

ACHHRURAM MEMORIAL COLLEGE

JHALDA, PURULIA



7.2.1 Best Practice - II

Three days online training program on "Heartfulness Enabled Leadership Mastery" Organized by Achhruram Memorial College, Jhalda

Date: 06.07.2021

Venue: Achhruram Memorial College, Jhalda

Achhruram Memorial College, Jhalda, successfully organized a three-day online training program titled "Heartfulness Enabled Leadership Mastery" on July 6, 2021. This program was a crucial initiative aimed at developing essential leadership skills in participants, particularly in light of the ongoing challenges posed by the COVID-19 pandemic. The training focused not only on imparting heart-centered leadership principles—emphasizing empathy, resilience, and ethical decision-making—but also addressed the critical aspects of mental and physical well-being during these uncertain times. Through a well-rounded curriculum featuring interactive sessions, expert-led workshops, and practical exercises, participants gained valuable insights into effective leadership practices while also learning strategies to manage stress, enhance mental health, and maintain physical well-being. The online format ensured accessibility and safety, allowing participants to engage from various locations while adhering to health guidelines. By integrating teachings on resilience and emotional intelligence with practical applications, the program equipped participants to navigate and mitigate the challenges brought about by the pandemic. Achhruram Memorial College's proactive organization of this program underscores its commitment to nurturing resilient leaders capable of leading with empathy and effectiveness in times of adversity, thereby making positive contributions to their organizations and communities.

The poster is for a three-day online training program titled "Heartfulness Enabled Leadership Mastery" held from July 6th to 8th, 2021, from 10 am to 11 am. It features logos for "heartfulness" (purity creates destiny), "heartful campus" (be all you can be), and Achhruram Memorial College (Affiliated to Sido Kanho Birsha University). The program is organized by Dr. Arup Kanti Konar, Principal of Achhruram Memorial College, Jhalda, and Dr. Shibajee Singha Deo, HOD of the Department of Mathematics at the same college. The speakers are Kingshuk Chakravarty (ZC Day 1), Minal Shanghavi (IIM Ahmedabad, IIT Delhi) (Day 2), and Dr. Rama Sharvani (Day 3). Goutam Sarkar is the anchor, and Juhi Shah is the anchor. All sessions will be conducted online on the Zoom platform.

heartfulness
purity creates destiny

heartful campus
be all you can be

Achhruram Memorial College
Affiliated to Sido Kanho Birsha University

HEARTFULNESS ENABLED LEADERSHIP MASTERY

6th , 7th & 8th of July from 10 am to 11 am

PAT R O N S

Dr. ARUP KANTI KONAR
Principal
ACHHRURAM MEMORIAL COLLEGE
JHALDA

Dr. SHIBAJEE SINGHA DEO
HOD, DEPARTMENT OF MATHEMATICS
ACHHRURAM MEMORIAL COLLEGE
JHALDA

S P E A K E R S

FROM HEARTFULNESS

KINGSHUK CHAKRAVARTY - ZC
DAY 1 - MINAL SHANGHAVI
(IIM AHMEDABAD, IIT DELHI)
DAY 2 - DR RAMA SHARVANI
DAY 3 - GOUTAM SARKAR

ANCHOR **JUHI SHAH**

ALL SESSIONS WILL BE CONDUCTED ONLINE ON ZOOM PLATFORM

14 Weeks online training program on "Heartfulness Enabled Leadership Mastery" Organized by Achhruram Memorial College, Jhalda

Date: 05.09.2021

Venue: Achhruram Memorial College, Jhalda

The 14-week online training program on "Heartfulness Enabled Leadership Mastery," meticulously organized by Achhruram Memorial College, Jhalda, on September 5, 2021, stands as a testament to the college's commitment to fostering transformative leadership capabilities amid the challenges posed by the COVID-19 pandemic. This innovative program was designed not only to empower participants with a profound understanding of heart-centered leadership principles—emphasizing empathy, resilience, and ethical decision-making—but also to address the unique mental and physical stresses exacerbated by the pandemic. Through a structured curriculum featuring interactive sessions, expert-led workshops, and practical exercises, participants not only gained valuable leadership skills applicable to professional and personal spheres but also learned strategies to manage stress, maintain well-being, and enhance resilience during uncertain times. The online format ensured accessibility and flexibility, enabling participants to engage meaningfully while adapting to remote learning demands. By bridging theoretical knowledge with practical applications, the program not only strengthened participants' leadership acumen but also cultivated a deeper sense of self-awareness and emotional intelligence essential for navigating and overcoming challenges. Achhruram Memorial College's proactive initiative in organizing this program underscores its dedication to nurturing well-rounded leaders capable of driving positive change in their organizations and communities, even amidst adversity..

Heartfulness Enabled Leadership Mastery

Starting 5 September | Weekly sessions |
11 AM every Sunday | Google meet

Start "U"p & Discover Modules

 Achhruram Memorial College

 heartfulness
advancing in love


Dr. Arup Kanti Konar
Principal


Kingshuk Chakravorty
Heartfulness Zonal Coordinator
Purulia, Midnapore, Burdwan


Dr. Shibajee Singha Deo
Head of Department
Department of Mathematics


Sudhanshu Pathak
Heartfulness Coordinator
Purulia


Juhi Shah
Anchor
Heartfulness Trainer

Heartfulness Facilitators


Meena Arora Sonali Tanna Bina Datta Dr. Rama Sharvani Somalatha Gopinathan

The NCC celebrated Yoga Day on June 21, 2020, with 90 students participating. The event included yoga sessions and discussions on the benefits of yoga for physical and mental well-being. This celebration aimed to encourage students to incorporate yoga into their daily routines for a healthier lifestyle.

INTERNATIONAL DAY OF YOGA, 21st JUNE, 2020



The Yoga Day celebration at Achhruram Memorial College, organized by the NCC, took place on June 21, 2021. This event saw the participation of 120 students, who engaged in yoga sessions to promote physical and mental well-being. Experienced instructors guided the students through various yoga postures and breathing exercises. The event also included discussions on the benefits of incorporating yoga into daily routines for overall health. The Yoga Day celebration aimed to encourage students to adopt a healthier lifestyle through the practice of yoga.



On June 21, 2022, the NCC celebrated International Yoga Day with 150 students participating. The event included yoga sessions led by experienced instructors, focusing on various postures, breathing exercises, and meditation techniques. The celebration aimed to promote physical and mental well-being among students and encourage them to incorporate yoga into their daily routines.



Yoga Programme

On October 19, 2022, under the Fit India 3.0 initiative, NSS Unit-III organized a yoga program. Fifteen students participated in this event, which emphasized the importance of physical fitness and mental well-being. The session included various yoga asanas and breathing exercises aimed at improving flexibility, strength, and relaxation. An experienced yoga instructor guided the students through the exercises, explaining the benefits of each pose. The program aimed to encourage students to incorporate yoga into their daily routine to enhance their overall health and well-being. This event also promoted the Fit India movement's goal of making fitness an integral part of everyday life.

Yoga Programme

On International Yoga Day, June 21, 2023, NSS Unit-III organized a yoga session with twenty-three students participating. The program aimed to promote the physical and mental health benefits of yoga. The session included various yoga asanas, breathing exercises, and meditation techniques, led by an experienced instructor. Students learned about the holistic benefits of yoga, including stress reduction, improved flexibility, and enhanced concentration. The event encouraged students to incorporate yoga into their daily routine to maintain a balanced and healthy lifestyle. This initiative aligned with the global effort to promote yoga as a means to achieve overall well-being.

Yoga Programme

On International Yoga Day, June 20, 2023, Unit II of NSS conducted a yoga session with twelve students participating. The program aimed to promote the benefits of yoga for physical and mental well-being. The session included various yoga poses, breathing exercises, and meditation techniques, guided by a skilled instructor. Students learned about the positive effects of yoga on physical health, mental clarity, and emotional balance. The event encouraged participants to integrate yoga into their daily routines to enhance their overall quality of life. This initiative was part of the global effort to promote yoga as a holistic approach to health and wellness.

Date: 19.10.2022

FIT INDIA 3.0

The volunteers of the Unit III performed yoga on 19.10.2022. They also cleaned college premises.

15 volunteers participated in this programme.



Date: 21.06.2023

INTERNATIONAL YOGA DAY OBSERVED

On the occasion of Yoga Day on 21st June, 2023 our volunteers came to college to celebrate the day by various types of Yoga. Total 23 volunteers participated in the programme.








International Yoga Day

On June 20, 2023, the NSS Unit II of Achhruram Memorial College, Jhalda, Purulia observed International Yoga Day. The day was observed by practicing Yoga.




 GPS Map Camera



Jhalida, West Bengal, India
9X9C+6H8, Jhalida, West Bengal 723202, India
Lat 23.367755°
Long 85.971741°
20/06/23 07:29 AM GMT +05:30



 GPS Map Camera



Jhalida, West Bengal, India

9X9C+3G5, Station Rd, Jhalida, West Bengal


723202, India

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Long 85.971666°

20/06/23 07:33 AM GMT +05:30



 GPS Map Camera



Jhalida, West Bengal, India

9X9C+3G5, Station Rd, Jhalida, West Bengal

723202, India

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Long 85.971789°

20/06/23 07:34 AM GMT +05:30



GPS Map Camera

Jhalida, West Bengal, India

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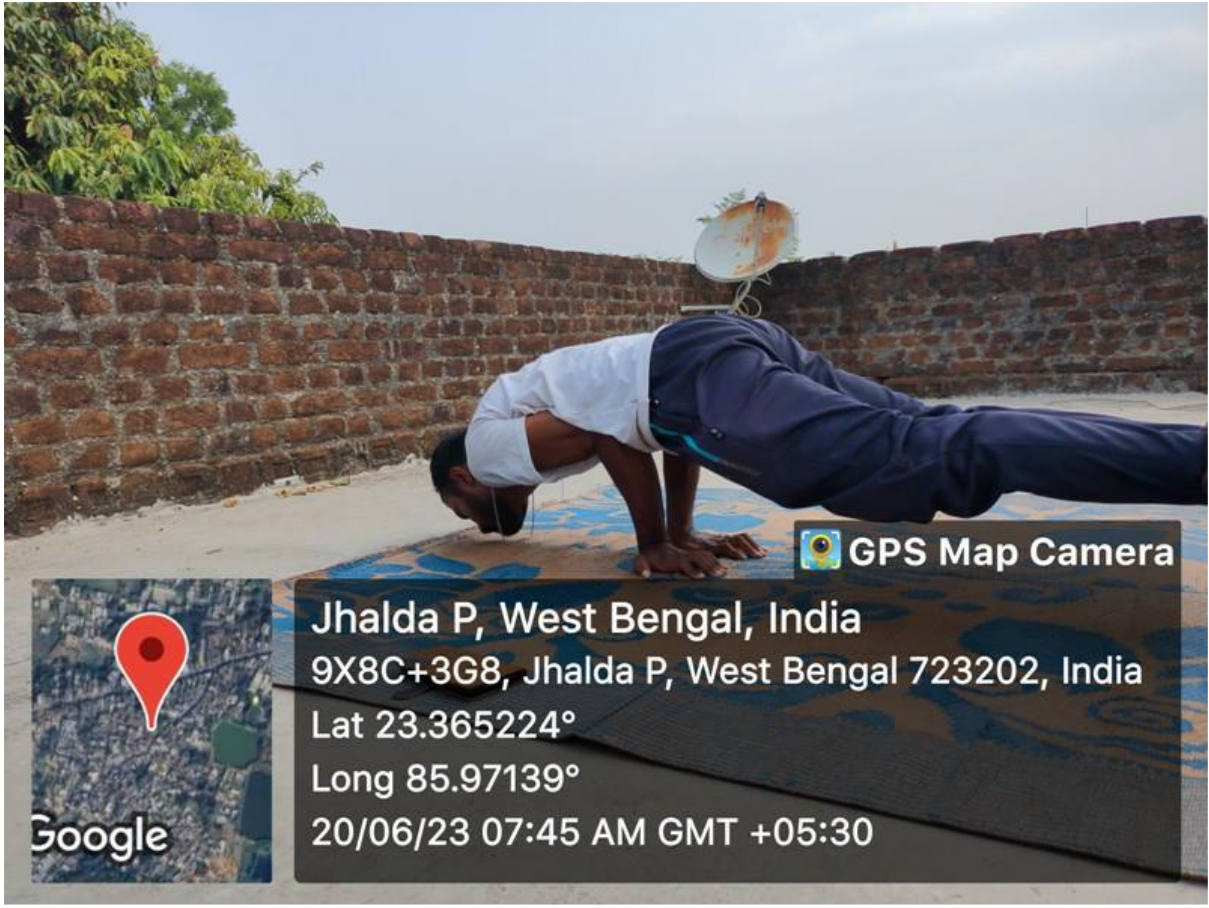
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20/06/23 07:38 AM GMT +05:30



Google




 GPS Map Camera



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Long 85.97139°
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 GPS Map Camera



Begun Kodar, West Bengal, India
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Long 86.057085°
20/06/23 10:26 AM GMT +05:30



 GPS Map Camera



Begun Kodar, West Bengal, India

9324+PJV, Purulia Rd, Begun Kodar, West Bengal

723202, India

Lat 23.351899°

Long 86.056531°

20/06/23 10:37 AM GMT +05:30

Date :- 21st JUNE, 2021

Place :- ACHHRURAM MEMORIAL COLLEGE

Total Cadets Present :- SD- 80 & SW-40

Events :- YOGASAN & SPEACH DELEVERING.

Chief Visitor :- HEAD CLERK ,SHREE ASHIT LAHIRI.





Images:- During Yogasan, Raily & ANO's Speech.

Date :- 21st JUNE, 2022

Place :- ACHHRURAM MEMORIAL COLLEGE.

Events :- RAILLY, YOGASAN, CADET'S SPEECH & ANO'S .

Total Cadets Present :- SD- 90 & SW- 60.

Chief Guest :- LT. GHANASHYAM MAHATO, ASSOCIATE NCC OFFICER, ACHHRURAM MEMORIAL COLLEGE.



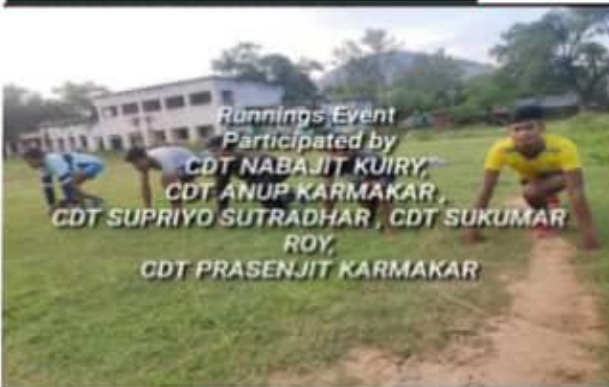
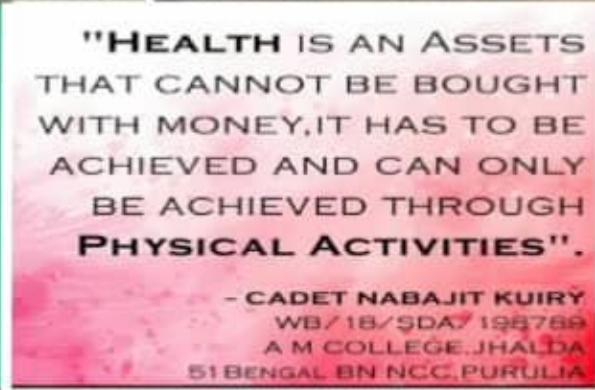
YOGA DAY CELEBRATION , 2020

Date :- 21/06/2020

Place :- A M College Campus & Raily start from College Gate to Nayamore.

Event:- Yogasan, Speech & Raily.

Tota Present Cadets :- 50 NOS SD & 30 NOS SW



FIT INDIA CAMPAIGN 2020

Participated Candidates:- 30 Nos Boys & 20 Nos Girls.

Event:- Various Physical Activities & Awareness Poster making about #Run_4_India

(All the poster, videos ,images was uploaded to #My_Govt portal with Cadet's Name & Regiment Number)



YOGA DAY CELEBRATION, 2019

Date:- 21/06/2019

Place :- AM COLLEGE CAMPUS

Total Participated Cadets :- SD- 50 & SW - 40

Event :- Yoga Event & Speech
