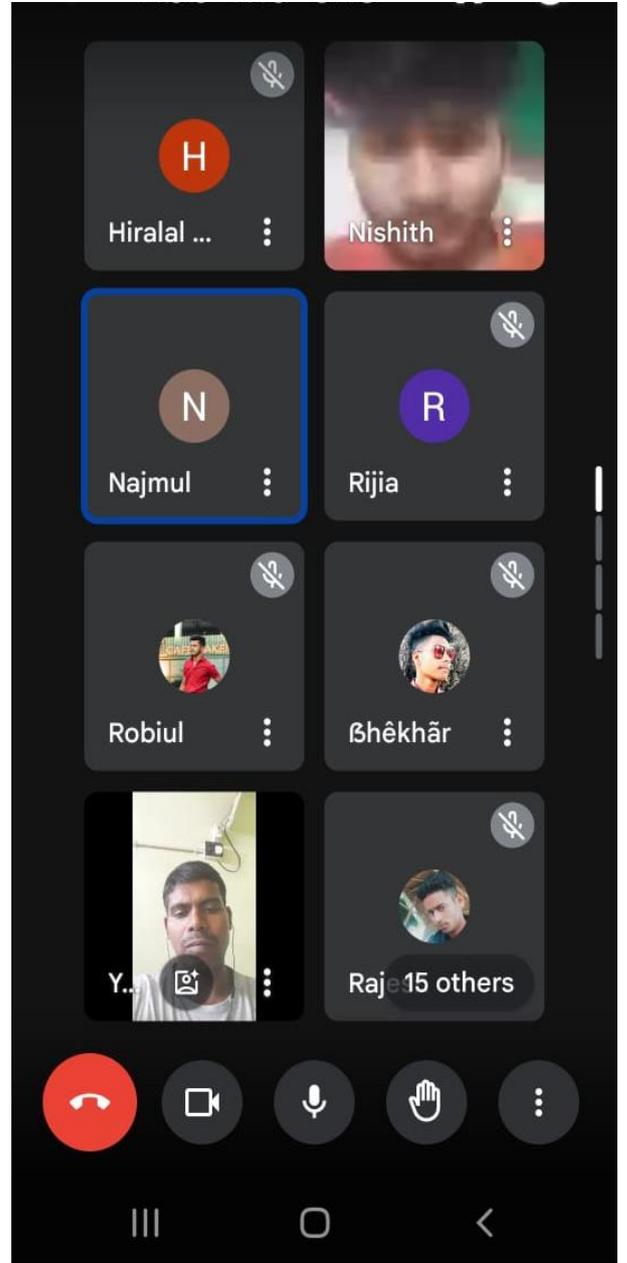
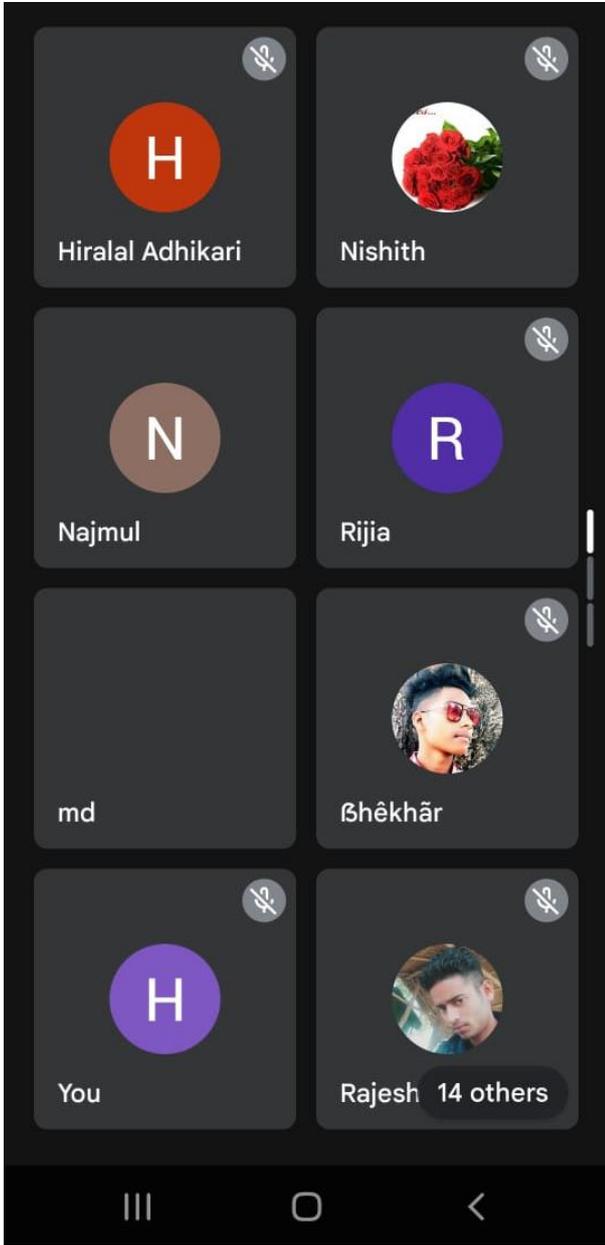
1. To determine the effect of yoga and meditation on college students levels perceived stress.
2. To find out reduce self reported state and trait anxiety.
3. To reduce reports of over all psychological distress including depression
4. To identify the effects of guided mindfulness meditation on anxiety and stress in college students.
5. The objective of the study was to compare the immediate effects of yoga in college students.
6. Yoga and meditation may be effective in reducing stress levels and improving aspects of personal wellbeing in college students.
7. Five to twelve minutes of daily mindfulness meditation is associated with decreased stress and anxiety and increased mindfulness with greater changes observed following more minutes of meditation.

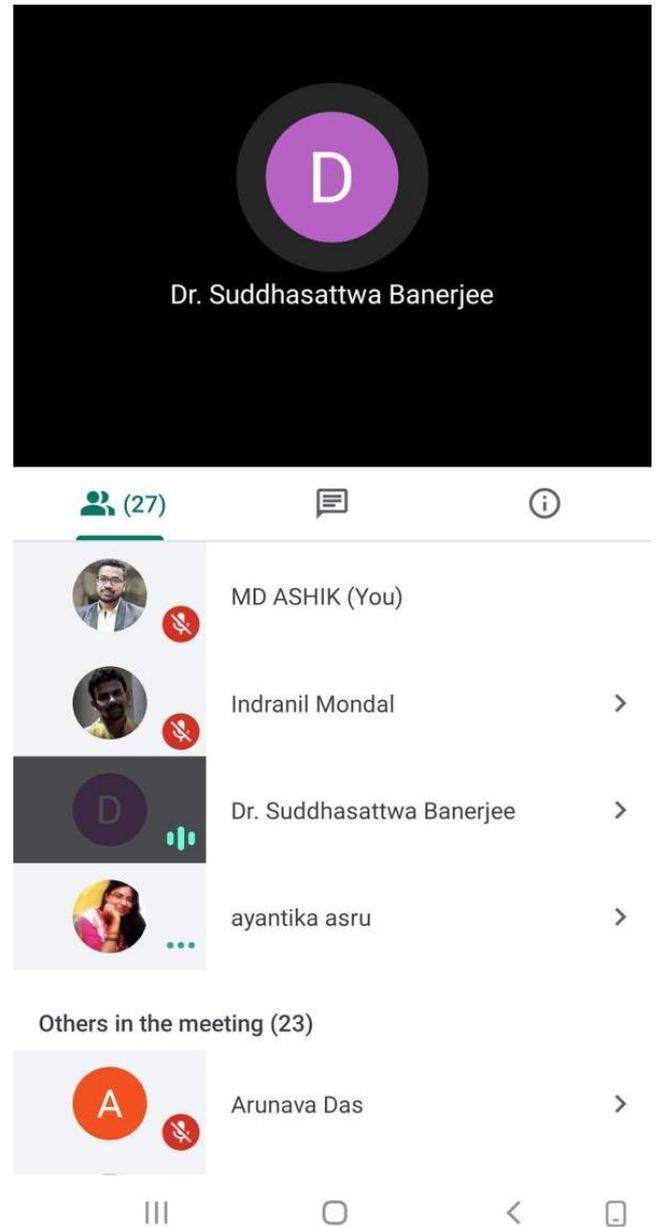
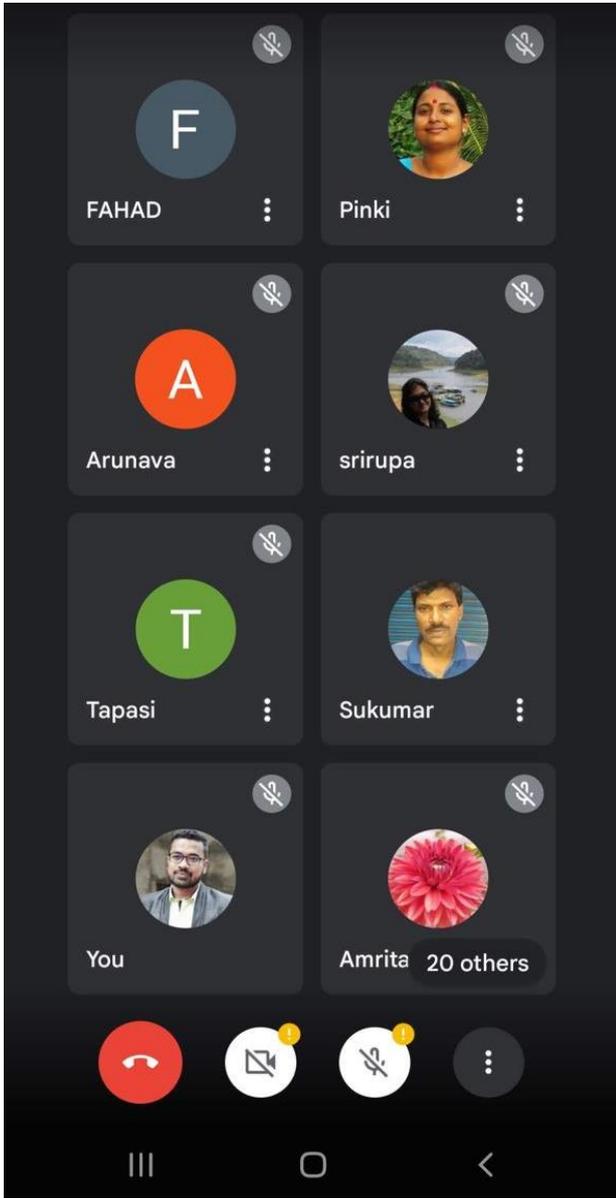
Future research should address potential long term effects of mindfulness training for college students.

Budget: 1500/- (One Thousand Five hundred only)

Photographs:







Tapan Mandal

**Tapan Mandal
(Convener)**



Gautam Sen

**Dr. Gautam Sen
TIC
Hiralal Bhakat College**