

SITARAM MAHATO MEMORIAL COLLEGE

(Affiliated to Sidho-Kanho-Birsha University, Purulia)

Anandadeep, P.O: Kuruktopa, P.S: Kenda, Dist: Purulia, West Bengal – 723128

www.smmcollege.ac.in

Celebrating 10 Years of Excellence



Two-Day National Seminar

On

Fit and Healthy Life

Organized by

Department of Physical Education

&

Department of Education

Date: 8th & 9th August, 2023

About the College:

Sitaram Mahato Memorial College is situated at Anandadeep, P.O.- Kuruktopa, Dist.- Purulia (W.B.) 723128. An eminent politician, social worker, ex- minister of Govt of West Bengal, Sitaram Mahato who is credited as the architect of modern Purulia, is the man whose ideology has inspired the college. The college started functioning from the Academic session 2013-2014 after being affiliated to the Sidho-Kanho Birsha University, with an aim to provide the scope of Higher education to the aspirants of rural Purulia. To materialize this dream, some well-wishers and social workers of this locality came forward under the leadership of Purulia Palli Seva Sangha, an NGO that was created under the supervision of Late Sitaram Mahato.

Location:

The college site is situated at Kuruktopa more by the road side of Purulia - Manbazar bus route (SH 5) which is 18 km away from Manbazar and 35 km away from Purulia town. Surrounded by a calm atmosphere, the college provides an appropriate ambience for education free from the dim and bustle of the town, amidst pristine nature.

About the Seminar:

Living a fit and healthy life has become a major goal for human beings nowadays. However, that has also become a challenge for people. The same assumption holds truth for education. However, with proper education we are able to keep life healthy and fresh.

Through this seminar, an awareness will be created among everyone about good health and wellbeing. The various challenges will be addressed and their solutions are expected to emerge from the researches of the participants.

Organizing Committee

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Mrs. Niyati Mahato

President, Governing Body
Sitaram Mahato Memorial College

Patron

Dr. Debopam Raha

Principal
Sitaram Mahato Memorial College

Organizing Secretary

Dr. Kunal Sardar

Assistant Professor & Head
Dept. of Physical Education
Sitaram Mahato Memorial College

Convenor

Mr. Ujjwal Mahato

State Aided College Teacher
Dept. of Education
Sitaram Mahato Memorial College

Members

- **Mr. Rajkishor Murmu**
Assistant Professor & Head
Dept. of Santali
- **Dr. Jayanta Mandal**
Assistant Professor & Head
Dept. of Sanskrit &
Coordinator, IQAC
- **Dr. Debabrata Banerjee**
Assistant Professor & Head
Dept. of English
- **Mr. Firoj Alam**
Assistant Professor & Head
Dept. of History
- **Mr. Sushanta Kumar Mahato**
Assistant Professor & Head
Dept. of Bengali
- **Mrs. Manimala Mahato**
State Aided College Teacher
Dept. of Bengali
- **Mr. Sarbeswar Mahato**
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Dept. of History
- **Mrs. Priti Mukherjee**
State Aided College Teacher
Dept. of English
- **Mr. Rabi Hansda**
State Aided College Teacher
Dept. of Santali
- **Mr. Arup Sen**
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Dept. of Geography
- **Mr. Sukanta Mahata**
State Aided College Teacher
Department of Physical Education
- **Mr. Ranabir Mahata**
State Aided College Teacher
Dept. of Sanskrit
- **Mr. Karim Ansary**
State Aided College Teacher
Department of Education
- **Mr. Jagannath Rajak**
Non-Teaching Staff
- **Mr. Arghya Kamal Mahato**
Non-Teaching Staff
- **Mr. Bibek Mahato**
Non-Teaching Staff
- **And all the Teachers and NTS**
Sitaram Mahato Memorial College

Advisory Committee

Prof. Dr. Alok Kumar Banerjee
Honourable Former Vice Chancellor
University of Kalyani, Nadia, W.B.

Prof. Dr. Mita Banerjee
Honourable Vice Chancellor
Kanyashree University, Krishnanagar, Nadia, W.B.

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Jadavpur University, Kolkata, W.B.

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University of Kalyani, Nadia, W.B.

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Sidho-Kanho-Birsha University, Purulia, W.B.

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Visva Bharati, Shantiniketan, Birbhum, W.B.

Dr. Debaprasad Sahu
Principal
Seva Bharati Mahavidyalaya, Jhargram, W.B.

Dr. Pramod Kumar Das
Assistant Professor, Lakshmibai National Institute of Physical Education
Gwalior, Madhya Pradesh

Dr. Udayan Mandal
Assistant Professor, Department of Education
Bankura University, Bankura, W.B.

Language:

The official language of the seminar should be **English, Hindi and Bengali**.

The seminar proceeding language should be **English Only**.

Theme

“Fit and Healthy Life”

Sub-Themes

- Health is Wealth
- Need of fitness in life
- Importance of health in life
- Maintain fitness and proper health: challenges and strategies
- Role of education to maintaining proper health
- Role of fitness in education as well as life
- Role and importance of yoga
- Psychological wellbeing
- Mental health and healthy life
- Healthy life and guidance and counselling
- Health Practices: ancient to modern
- Healthy life and digitalization
- Healthy life, healthy civilization and sustainable development
- Ensuring Healthy life in the aspects of idea, practices and culture
- **Any others topic related to the main theme.**

CALL FOR PAPERS

We invite original unpublished research papers, case studies and reviews from academia, students, research scholars, faculty members and fitness oriented experts to present their papers in the Seminar on the above mentioned theme.

The contributors are requested to adhere to the following format:-

Paper submitted must be original, previously unpublished and not under consideration for publication elsewhere. Text(s) should be in Times New Roman font and size is 12 point, line spacing 1.5. references should be given at the end of the paper. **The seminar proceeding language should be English Only.** Selection will be made purely on the quality of the article/papers by the Review Committee.

PUBLICATION

The Organizing Committee will publish selected paper in the proceeding book with **ISBN** Number from a reputed publisher. Abstract should be between 250 – 300 words in on page with five key words maximum, within the midnight of **10th June 2023**. Full length paper and abstract should be submitted in **APA format**. The length of the full paper along with abstract has to be within 3000 words or 8 pages maximum. Both the abstract and full paper should be sent by e-mail to smmc.seminar@gmail.com in MS-WORD (.docx) format only on or before **30th June 2023**.

Registration Fees Details

Academia	Fees Without Book (₹)	Fees With Book (₹)
Faculty Member	1000	1800
Research Scholar	600	1400
Student	300	1100

Important Dates

Abstract Submission open	3 rd May 2023
Full length paper submission open	3 rd May 2023
Online Registration with payments opens	3 rd May 2023
Abstract Submission Last Date	10th June 2023
Full Length Paper Submission Last Date	30th June 2023
Online registration with Payment close	31st July 2023
Proceeding Publication	8th August 2023

Payment Details

Account Name	SITARAM MAHATO MEMORIAL COLLEGE
Account Number	1681000100086926
Name of the Bank	PUNJAB NATIONAL BANK
Branch	KENDA
Branch Code	168100
IFS Code	PUNB0168100



Registration Link: <https://forms.gle/Nwr45CfZH3D3mL6AA>

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