



Report of the
“Khelega Bharat, Jeetaga Bharat ”

On
National Sports Day

Saturday, 29/08/2026.

Organised by:

College of Engineering & Management, Kolaghat (NSS UNIT)
KTPP Township, Purba Medinipur, WB-721171



Dr.SebaMaity
NSSProgramOfficer
CollegeofEngineering&Management,Kolaghat(CEMK)

Date: 29st August 2026

Venue: Open Air Auditorium, College of Engineering and Management, Kolaghat

Total participation: 222 students and some faculty & staff.

Organized by: NSS Unit, College of Engineering and Management, Kolaghat

Sports & Yoga: A Journey to Mind-Body Wellness

Sports & Yoga are more than just a form of physical exercise—it is a way of life that promotes harmony between the body, mind, and soul. Rooted in ancient Indian philosophy, yoga has evolved over thousands of years, yet its core principles remain the same: mindfulness, balance, and inner peace. Today, yoga is practiced all over the world by people of all ages and backgrounds, offering numerous physical, mental, and emotional benefits. At its core, yoga involves a combination of physical postures (asanas), breath control (pranayama), and meditation (dhyana). These elements work together to enhance physical flexibility, build muscle strength, improve posture, and boost energy levels. On a deeper level, yoga helps calm the mind, reduce stress, increase focus, and promote a sense of emotional well-being. It encourages self-awareness and teaches individuals how to stay present in the moment, making it a powerful tool for modern life.





Benefits of Sports and Yoga Camp

- Improves flexibility, strength, and posture
- Enhances respiratory function and energy levels
- Reduce stress, anxiety, and depression
- Increase mental clarity and concentration
- Promote emotional balance and inner peace
- Encourages mindfulness and self-awareness
- Supports weight management and better digestion
- Builds discipline and a positive lifestyle
- Boost immune function and overall vitality
- Provides a break from daily stress in a peaceful setting
- Creates a sense of community and connection
- Offers guidance from experienced yoga instructors
- Improves sleep quality
- Enhance self-confidence and body awareness
- Support natural detoxification
- Teaches coping skills for life challenges

Name and Roll no. of the participation:

NSS Activity Date 29/08/26
Khelega Bharat, Jitega Bharat

①

SLNO.	College Roll No	Name	Phone No
1	CSE/25/010	SK Aminur Rahman	9732166418
2	CSE/25/001	Debaneta Kapri	90834868
3	CSE/25/071	SK Anisur Rahman	19134264392
4	CSE/25/029	Chandana Datta	7001105737
5	CSE/25/072	Subhajit Giri	6296039261
6	CSE/25/011	Santanu Ghoshal	9002013666
7	CSE/25/184	Suparno Pal	7499016150
8	CSE/25/088	Madhusree Das	8245281368
9	CSE/25/083	Shreyas Panja	9647355812
10	CSE/25/256	Dentana Chanda	6297267708
11	CSE/25/087	Ayushmaan Roy	7501776928
12	CSE/25/040	Rajwal Hait	7864061818
13	CSE/25/024	Deejit Bera	-
14	CSE/25/032	Subham Manne	91382060903
15	CSE/25/031	Prantik Koley	9057933668
16	CSE/25/146	Pradip Maji	8918305670
17	CSE/25/163	Ananya Koley	8945588198
18	CSE/25/267	Ankita Paul	954850198
19	CSE/25/225	Houmita Das	8503670917
20	CSE/25/073	Seekrishi Sur (9242297974)	

Programs Officer
NSS UNIT
College of Engineering
Management, Kolkata

29/08/26

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CSE/25/035	Rinku Adak	9382908753
CSE/25/038	Adrita Maiti	7699493959
CSE/25/004	Ananya Chakraborty	9446114081
CSE/25/009	Alankrita Maiti	9932943184
CSE/24/001	Parvita Pratim Mondal	9064192355
CSE/25/032	(3rd Year - CSE)	9641214939
CSE/25/053	Arin Samanta	6289832076
CSE/25/050	Chesha Das	8100476596
CSE/25/037	Krishnendu Ghoshal	9330113046
CSE/25/091	Alekhya Bhattacharya	7699629723
CSE/25/091	Arghya Maity	7699629723
AIML/25/017	CSE/25/091	7619507526
CSE/25/267	Suparna Pandit	7811022446
CSE/25/262	Tilki Chandra	8637050317
CSE/25/094	Swikriti Kaila	8436049431
CSE/25/139	Sneha Pradhan	8158824882
CSE/25/168	Tiasha Jana	7585857655
	Aditi Manna	

Sonali
29/08/26

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EE/26/01 Soumyajit Das.
EE/26/18 Soubhagya Maity
CSE/26/252 Rohit Das.
CSE/26/112 Akash Khanna
EE/26/02 Kamalish Buechhat
EE/26/16 Swagjit Ghosh
EE/26/54 Aritra Pandit
AIML/26/012 Anujit Patra
AIML/26/027 Swarup Maji
AIML/26/021 Sk. Zahurul Islam
EE/26/13 Anik Somubha
CSE/26/143 Satyam Kumar
CSE/26/171 Ankit Kumar
AIML/26/048 Saunav Kishwaha
CSE/26/197 Shunam Khemrui
CSE/26/221 Madhusudan Ghanta
CSE/26/209 Arunava Maity
CSE/26/256 ISHAN SEN
CSE/26/253 Souvik Das
CSE/26/233 Solan Bhownik
CSE/26/247 Rajana Janna
CSE/26/004 Deep Maji
CSE/26/102 Santanu Bera
CSE/26/146 Anish Adak
CSE/26/246 Soumab Mahato
AIML/26/042 Ankan Dolai
CSE/26/083 Soumyadeep Sanyal
CSE/26/134 Saipradeep Samanta
CSE/26/211 Sukham Mishra

(29)

Programme Officer
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College of Engineering &
Management Technology

Smrity
29/08/26

CSE/26/261	Subhanita Dey	9609569801	(4)
CSE/26/262	Dibya Dingal.	8101405606	
CSE/26/235	Nandini Sanvi	8335964744	
CSE/26/243	SP Sneha Mondal	9800546558	
ECE/26/18	Shree Baibakhi Jana	9635540143	
ATML/26/099	Ujjwala Nanda	9434674722	
CSE/26/229	Anusha Saha	9051178579	
ATML/26/055	Subhranil Karmakar	7047280077	
CSE/25/140	Soumi Das		
CSE/25/198	Swarna Samanta		

Program: CSE/26
 NCTE Unit
 College of Engineering &
 Management, Kolkata

29/08/26
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<u>Sl no.</u>	<u>College RPM No.</u>	<u>Name</u>
1.	EE/26/52	Sayan Jana
2.	ECE/26/53	Rishik Samanta
3.	EE/26/35	Bikash Samanta
4.	ECE/26/56	Soumyadip Samanta
5.	ECE/26/31	Souvik Karan
6.	ECE/26/32	Tamoghna Behera
7.	CSE/26/150	Tamoghna Paul
8.	AIRML/26/077	Riku Mandal
9.	EE/26/53	Biswajit Maity
10.	ECE/26/39	Rohit Das
11.	ECE/26/46	Jhumbiyoti Ghosh
12.	ECE/26/40	Rohan Das
13.	ECE/26/59	Subhojit Kar
14.	ECE/26/61	Nishant Barik
15.	EE/26/115	Rudranee Bhowmik
16.	CSE/26/072	Swapnaneel Phadikar

17. CSE/26/077

18. ECE/26/059

19. CSE/25/106

20. CSE/26/207

Souradeep Roy

Souvik Boral

Yash Raj Sharma.

Sourmyadip Jana

Sourmyadip
29/08/26

PROBATIONER
NDS UNIT
CHIEF OF ECE UNIT &
MANAGEMENT ALL OFFICE

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Sl. No.	College Roll No	Name	Phone.
1.	CSE/26/226	Priya Maity	8609028186
2.	CSE/26/176	Subhanjana Sumanta	9389676671
3.	CSE/26/193	Poulami Mondal	6291513110
4.	NE/26/15	Padmajahan Mahapatra	.
5.	ECE/26/03	Swati Maiti	8538833719
6.	CSE/26/236	Shreya Manna	6297986875
7.	ECE/26/06	Sohini Samanta	9332939628
8.	ECE/26/21	AREWSHA Pramanik	9332107500
9.	ECE/26/08	Debadrita Sanyal	8777653627
10.	ECE/26/29	Uthsa Paria	9518340462
11.	CSE/26/105	Sonalika Bana	9889526308
12.	AIML/26/003	srifa ghoshal	9733232170
13.	AIML/26/004	Ishita Dogra	9635102926
14.	CSE/26/254	Suparna Raut (13)	933185817

(8)

- | | | |
|---------------------------|------------|------------|
| 15. Debdisha Chatterjee | CSE/26/099 | 8597681602 |
| 16. Anvita Hazra | CSE/26/117 | 8710010875 |
| 17. Trisha Maity | CSE/26/130 | 9339597792 |
| 18. Megh Jana | CSE/26/116 | 9832578511 |
| 19. Adrita Pan | CSE/26/148 | 0830671464 |
| 20. Poojithe Singh | EE/26/002 | 8092265750 |
| 21. Swastika Bhattacharya | EE/26/012 | 8092265750 |
| 22. Saanidhi Patra | CSE/26/106 | 7319394956 |
| 23. Soma Sree dey | EE/26/114 | 9330321743 |
| 24. Ahana Pande | EE/26/48 | 9679381105 |
| 25. Rishika Mishra | EE/26/32 | 9832507109 |
| 26. S Rishika Mandal | EE/26/03 | 7602121074 |
| 27. Prachi Samanta | EE/26/020 | 9242522410 |
| 28. Debjani Das | CSE/26/075 | 8067044770 |
| 29. Tondrini Kanati | CSE/26/113 | 7318704504 |
| 30. Supriti Jana | CSE/26/080 | 9046565793 |
| 31. TITHI Ban | CSE/26/103 | 8777367098 |
| 32. Ankita Adak | EE/26/41 | 9635212256 |
| 33. Anpita Dasgupta | CSE/26/104 | 834591802 |
| 34. Pushpita Das | EE/26/52 | 98320365 |
| 35. Sumona Chowdhury | EE/26/27 | 96414215 |
| 36. Pallabi Bhowmik | CSE/26/179 | 85099495 |
| 37. Saanika Dey | EE/26/82 | 93324008 |

- ⑨
38. Ishita Santra. CSE/26/251 8927900438
~~89279004~~
39. San Sampurna Bhakta CSE/26/250 8967466442
40. Ishita Bag CSE/26/256 8670907668
41. Sohini Bhattacharya CSE/26/157 8207089525
42. Tamasa Bera CSE/26/299 629647 8236
43. Farzana Rahman CSE/26/241 7047089286
44. Ishani Maity CSE/26/118 8250350610

Programme Officer
M.Sc. (M.T.)
College of Engineering &
Management, Kolkata

Sujoy
29/08/26

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22. CSE/24/085	Partha Ghosh	9064329735
23. CSE/25/292	Prilam Das	
24. CSE/25/228	Subham Paul	8250066904
25. CSE/25/024	Sumaiya Khatun	9194109321
26. CSE/25/003	Shovan Ganaei	738430626
27. CSE/25/288	Aniyon Hossain	11
28. CSE/25/285	Subarnat Gini	8391845395
29. ME/25/09	Toudeb Chatterjee	7319233066
30. CSE/25/219	Kuma Anayash	8409485870
31. CSE/25/190	Binayak Mishra	9831668815
32. CSE/25/221	Ashish Kumar	95
33. CSE/25/290	Sourik Rama	9732669014
34. CSE/25/063	Rohan Das	
35. CSE/25/28	Ayushmaan Roy	
36. CSE/25/087	Prilam Mondal	6297818444
37. CSE/25/096	Tufan Kumar	926
38. CSE/25/208	Sankeha Das	
39. CSE/25/264	Sanvottam Kumar Jha	
40. CSE/25/202	Ayush Datta	
41. CSE/25/290	Sayan Sahu	
42. CSE/25/181	Souryadip Maity	
43. CSE/25/016	Tapaswaj Barik	
44. ME/25/06		

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Programme Officer
NSS UNIT
College of Engineering &
Management, Kalyan

29/08/20

Sl. No.	Roll No.	Name	Phone
1	CSE/25/105	Priganka Barman	7501239025
2	CSE/25/088	Madhusree Das	8195281348
3	CSE/25/045	Bratima Pal	8167543061
4	CSE/25/229	Laxmi Shirkumartha	7439905629
5	CSE/25/183	Pooja Pooja	09832893281 9832893281
6	CSE/25/194	Arpita Jana	9832779628
7	CSE/25/193	Priya Fulo Majhi	9564530023
8	CSE/25/287	Alpita Sharma	9350400327
9	CSE/25/240	Bipasha Bhunia	
10	CSE/25/230	Ankita Kala	
11	CSE/25/226	Rimi Dore	
12	CSE/25/238	Sudeshna Santra	
13	CSE/25/205	Indranil Samanta	7908181092
13	CSE/25/205	Indranil Samanta	7908181092
14	CSE/25/223	Tanay Bora	9330478471
15	CSE/25/227	Bowmik Bora	8710049958
16	CSE/25/280	Saif Ali	9635296050
17	AIML/25/048	Soumyadip Panda	9735820529
18	CSE/25/022	Sayan Paul	8250355128
19	CSE/25/182	Sumit Bishram	9832886653
20	CSE/25/273	Anshu Khan	8617626774
	CSE/25/282	Md Kausar Ahmed	8385892916

Programme Officer
NSS Unit
College of Engineering
Siliguri

29/8/26

(12)

- 1) EE/26/23
- 2) EE/26/16
- 3) EE/26/21
- 4) EE/26/51 Sugam Dasgupta
- 5) EE/26/38
- 6) EE/26/71
- 7) EE/26/30
- 8) EE/26/52 Sayan Jana
- 9) EE/26/22
- 10) EE/26/53 Shradha Manu
- 11) EE/26/69 Sayan Kumar Jana
- 12) CSE/26/83
- 13) ECE/26/53 Rishik
- 14) ECE/26/31
- 15) ECE/26/22
- 16) CSE/26/071 Tushanti Kanti
- 17) CSE/26/297 Raj Kumar Jana
- 18) AIML/26/019 Aniket Das
- 19) ME/26/15 Padmeshan Mahapatra
- 20) CSE/26/253 Souvik
- 21) ECE/26/05 Sujoy Paria
- 22) EE/26/13
- 23) EE/26/50 Xenal Mondal
- 24) EE/26/67 Srikat Das
- 25) AIML/26/80 Nilanjana
- 26) CSE/26/172 Maity
- 27) CSE/26/77 Souvik
- 28) EE/26/35 Bikash
- 29) EE/26/33 Disanjit
- 30) EE/26/49 Soumajit
- 31) CSE/26/04 Bafnagi
- 32) CSE/26/233 Sanku
- 33) CSE/26/010 Ravi Marick
- 34) EE/26/40 Sushant
- 35) CSE/26/120 Ayaz Das
- 36) CSE/26/112 Akash
- 37) CSE/26/292 Anik
- 38) CSE/26/78 Arko
- 39) CSE/26/065 Bibek Mondal
- 40) CSE/26/073 Raj Roy
- 41) EE/26/08 Anupam Manu
- 42) CSE/26/256 Ishan Sen
- 43) ECE/26/46 D. Cruth
- 44) ECE/26/59 Souvik
- 45) CSE/26/237 Sneha moay

Project of NCS
College of Engineering
Kharagpur

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