

LINKAGE FOR HOLISTIC DEVELOPMENT

Between

Muralidhar Girls' College, P-411/14, Gariahat Road, Ballygunge, Kolkata – 700029.

&

Smt. Choyona Dey Mukhopadhyay – Yoga Wellness Instructor (Certificate No. P020009786, valid from 11th January 2021 to 10th January 2026), and Yoga Teacher and Evaluator (Certificate No. P030036788, valid from 7th October 2022 to 6th October 2027), certified by the Yoga Certification Board under the voluntary certification of yoga professionals Ministry of AYUSH, Govt. of India, evaluated by TQ Cert. Services Private Limited.

Muralidhar Girls' College, P-411/14, Gariahat Road, Ballygunge, Kolkata – 700029 and Smt. Choyona Dey Mukhopadhyay, Yoga Wellness Instructor/ Yoga Teacher and Evaluator, hereby agree to become Partners for a period of 5 years to promote extra –curricular development and undertake yoga training classes for students of Muralidhar Girls' College

Objective of the linkage

1. To promote extra –curricular activities amongst students of the Co. ensure holistic development of students and staff.
2. To train and raise awareness amongst students in Yoga for development of their physical and mental well being.

Areas of Collaboration

1. Conducting regular classes for students to train them in Yoga, offer them certificate courses and conducts workshops for students and staff, as agreed upon by both parties from time to time.
2. Organising Yoga Awareness Programmes and annual observatio Nation Yoga Day.

The institution reserves the right to review the development and include more programmes for mutual benefit.

Choyona Dey Mukhopadhyay
Choyona Dey Mukhopadhyay 18.2.18

Yoga Wellness Instructor/ Yoga Teacher and Evaluator
Certified by the Yoga Certification Board
Certificate Nos. P020009786, P030036788
Under under the voluntary certification of yoga professionals
Ministry of AYUSH, Govt. of India

Kinjalkini Biswas
Dr Kinjalkini Biswas 18.2.18

Principal DR. KINJALKINI BISWAS
Muralidhar Girls' College, Principal
P-411/14, Gariahat Road, Muralidhar Girls' College
Kolkata – 700029 Kolkata - 700029



Ph. Office : 2464-1312
Principal : 2464-4371

Muralidhar Girls' College

P-411/14, GARIAHAT ROAD, BALLYGUNGE, KOLKATA - 700 029
(NAAC ACCREDITED - B+ +)

Ref. No.

Date.

MOU ACTIVITIES UNDERTAKEN WITH MURALIDHAR GIRLS' COLLEGE AND CHOYONA DEY MUKHOPADHYAY

Regular yoga classes were undertaken in college since 2016. The MOU was signed on 12.9.2019. As a part of the MOU, the yoga classes continued on a weekly basis. The MOU facilitated promotion of yoga as co-curricular activity to ensure holistic development of students and staff.

No of students who participated post signing of MOU

2019-20-20

2020-21-111

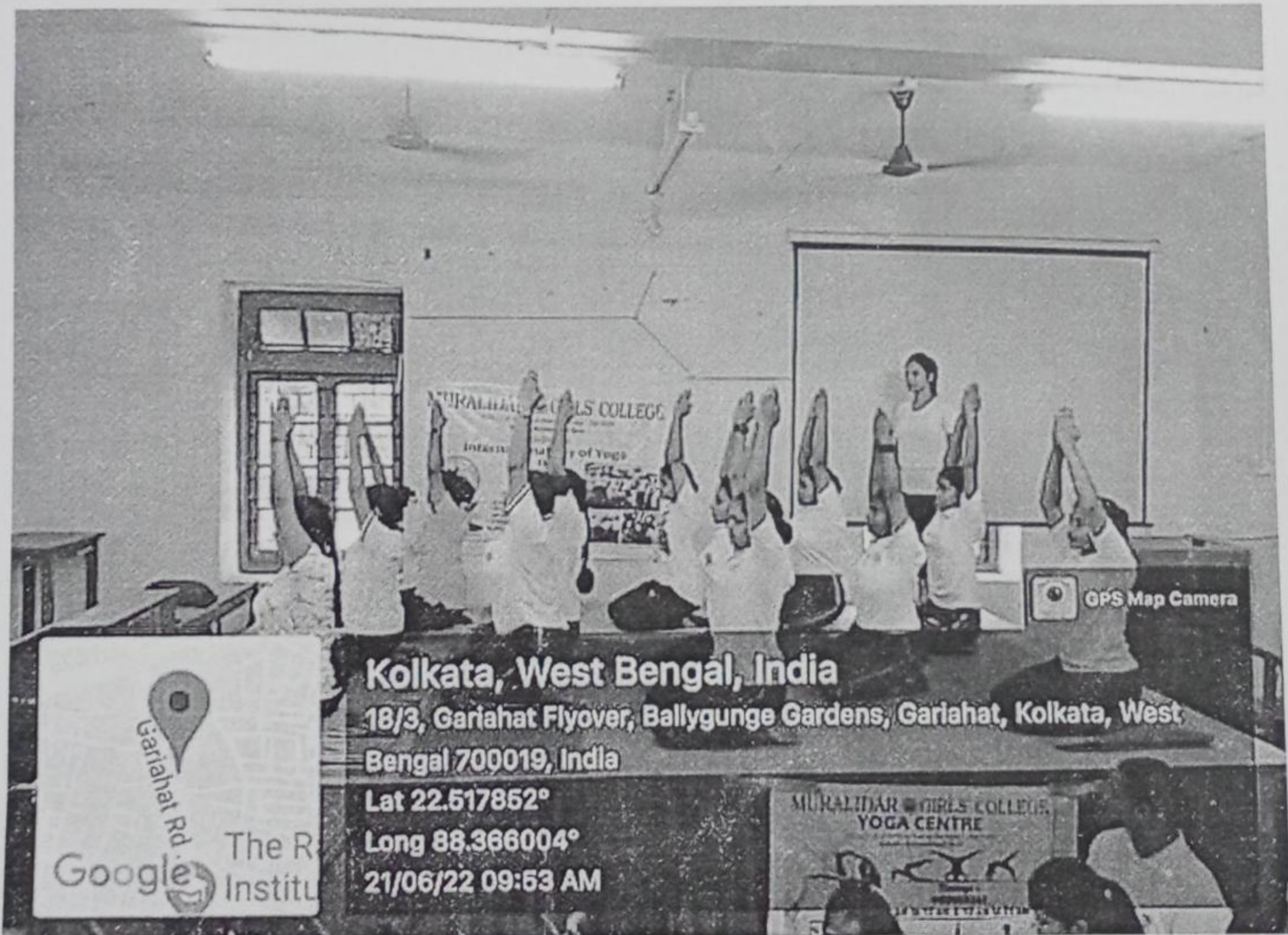
2021-22-22

No of students who participated prior to signing of MOU

2018-19 -17

2017-18-20

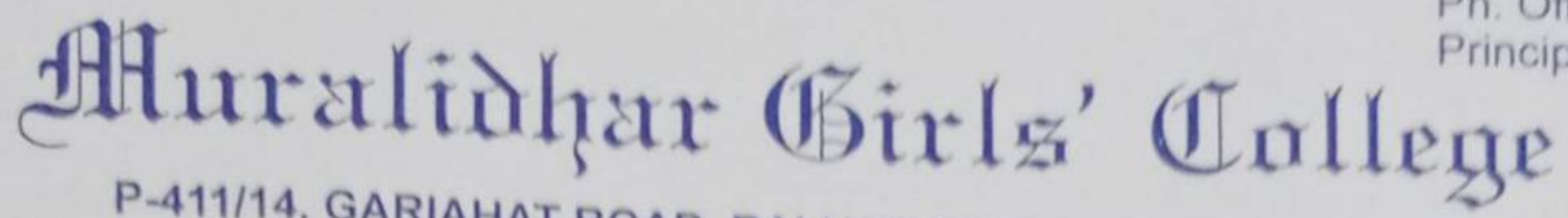
Yoga display in college premises



The attendance details of students are as follows:

Choyona Deo Mukhopadhyay.

Kingella Bina
Principal
Muralidhar Girls' College



P-411/14, GARIAHAT ROAD, BALLYGUNGE, KOLKATA - 700 029
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Date.....

Yoga

[illegible]

Principal
Muralidhar Girls' College

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Ref. No.....

Date.....

Attendance of Students 2020-2021

Yoga

[illegible]

Kingslimer Bier

Principal
Muralidhar Girls' College

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Ref. No.....

Date.....

[illegible][illegible]

Kegagalan Bina

Principal
Muralidhar Girls' College

Choyona Suy Nukho pasmyay



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Principal : 2464-4371

Ref. No.....

Date.....

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Словоны Оу Микнорадину

Kingalieu Blues

Principal
Muralidhar Girls' College



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Principal : 2464-4371

Muralidhar Girls' College

P-411/14, GARIAHAT ROAD, BALLYGUNGE, KOLKATA - 700 029
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Ref. No.

Date.

		5/12/21	16/12/21	22/12/21	27/12/21	31/12/21	5/1/22	12/1/22	19/1/22	26/1/22	2/2/22	9/2/22	16/2/22	23/2/22	30/2/22	6/3/22	13/3/22	20/3/22	27/3/22	3/4/22
97.	PIYALI BHUIYA	P			P		P													
98.	ANANDINI BISWAS	P	P				P		P											
99.	REBAN BANERJEE	P			P															
100.	ANRUSHKA ROY	P																		
101.	MAUMITA JANA	P		P		P		P												
102.	BIDDU CHAKRABORTY	P						P	P											
103.	KETNA DAS	P		P																
104.	ENIKA MONMOPALMAY	P	P																	
105.	PARAMITA GHOSH.	P			P		P													
106.	DIPA GHOSH	P	P			P														
107.	ASHIA BEGUM	P		P			P													
108.	PRITY NAG	P						P												
109.	SVLAGNA PAUL	P		P		P														
100.	PRIYA BISWAS	P			P		P													
111.	IPASANA MANDAL	P		P		P														

		5/4/22	12/4/22	19/4/22	26/4/22	3/5/22	10/5/22	17/5/22	24/5/22	31/5/22	7/6/22	14/6/22	21/6/22	28/6/22	5/7/22	12/7/22	19/7/22	26/7/22	2/8/22	9/8/22
97.	PIYALI BHUIYA	P																		
98.	ANANDINI BISWAS	P	P																	
99.	REBAN BANERJEE	P	P		P															
100.	ANRUSHKA ROY	P	P			P		P												
101.	MAUMITA JANA	P																		
102.	BIDDU CHAKRABORTY	P						P												
103.	KETNA DAS	P	P			P														
104.	ENIKA MONMOPALMAY	P			P															
105.	PARAMITA GHOSH.	P		P	P			P		P										
106.	DIPA GHOSH	P					P													
107.	ASHIA BEGUM	P	P			P		P	P											
108.	PRITY NAG	P			P			P		P										
109.	SVLAGNA PAUL	P	P					P												
100.	PRIYA BISWAS	P		P		P	P													
111.	IPASANA MANDAL	P																		

Choyona Dey Mukhopadhyay,

Kingalini Biswas

Principal
Muralidhar Girls' College



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Principal : 2464-4371

Muralidhar Girls' College

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Ref. No.

Date.

Attendance of Students 2021-2022

Yoga

YOGA CLASS 2021-2022		3/1/22	5/1/22	7/1/22	9/1/22	11/1/22	13/1/22	15/1/22	17/1/22	19/1/22	21/1/22	23/1/22	25/1/22	27/1/22	29/1/22	31/1/22	2/2/22	4/2/22	6/2/22	8/2/22	10/2/22	12/2/22	14/2/22	16/2/22	18/2/22	20/2/22	22/2/22	24/2/22	26/2/22	28/2/22	30/2/22	
1.	SNEHA ROY CHONDHURY	P	P																													
2.	ARCHITA GHOSH			P		P																										
3.	MAHUA DEY				P	P		P	P																							
4.	BITA NASKAR						P	P																								
5.	ARPITA DAS								P	P																						
6.	PUTA YADAV		P	P			P	P		P																						
7.	RAHNI SARKAR			P				P	P																							
8.	SADITA DEY		P	P				P																								
9.	SRABANI MAITYA						P	P	P																							
10.	PRITY NAG				P	P	P																									
11.	SHREEJITA HALDA									P																						
12.	DRISHA DHALI																															
13.	PIYASREE MANDAL			P		P			P																							
14.	SHASTIKA DASH																															
15.	PRIYANKA RATAK				P		P	P		P																						
16.	BITMI HALDAR		P	P					P	P	P																					
17.	PAYEL SAMANTA																															
18.	SHREYASI BHOWM					P	P	P	P																							
19.	SHREYASI DHALL																															
20.	CHITRA MONDAL		P				P		P																							
21.	PIYASREE DAS		P	P	P		P		P																							
22.	RITA NASKAR		P		P			P																								

YOGA CLASS 2021-2022		3/1/22	5/1/22	7/1/22	9/1/22	11/1/22	13/1/22	15/1/22	17/1/22	19/1/22	21/1/22	23/1/22	25/1/22	27/1/22	29/1/22	31/1/22	2/2/22	4/2/22	6/2/22	8/2/22	10/2/22	12/2/22	14/2/22	16/2/22	18/2/22	20/2/22	22/2/22	24/2/22	26/2/22	28/2/22	30/2/22	
1.	SNEHA ROY CHONDHURY	P	P																													
2.	ARCHITA GHOSH																															
3.	MAHUA DEY																															
4.	BITA NASKAR																															
5.	ARPITA DAS																															
6.	PUTA YADAV																															
7.	RAHNI SARKAR																															
8.	SADITA DEY																															
9.	SRABANI MAITYA																															
10.	PRITY NAG																															
11.	SHREEJITA HALDAR																															
12.	DRISHA DHALI																															
13.	PIYASREE MANDAL																															
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18.	SHREYASI BHOWMIK																															
19.	SHREYASI DHALL																															
20.	CHITRA MONDAL																															
21.	PIYASREE DAS																															
22.	RITA NASKAR																															

Choyon Das Mukhopadhyay

Kingalini Biswas

Principal
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Attendance of Students 2018-2019

Yoga

YOGA CLASS 2018 - 2019		2018 to 2019											
1.	SHREYA DAS II												
2.	SHREYA SHEN II												
3.	SATARUPA GAYEN II												
4.	SUCHISMITA BEER I												
5.	ADITY SAHA I												
6.	MODHUMITA KARMAKAR II												
7.	POOTA YADAV I												
8.	MADHUMITA SARDAR I												
9.	PRIYANKA TANTI I												
10.	PUSHPANJALI GIRI II												
11.	MANJU MONDAL II												
12.	SAMPA MONDAL II												
13.	SNATI CHATTERJEE II												
14.	SARASWATI CHOWDHURY I												
15.	SNEHA GOBWAMI II												
16.	ANAMIKA HALDAL II												
17.	RINKI HALDAR II												

YOGA CLASS 2018 - 2019		2018 to 2019											
1.	SHREYA DAS II												
2.	SHREYA SHEN II												
3.	SATARUPA GAYEN II												
4.	SUCHISMITA BEER I												
5.	ADITY SAHA I												
6.	MODHUMITA KARMAKAR II												
7.	POOTA YADAV I												
8.	MADHUMITA SARDAR I												
9.	PRIYANKA TANTI I												
10.	PUSHPANJALI GIRI II												
11.	MANJU MONDAL II												
12.	SAMPA MONDAL II												
13.	SNATI CHATTERJEE II												
14.	SARASWATI CHOWDHURY I												
15.	SNEHA GOBWAMI II												
16.	ANAMIKA HALDAL II												
17.	RINKI HALDAR II												

Choyani Dey Mukhopadhyay

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Attendance of Students 2017-2018

Yoga

YOGA 2017 TO 2018													
1.	PALLABE DAS 2nd year	P	P	P	P	P	P	P	P	P	P	P	P
2.	SURAMA BARDYA 2nd year	P	P	P	P	P	P	P	P	P	P	P	P
3.	URMILA PARIAL 1st year	P	P	P	P	P	P	P	P	P	P	P	P
4.	SHREYA DAS 1st year	P	P	P	P	P	P	P	P	P	P	P	P
5.	SHREYA SHOW 2nd year	P	P	P	P	P	P	P	P	P	P	P	P
6.	RAJASHREE HALDER 1st year	P	P	P	P	P	P	P	P	P	P	P	P
7.	SATARUPA GAYEN 1st year	P	P	P	P	P	P	P	P	P	P	P	P
8.	MEGHNA JANA 1st year	P	P	P	P	P	P	P	P	P	P	P	P
9.	RITUPURNA CHATTERJEE	P	P	P	P	P	P	P	P	P	P	P	P
10.	MODHUMITA KARMAKAR 1st year	P	P	P	P	P	P	P	P	P	P	P	P
11.	UPASANA DAS	P	P	P	P	P	P	P	P	P	P	P	P
12.	MOUMITA HALDAL 2nd year	P	P	P	P	P	P	P	P	P	P	P	P
13.	ANAMIKA MONDAL 2nd year	P	P	P	P	P	P	P	P	P	P	P	P
14.	DWAITI ROY 3rd year	P	P	P	P	P	P	P	P	P	P	P	P
15.	ABHISHRUEJI MUKHERJEE 2nd year	P	P	P	P	P	P	P	P	P	P	P	P
16.	PUTA DAS 1st year	P	P	P	P	P	P	P	P	P	P	P	P
17.	RAHIMA KHATOON	P	P	P	P	P	P	P	P	P	P	P	P
18.	SNBHA GOSWAMI 1st year	P	P	P	P	P	P	P	P	P	P	P	P
19.	RINKI HALDER 1st year	P	P	P	P	P	P	P	P	P	P	P	P
20.	PAPIYA MAITY 2nd year	P	P	P	P	P	P	P	P	P	P	P	P

YOGA 2017 TO 2018													
1.	PALLABE DAS 2nd year	P	P	P	P	P	P	P	P	P	P	P	P
2.	SURAMA BARDYA 2nd year	P	P	P	P	P	P	P	P	P	P	P	P
3.	URMILA PARIAL 1st year	P	P	P	P	P	P	P	P	P	P	P	P
4.	SHREYA DAS 1st year	P	P	P	P	P	P	P	P	P	P	P	P
5.	SHREYA SHOW 2nd year	P	P	P	P	P	P	P	P	P	P	P	P
6.	RAJASHREE HALDER 1st year	P	P	P	P	P	P	P	P	P	P	P	P
7.	SATARUPA GAYEN 1st year	P	P	P	P	P	P	P	P	P	P	P	P
8.	MEGHNA JANA 1st year	P	P	P	P	P	P	P	P	P	P	P	P
9.	RITUPURNA CHATTERJEE	P	P	P	P	P	P	P	P	P	P	P	P
10.	MODHUMITA KARMAKAR	P	P	P	P	P	P	P	P	P	P	P	P
11.	UPASANA DAS	P	P	P	P	P	P	P	P	P	P	P	P
12.	MOUMITA HALDAL 2nd year	P	P	P	P	P	P	P	P	P	P	P	P
13.	ANAMIKA MONDAL 2nd year	P	P	P	P	P	P	P	P	P	P	P	P
14.	DWAITI ROY 3rd year	P	P	P	P	P	P	P	P	P	P	P	P
15.	ABHISHRUEJI MUKHERJEE	P	P	P	P	P	P	P	P	P	P	P	P
16.	PUTA DAS 1st year	P	P	P	P	P	P	P	P	P	P	P	P
17.	RAHIMA KHATOON	P	P	P	P	P	P	P	P	P	P	P	P
18.	SNBHA GOSWAMI 1st year	P	P	P	P	P	P	P	P	P	P	P	P
19.	RINKI HALDER 1st year	P	P	P	P	P	P	P	P	P	P	P	P
20.	PAPIYA MAITY 2nd year	P	P	P	P	P	P	P	P	P	P	P	P

Choyan Dey Mukhopadhyay,

Kingalini Dey
Principal
Muralidhar Girls' College