



**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**

**ORGANIZED BY**

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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  
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Website - [www.bhkm.org](http://www.bhkm.org)

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  
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"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

