



GOVERNMENT OF TRIPURA  
SWAMI VIVEKANANDA MAHAVIDYALAYA  
MOHANPUR, TRIPURA WEST

ACTION TAKEN REPORT  
ON

**CELEBRATION OF FIT INDIA WEEK – 2023**

UNDER

**SWAMI VIVEKANANDA MAHAVIDYALAYA, MOHANPUR, TRIPURA, WEST**

FIT INDIA WEEK – 2023, was held from 11<sup>th</sup> December 2023 to 15<sup>th</sup> December 2023, in Swami Vivekananda Mahavidyalaya, Mohanpur, Tripura, west. Dr. Haradhan Saha, Respected Principal of the Swami Vivekananda Mahavidyalaya, Mohanpur, Tripura, West, has inaugurated the FIT INDIA WEEK –2023 programme where he spoken about the Fit India Movement which was launched by Hon<sup>ble</sup> Prime Minister Sri Narendra Modi on 29<sup>th</sup> August 2019, which happens to be the birth anniversary of Major Dhyan Chand, the hockey wizard, and is also celebrated as the National Sports Day and also discuss the benefit of maintain the healthy life style.

Dr. Debabrata Roy, Associate Professor, Dept. of Commerce and Secretary Teachers Council of Swami Vivekananda Mahavidyalaya, Mohanpur, Tripura, west, was also present in the FIT INDIA WEEK-2023. Dr. Manas Das, Asst Professor, Dept. of Physical Education, Swami Vivekananda Mahavidyalaya, Mohanpur, Tripura, west, has arranged and coordinated the entire programme, and encouraged the students to remain healthy and fit for future India by practicing physical activities and sports in their daily lives. Sri Kaushik Sarkar and Knorok Roy, Guest Faculty has worked hard for successful completion of the programme.

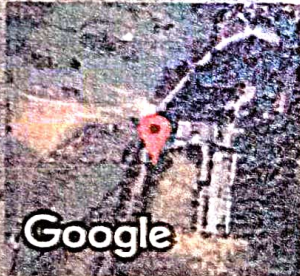
Celebrated FIT INDIA WEEK -2023, at Swami Vivekananda Mahavidyalaya, Mohanpur, Tripura, west, along with the students, faculty members and staffs of the SVM, Mohanpur, and promote a healthy and active lifestyle by indulging various activities such as Yoga and Meditation, Fitness pledge- by Students and faculty members, indigenous Game, Annual Sports Day, running/races, playing cricket, football, Volleyball game etc.

# ACTIVITIES CONDUCTED DURING THE FIT INDIA WEEK - 2023



CELEBRATION OF  
**FIT INDIA SPORTS WEEK**  
 11TH DEC TO 15TH DEC 2023  
 ORGANIZED BY:  
 DEPT. OF PHYSICAL EDUCATION  
 SWAMI VIVEKANANDA MAHAVIDYALAYA, MOHANPUR  
 (W) TRIPURA  
 DATE: 13-15-2023

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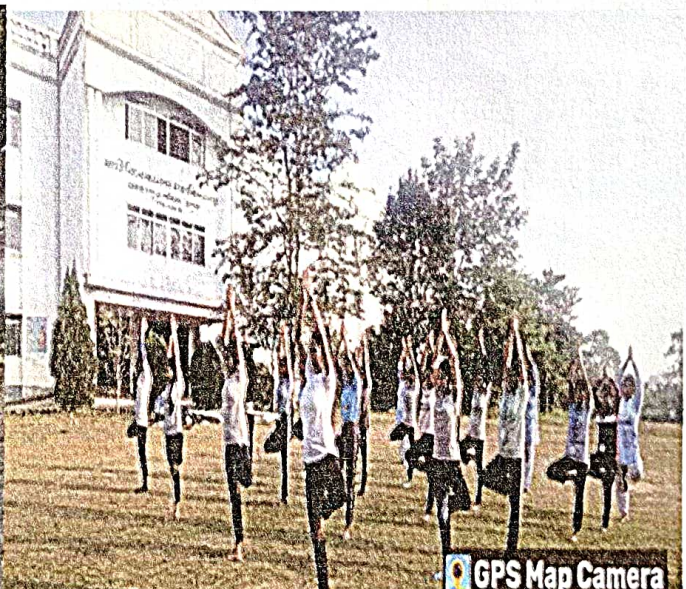


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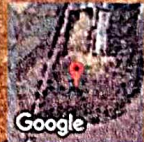
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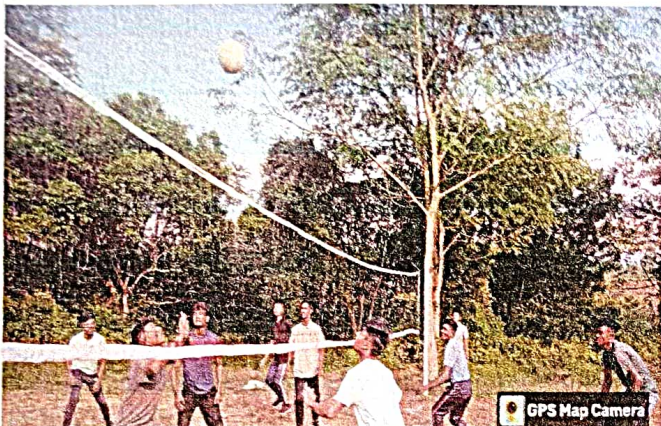
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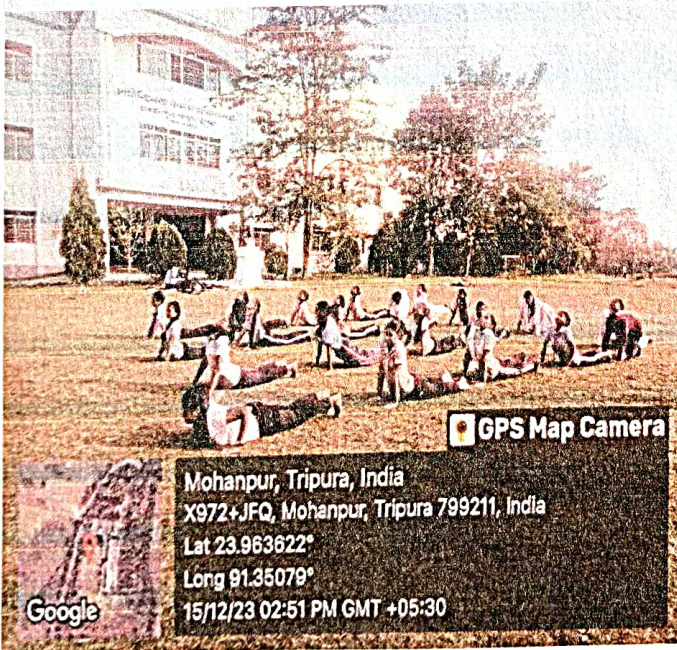
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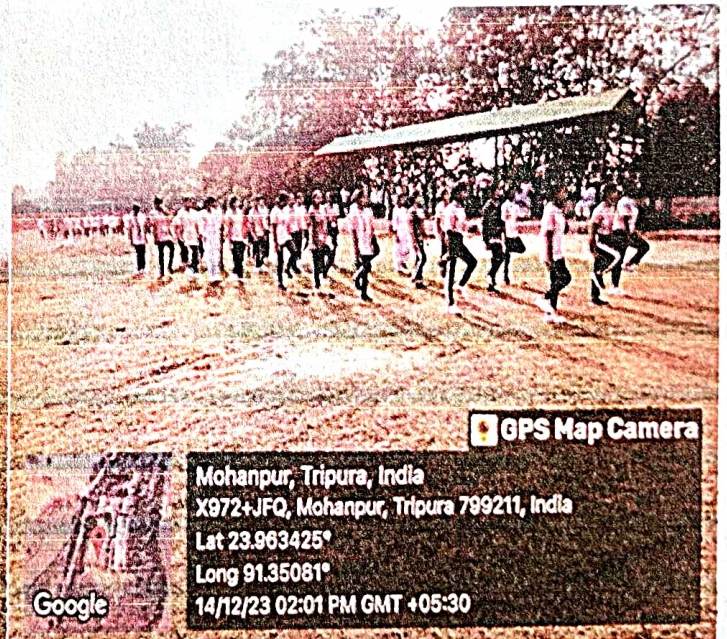
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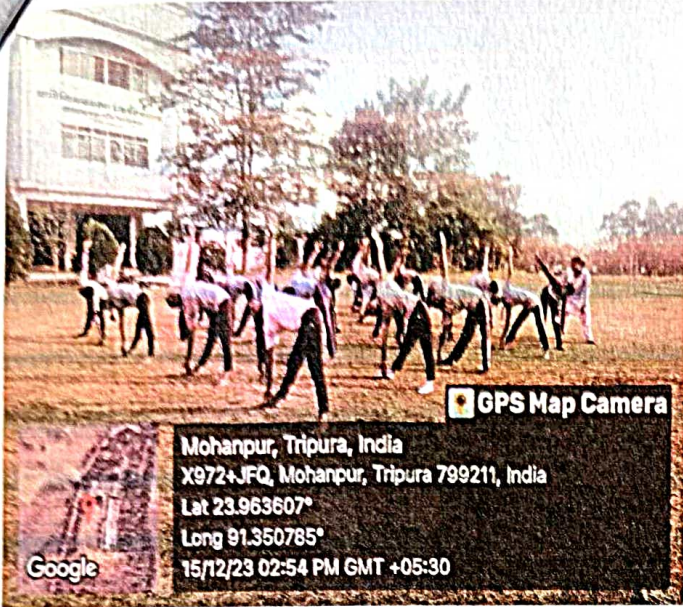
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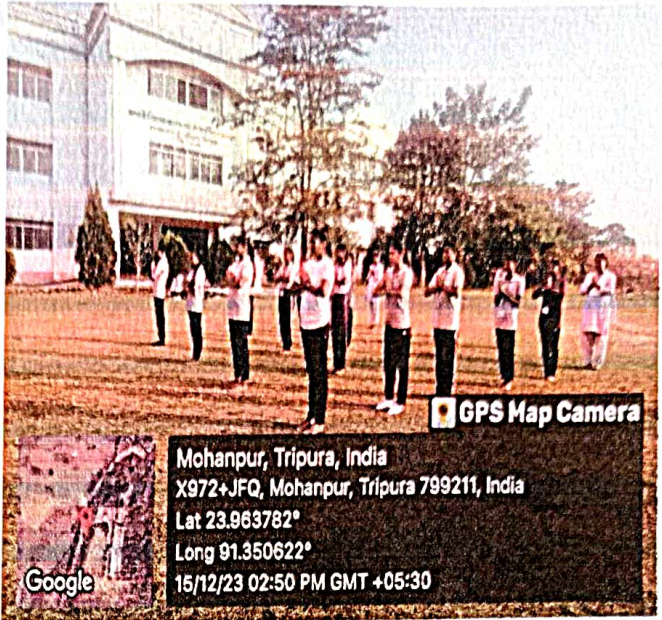
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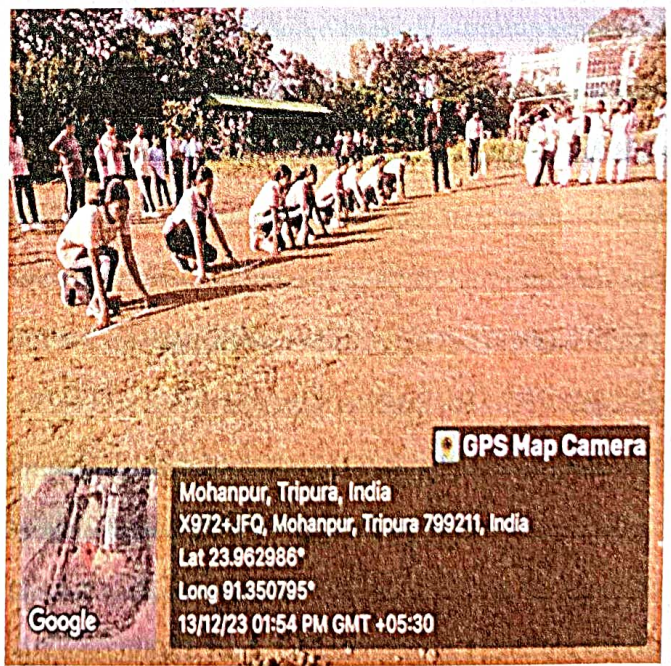
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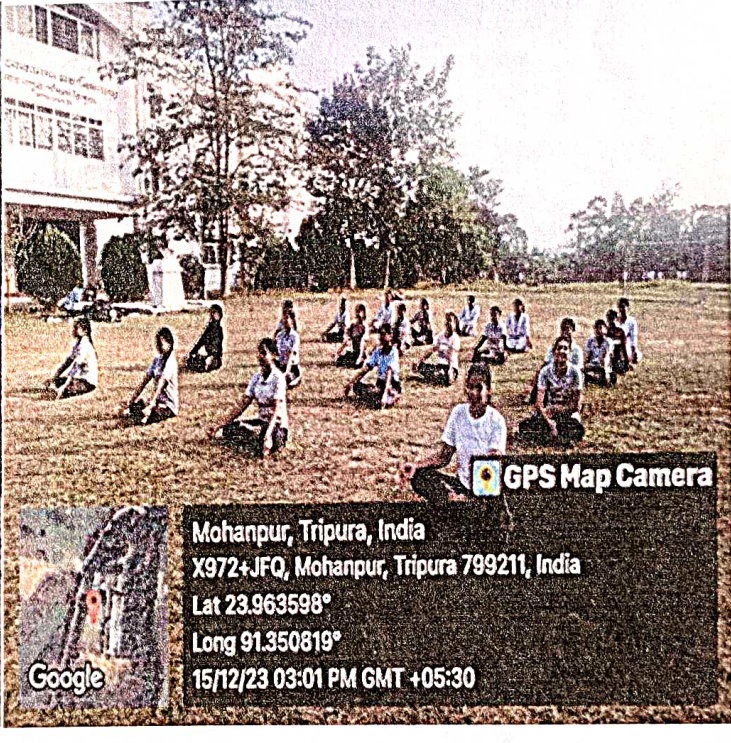
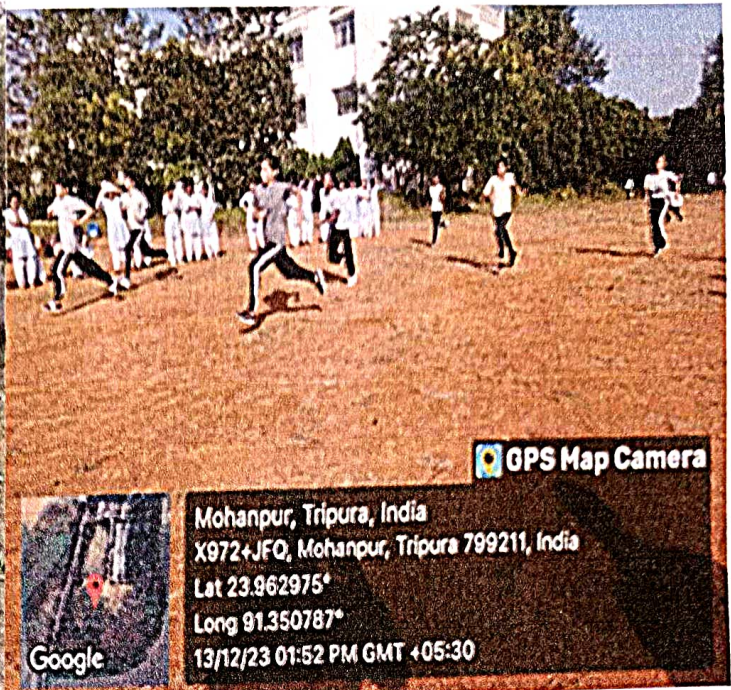
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The programme was concluded with the vote of thanks to all dignitaries.

Dr. Manas Das  
 HoD 13/12/23  
 Dept. Physical Education.  
 Assistant Professor  
 SVM Mohanpur  
 Tripura (West)

13/12/2023  
 Dr. Haradhan Saha  
 Principal  
 Swami Vivekananda Mahavidyalaya,  
 Mohanpur, Tripura, (West).



GOVERNMENT OF TRIPURA  
OFFICE OF THE PRINCIPAL  
SWAMI VIVEKANANDA MAHAVIDYALAYA  
Mohanpur, West Tripura, India  
NAAC Accredited with Grade 'B'  
UGC recognized under 12(b) & 2(f)  
(Affiliated to Tripura University-A Central University)  
E-mail ID: [svm.mnp@gmail.com](mailto:svm.mnp@gmail.com)

No.F.3(2)-ACD/SVM-MP/2012/ 1559

Dated, Mohanpur, 05.08.2023

To  
The Senior Research Officer  
District Employment Exchange,  
Agartala, West Tripura

Subject- Vocational Guidance Training for the students of SVM Mohanpur for enhancing their employability .

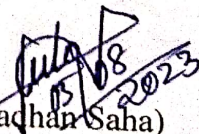
Sir

In reference to your letter no. F.12(21)/MCC/DEE/AGT/VG/2020/P-1/1280-82 dated 1<sup>st</sup> July 2023, on the above subject I am to inform you that we appreciate your proposal for organising employability training program for our students in our Institute premises. The Opening of the Vocational Guidance Training Program will be done on 25<sup>th</sup> September 2023 at 12.00 Noon.

We shall provide you the following support.

1. Mobilization of students: Interested 5<sup>th</sup> Semester and Pass out students of 2023 from our college will attend the program. The number may be approx 60.
2. Faculty Coordinator for the Program Smt Seuli Das, Placement Cell Coordinator will coordinate the Program with MCC, Agartala on behalf of SVM Mohanpur.
3. Infrastructural facilities : Room /Hall of minimum 60 seat capacity having facilities for writing board and projector shall be provided for this purpose.

Our Training and Placement Cell Coordinator shall send you the course curriculum and name of resource person/faculty in due course of time. The duration of class hour may be decided accordingly.

  
(Dr. Haradhan Saha)  
Principal

Swami Vivekananda Mahavidyalaya  
Mohanpur ,West Tripura



# SCHEDULE PLANNED FOR VG PROGRAMME

Date Time- 02.00 P.M To 04.00 PM	Topic	Name of Teachers
1.12.2023	Spoken English	Dr Sukla Singha
2.12.2023	GK ( Indian Polity)	Smt Rojina Debbarma
4.12.2023	Reasoning ( Non verbal)	Sri Abhijit Bhattacharjee
5.12.2023	Aptitude	Dr Prasanta Deb
6.12.2023	GK (Indian Geography)	Dr Chandrani Debbarma
7.12.2023	Corporate Skills	Sri Debabrata Roy
8.12.2023	GK ( Tripura History)	Smt Anita Majumder
11.12.2023	Computers & ICT	Smt Seuli Das
12.12.2023	Current Affairs ( National )	Dr S.K Jamatia
13.12.2023	English Grammar	Dr Sukla Singha
14.12.2023	GK (Indian Constitution)	Smt Rojina Debbarma
15.12.2023	Reasoning ( Verbal)	Sri Abhijit Bhattacharjee
16.12.2023	Aptitude	Dr Prasanta Deb
18.12.2023	GK ( Tripura Geography)	Dr Chandrani Debbarma
19.12.2023	Career Skills	Sri Debabrata Roy
20.12.2023	GK ( Indian History)	Smt Anita Majumder
21.12.2023	Computers & ICT	Smt Seuli Das
22.12.2023	Current Affairs ( International )	Dr S.K Jamatia
26.12.2023	English Grammar	Dr Sukla Singha
27.12.2023	GK (Indian Constitution)	Smt Rojina Debbarma
28.12.2023	Reasoning ( Non verbal)	Sri Abhijit Bhattacharjee
29.12.2023	Aptitude	Dr Prasanta Deb
30.12.2023	GK (World Geography)	Dr Chandrani Debbarma
2.01.2024	Personality Development and Body Language	Sri Debabrata Roy
3.01.2024	GK ( World History)	Smt Anita Majumder
4.01.2024	Computers & ICT	Smt Seuli Das
5.01.2024	Current Affairs ( International )	Dr S.K Jamatia
6.01.2024	Mock Test	Dr Sukla Singha
8.01.2024	Mock Test	Smt Rojina Debbarma
9.01.2024	Mock Test	Sri Abhijit Bhattacharjee
10.01.2024	Mock Test	Dr Prasanta Deb
11.01.2024	Mock Test	Dr Chandrani Debbarma
12.01.2024	Mock Test	Sri Debabrata Roy
16.01.2024	Mock Test	Smt Anita Majumder
17.01.2024	Mock Test	Smt Seuli Das
18.01.2024	Mock Test	Dr S.K Jamatia

( Dr. Haradhan Saha )

Principal

Swami Vivekananda Mahavidyalaya  
Mohanpur , West Tripura







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No.F.3(2)-ACD/SVM-MP/2012/ 1783

Dated, Mohanpur, 29.11.2023

### NOTICE

It is for general information to all the students of Swami Vivekananda Mahavidyalaya, Mohanpur that the following students are selected for undergoing Vocational Guidance Training Program Classes in the Institute premises in collaboration with Directorate of Employment Services & Manpower Planning, Government of Tripura from 15.11.2023.

1. Ronit Kapali. (First Semester)
2. Barnali Debnath. (First Semester)
3. Shefal Debnath. (First Semester)
4. Parimita Sen. (First Semester)
5. Dipti Bhowmik. (First Semester)
6. Nayan Baidya. (First Semester)
7. Piyali Bardhan. (First Semester)
8. Bishal Sarkar. (First Semester)
9. Gourab Das. (First Semester)
10. Anik Das. (First Semester)
11. Bikash Telenga. (First Semester)
12. Kabi Thapa. (First Semester)
13. Dipen Sarkar. (First Semester)
14. Isha Kanda. (First Semester)
15. Ananya Paul. (First Semester)
16. Puja Karmakar. (First Semester)

( Dr. Haradhan Saha )  
Principal

Swami Vivekananda Mahavidyalaya  
Mohanpur, West Tripura

1. Copy to Notice Board 1 & 2.
2. Copy displayed in the Website.



GOVERNMENT OF TRIPURA  
OFFICE OF THE PRINCIPAL  
SWAMI VIVEKANANDA MAHAVIDYALAYA,  
MOHANPUR, TRIPURA WEST

Ref.No:F.5(4)/SVM-MNP-GC/22

Dated: 17-07-2023

**Report on Special Yoga camp at SVM Mohanpur held from 13<sup>th</sup> June to 16<sup>th</sup> June 2023 in association with ICFAI University**

Special Yoga camp at SVM Mohanpur held from 13<sup>th</sup> June to 16<sup>th</sup> June 2023 in association with ICFAI University was jointly organised by both the institutions where 100 nos of students participated in this programme. Students learnt various aspects of health related issues which can be cured by Yoga.

Dr Mithun Ch. Roy, Asst Professor & Sports Director of ICFAI University & Mrs. Ranjana Sinha, Asst. Professor of ICFAI University were the trainers of the event. Dr Haradhan Saha, Principal of the SVM, Mohanpur has inaugurated the programme where he spoken the benefit of Yoga in modern day's stressful life. He also narrated the issue of employment scope in the field of Yoga & Sports sectors. Sri Debabrata Roy, Associate Professor & Secretary Teachers Council of SVM Mohanpur was also present on the occasion. Dr Manas Das, Asst Professor Dept of Physical education has arranged & coordinated the entire programme. Sri Kaushik Sarkar Guest Faculty has worked hard for successful completion of the programme.

Dr. Manas Das, HOD Deptt of Physical Education, SVM, Mohanpur, has narrated that Yoga provides us with one of the best means of self-Improvement and for tapping ones full potential in life. In the advanced stages of yoga, the super conscious states are attained that emanate feelings of bliss, deep peace and the emergence of psychic powers developed and perfected over the centuries by the philosophers and the mystics of India. Yoga is basically a method for increasing body's supply of energy. It also removes the obstacles that may be blocking the transmission of energy throughout the body. Over a period of thousands of years, yoga has streamlined its methods to fulfil these aims.

There are many things in the world that engender stress in life i.e.w job, money, mortgage, loan, downturn in economy and so on. However, when one learns the ways to deal with stress through yoga and meditation, while still dealing with the problems one is facing. The exercises and practice of yoga will help to deal with stress creating situations but

also do it faster than ever before. Stress and anxiety don't help anyone, they just make things worse. Therefore, practice yoga regularly and it can make the stress less stressful.

The programme was concluded with vote of thanks to the Chair.

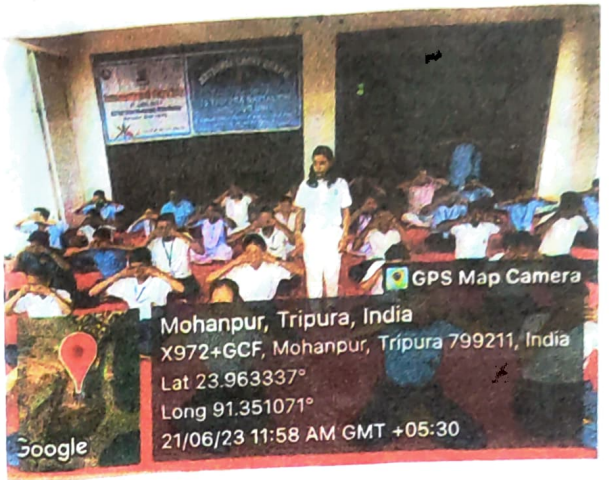
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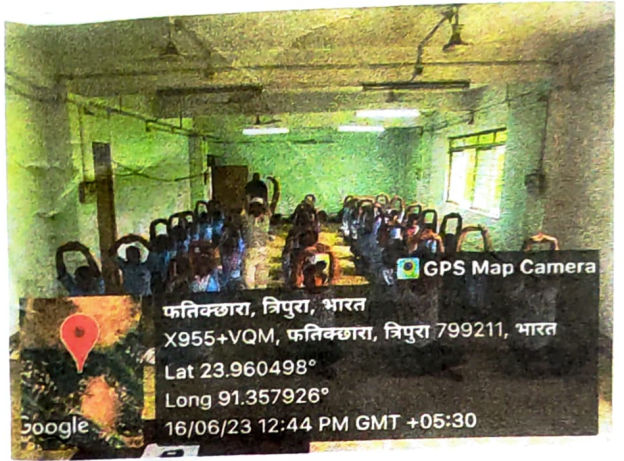
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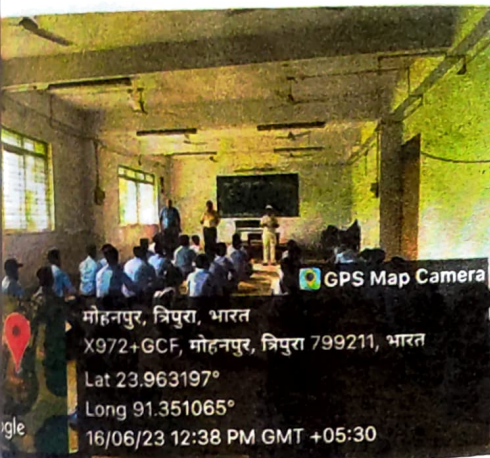
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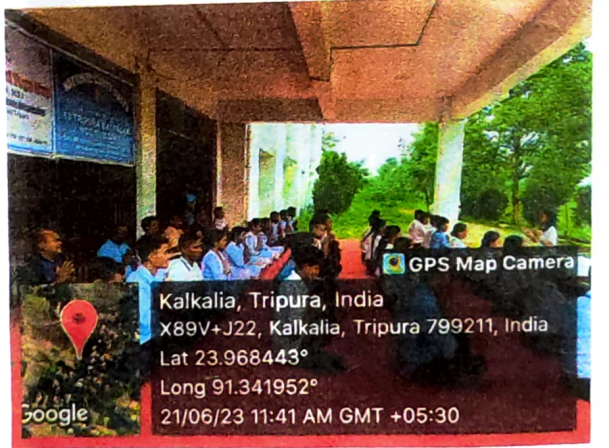
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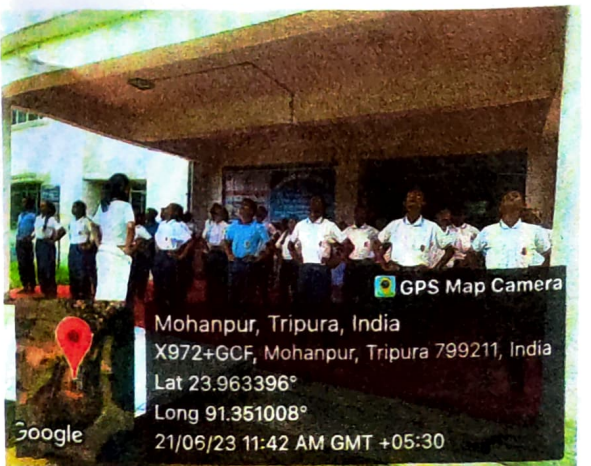
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