

HEALTH CLUB

L.C.B. COLLEGE, MALIGAON, GUWAHATI-781011

Date: 7/06/2016

Minutes of the first meeting of the Health Club, L.C.B. College on 7th June, 2016:

The first meeting of the Health Club, L.C.B. College was held on 7th June, 2016 (Tuesday) at 1:00 P.M. in the Room No. 203. The following members were present in the meeting:

- (a) Mr. Dibakar Das (Co-ordinator)
- (b) Mrs. Shibani Dey (Member)
- (c) Mrs. Kunjalata Brahma Bathari (Member)
- (d) Dr. Pranjal Sarma (Member)
- (e) Mrs. Shaswati Das Sarmah (Member)

The coordinator of the health Club welcomed all the members to the first meeting of the Health Club and then took up the agenda of the meeting.

Item No. 1: To discuss about the activities to be conducted by the Health Club in the college.

The Coordinator of the Health Club requested all the members present to provide suggestions for some significant activities to be conducted by this Club in the college. In this regard the members of the Health Club have provided some valuable suggestions like

- (i) To conduct awareness programmes on health related issues.
- (ii) To conduct health check-up camps.
- (iii) To maintain First-Aid facilities in the college.
- (iv) To start a Health Centre in the college with a permanent doctor.
- (v) To observe International Day on Yoga on 21st June every year.

Resolution No. 1: Resolved that the activities recommended by the respective members of the Health Club be organised in the college

Item No. 2: To organise a training programme on yoga on the occasion of the 2nd International Day of Yoga on 21st June, 2016.

The Coordinator of the Health Club proposed to organise a training programme on yoga on the occasion of the 2nd International Day of Yoga on 21st June, 2016. The members also suggested the name of resource persons. After that everybody decided to invite Smt. Taranga Bala Barman from Art of Living, Guwahati, as a resource person.

Resolution No. 2: Resolved that a training programme on yoga on the occasion of the 2nd International Day of Yoga be organised in collaboration with NSS Unit,

Signature
15/2/22

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Maligaon, Guwahati

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L.C.B. College on 21st June, 2016 where Smt. Taranga Bala Barman from Art of Living, Guwahati will be invited as a resource person.

As there was no other matter to be discussed, the meeting ended with a vote of thanks from the chair.




(Dibakar Das)

Coordinator, Health Club

L.C.B. College, Maligaon, Guwahati-11

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19/2/22

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L.C.Bharali College
Maligaon, Guwahati-11



Signature of the members

1. Dibakar Das,
2. Shilpani Das,
3. Pranjal Sarma.
4. Serswati Das Sarma.
5. KUNJALATA B. BATHARI

HEALTH CLUB

L.C.B. COLLEGE, MALIGAON, GUWAHATI-781011

Date: 31/10/2016

Minutes of the 2nd meeting of the Health Club, L.C.B. College on 31st October, 2016:

The 2nd meeting of the Health Club, L.C.B. College was held on 31st October, 2016 (Monday) at 1:00 P.M. in the Room No. 203. The following members were present in the meeting:

- (a) Mr. Dibakar Das (Co-ordinator)
- (b) Mrs. Shibani Dey (Member)
- (c) Mrs. Kunjalata Brahma Bathari (Member)
- (d) Dr. Pranjal Sarma (Member)
- (e) Mrs. Shaswati Das Sarmah (Member)

The coordinator of the health Club welcomed all the members to the first meeting of the Health Club and then took up the agenda of the meeting.

Item No. 1: To consider confirmation of the Minutes of the first meeting of the Health Club, L.C.B. College held on 07/06/2016.

The Coordinator of the Health Club read out the minutes of the first meeting of the Health Club held on 07/06/2016. The members listen the minutes and decided to confirm it. The following resolution was adopted:

Resolution No. 1: Resolved that the minutes of the first meeting of the Health Club, L.C.B. College held on 07/06/2016 be confirmed.

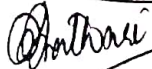
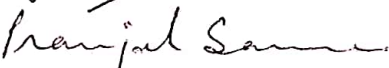

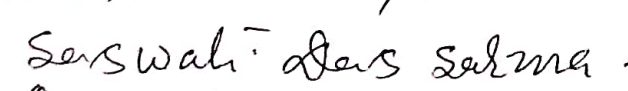
Item No. 2: To organise an awareness Programme on Acne.

The Coordinator of the Health Club proposed to organise an awareness programme on acne so that the students could be benefitted. The members also suggested the name of some doctors as resource persons. After that everybody decided to invite Dr. Reema Das Mallik (Aesthetic Physician) as a resource person.

Resolution No. 2: Resolved that an awareness Programme on Acne be organised on 05/11/2016 where Dr. Reema Das Mallik (Aesthetic Physician) will be invited as a resource person.

As there was no other matter to be discussed, the meeting ended with a vote of thanks from the chair.

Signature of the Members

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4. 



(Dibakar Das)

Coordinator, Health Club
L.C.B. College, Maligaon, Guwahati-11

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Principal
L.C.Bharali College
Maligaon, Guwahati-11

HEALTH CLUB

L.C.B. COLLEGE, MALIGAON, GUWAHATI-781011

Date: 15/02/2017

Minutes of the 3rd meeting of the Health Club, L.C.B. College on 15th February, 2017:

The 3rd meeting of the Health Club, L.C.B. College was held on 15th February, 2017 (Wednesday) at 1:00 P.M. in the Room No. 203. The following members were present in the meeting:

- (a) Mr. Dibakar Das (Co-ordinator)
- (b) Mrs. Shibani Dey (Member)
- (c) Mrs. Kunjalata Brahma Bathari (Member)
- (d) Dr. Pranjal Sarma (Member)
- (e) Mrs. Shaswati Das Sarmah (Member)

The coordinator of the health Club welcomed all the members to the first meeting of the Health Club and then took up the agenda of the meeting.

Item No. 1: To consider confirmation of the Minutes of the 2nd meeting of the Health Club, L.C.B. College held on 31/10/2016.

The Coordinator of the Health Club read out the minutes of the 2nd meeting of the Health Club held on 31/10/2016. The members listen the minutes and decided to confirm it. The following resolution was adopted:

Resolution No. 1: Resolved that the minutes of the 2nd meeting of the Health Club, L.C.B. College held on 31/10/2016 be confirmed.

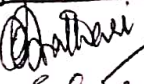

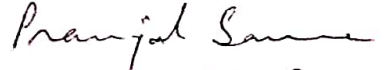

Item No. 2: To organise a free Health Check up cum Awareness Camp for the employees (Teaching and Non-teaching) in the college.

The Coordinator of the Health Club proposed to organised a free health check up cum awareness camp so that so that all the employees of L.C.B. College family could be benefitted. The meeting then decided to contact Seasons Wellness Nutrition Centre, Guwahati to conduct this awareness programme.

Resolution No. 2: Resolved that a free Health Check up cum Awareness Camp for the employees (Teaching and Non-teaching) in the college be organised with the help of Seasons Wellness Nutrition Centre, Guwahati on 22/02/2017

As there was no other matter to be discussed, the meeting ended with a vote of thanks from the chair.

Signature of the Members

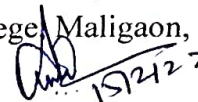
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(Dibakar Das)

Coordinator, Health Club

L.C.B. College, Maligaon, Guwahati-11



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Maligaon, Guwahati-11

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HEALTH CLUB

L.C.B. COLLEGE, MALIGAON, GUWAHATI-781011

Date: 16/06/2017

Minutes of the 4th meeting of the Health Club, L.C.B. College on 16th June, 2017:

The 4th meeting of the Health Club, L.C.B. College was held on 16th June, 2017 (Friday) at 1:00 P.M. in the Room No. 203. The following members were present in the meeting:

- (a) Mr. Dibakar Das (Co-ordinator)
- (b) Mrs. Shibani Dey (Member)
- (c) Mrs. Kunjalata Brahma Bathari (Member)
- (d) Dr. Pranjal Sarma (Member)
- (e) Mrs. Shaswati Das Sarmah (Member)

The coordinator of the health Club welcomed all the members to the 4th meeting of the Health Club and then took up the agenda of the meeting.

Item No. 1: To consider confirmation of the Minutes of the 3rd meeting of the Health Club, L.C.B. College held on 15/02/2017.

The Coordinator of the Health Club read out the minutes of the 3rd meeting of the Health Club held on 15/02/2017. The members listen the minutes and decided to confirm it. The following resolution was adopted:

Resolution No. 1: Resolved that the minutes of the 3rd meeting of the Health Club, L.C.B. College held on 15/02/2017 be confirmed.

Item No. 2: To organise a training programme on yoga on the occasion of the 3rd International Day of Yoga on 21st June, 2017.

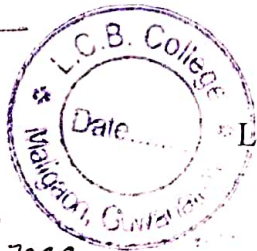
The Coordinator of the Health Club proposed to organise a training programme on yoga on the occasion of the 3rd International Day of Yoga on 21st June, 2017. The members also suggested the name of resource persons. After that everybody decided to invite Debajit Nath, Yoga Expert, Purbanchal Yoga Mahavidyalaya, Indian Yoga Culture and Yoga Therapy Centre, Maligaon, Guwahati as a resource person.

Resolution No. 2: Resolved that a training programme on yoga on the occasion of the of 3rd International Day of Yoga be organised in collaboration with NSS Unit, L.C.B. College on 21st June, 2017 where Debajit Nath, Yoga Expert, Purbanchal Yoga Mahavidyalaya, Indian Yoga Culture and Yoga Therapy Centre, Maligaon, Guwahati will be invited as a resource person.

As there was no other matter to be discussed, the meeting ended with a vote of thanks from the chair.

Signature of the Members

1. Dibakar Das
2. Shibani Dey
3. Pranjal Sarma
4. Shaswati Das Sarmah
5. ...



(Dibakar Das)

Coordinator, Health Club

L.C.B. College, Maligaon, Guwahati-11

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Principal
L.C. Bharali College
Guwahati-11

HEALTH CLUB

L.C.B. COLLEGE, MALIGAON, GUWAHATI-781011

Date: 22/03/2018

Minutes of the 5th meeting of the Health Club, L.C.B. College on 22nd March, 2018:

The 5th meeting of the Health Club, L.C.B. College was held on 22nd March, 2018 (Thursday) at 1:00 P.M. in the Room No. 203. The following members were present in the meeting:

- (a) Mr. Dibakar Das (Co-ordinator)
- (b) Mrs. Shibani Dey (Member)
- (c) Mrs. Kunjalata Brahma Bathari (Member)
- (d) Dr. Pranjal Sarma (Member)
- (e) Mrs. Shaswati Das Sarmah (Member)

The coordinator of the health Club welcomed all the members to the 5th meeting of the Health Club and then took up the agenda of the meeting.

Item No. 1: To consider confirmation of the Minutes of the 4th meeting of the Health Club, L.C.B. College held on 16/06/2017.

The Coordinator of the Health Club read out the minutes of the 4th meeting of the Health Club held on 16/06/2017. The members listen the minutes and decided to confirm it. The following resolution was adopted:

Resolution No. 1: Resolved that the minutes of the 4th meeting of the Health Club, L.C.B. College held on 16/06/2017 be confirmed.

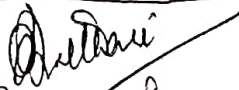
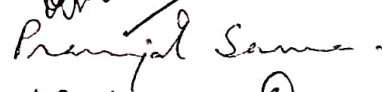
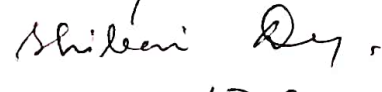
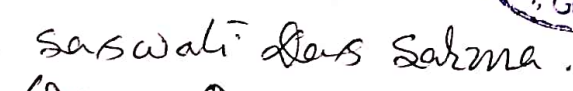
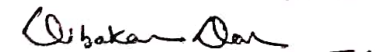
Item No. 2: To organise a Health Awareness Programme in the college.

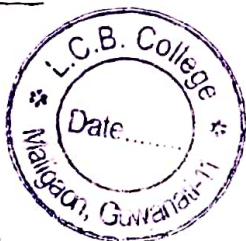
The Coordinator of the Health Club proposed to organise a Health Awareness Programme in the college so that all the members of L.C.B. College family could be benefitted. The meeting then decided to contact Mr. Universe, Mahadev Deka as a resource person for the health awareness programme.

Resolution No. 2: Resolved that a Health Awareness Programme in the college be organised on 31/03/2018 and Mr. Universe, Mahadev Deka would be invited as a resource person.

As there was no other matter to be discussed, the meeting ended with a vote of thanks from the chair.

Signature of the Members

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5. 




(Dibakar Das)

Coordinator, Health Club

L.C.B. College, Maligaon, Guwahati-11

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Principal
L.C.Bharali College
Maligaon, Guwahati-11

HEALTH CLUB

L.C.B. COLLEGE, MALIGAON, GUWAHATI-781011

Date: 14/06/2018

Minutes of the 6th meeting of the Health Club, L.C.B. College on 14th June, 2018:

The 6th meeting of the Health Club, L.C.B. College was held on 14th June, 2018 (Thursday) at 1:00 P.M. in the Room No. 203. The following members were present in the meeting:

- (a) Mr. Dibakar Das (Co-ordinator)
- (b) Mrs. Shibani Dey (Member) *Shibani Dey*
- (c) Mrs. Kunjalata Brahma Bathari (Member)
- (d) Dr. Pranjal Sarma (Member)
- (e) Mrs. Shaswati Das Sarmah (Member)

The coordinator of the health Club welcomed all the members to the 6th meeting of the Health Club and then took up the agenda of the meeting.

Item No. 1: To consider confirmation of the Minutes of the 5th meeting of the Health Club, L.C.B. College held on 22/03/2018.

The Coordinator of the Health Club read out the minutes of the 5th meeting of the Health Club held on 22/03/2018. The members listen the minutes and decided to confirm it. The following resolution was adopted:

Resolution No. 1: Resolved that the minutes of the 5th meeting of the Health Club, L.C.B. College held on 22/03/2018 be confirmed.

Item No. 2: To organise a training programme on yoga on the occasion of the of 4th International Day of Yoga on 21st June, 2018.

The Coordinator of the Health Club proposed to organise a training programme on yoga on the occasion of the 4th International Day of Yoga on 21st June, 2018. The members also suggested the name of resource persons. After that everybody decided to invite Debajit Nath, Yoga Expert, Purbanchal Yoga Mahavidyalaya, Indian Yoga Culture and Yoga Therapy Centre, Maligaon, Guwahati as a resource person.

Resolution No. 2: Resolved that a training programme on yoga on the occasion of the of 4th International Day of Yoga be organised in collaboration with NSS Unit, L.C.B. College on 21st June, 2018 where Debajit Nath, Yoga Expert, Purbanchal Yoga Mahavidyalaya, Indian Yoga Culture and Yoga Therapy Centre, Maligaon, Guwahati will be invited as a resource person.

As there was no other matter to be discussed, the meeting ended with a vote of thanks from the chair.

Signature of the Members

1. *Dibakar Das*
2. *Shibani Dey*
3. *Shaswati Das Sarmah*
4. *Pranjal Sarma*
5. *A. N. D.*

(Signature)

(Dibakar Das)

Coordinator, Health Club

L.C.B. College, Maligaon, Guwahati

(Signature)
Principal
L.C.Bharali College
Maligaon, Guwahati, 781011

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HEALTH CLUB

L.C.B. COLLEGE, MALIGAON, GUWAHATI-781011

Date: 01/02/2019

Minutes of the meeting of the Health Club, L.C.B. College on 1st February, 2019:

A meeting of the Health Club, L.C.B. College was held on 1st February, 2019 (Friday) at 12:30 P.M. in the Room No. 203. The following members were present in the meeting:

- (a) Mr. Dibakar Das (Co-ordinator) *Dibakar Das*
- (b) Mrs. Shibani Dey (Member) *Shibani Dey*
- (c) Mrs. Kunjalata Brahma Bathari (Member) *Bathari*
- (d) Dr. Pranjal Sarma (Member) *Pranjal Sarma*
- (e) Mrs. Shaswati Das Sarmah (Member) *Sarmah*

The coordinator of the health Club welcomed all the members to the meeting of the Health Club and then took up the agenda of the meeting.

Item No. 1: To consider confirmation of the Minutes of the last meeting of the Health Club, L.C.B. College held on 14/06/2018.

The Coordinator of the Health Club read out the minutes of the last meeting of the Health Club held on 14/06/2018. The members listen the minutes and decided to confirm it. The following resolution was adopted:

Resolution No. 1: Resolved that the minutes of the last meeting of the Health Club, L.C.B. College held on 14/06/2018 be confirmed.

Item No. 2: To organise a training programme on yoga on the occasion of the 5th International Day of Yoga on 21st June, 2019.

The Coordinator of the Health Club proposed to organise a training programme on yoga on the occasion of the 5th International Day of Yoga on 21st June, 2019. The members also suggested to organise the programme in collaboration with NCC and NSS Unit of our College.

Resolution No. 2: Resolved that a training programme on yoga on the occasion of the of 5th International Day of Yoga be organised in collaboration with NCC and NSS Unit, L.C.B. College on 21st June, 2019.

As there was no other matter to be discussed, the meeting ended with a vote of thanks from the chair.

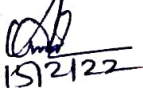


(Dibakar Das)

Coordinator, Health Club

L.C.B. College, Maligaon, Guwahati-11

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15/2/22



Principal
L.C.Bharali College
Maligaon, Guwahati-11

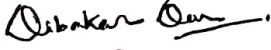



HEALTH CLUB

L.C.B. COLLEGE, MALIGAON, GUWAHATI-781011

Date: 18/03/2020

Minutes of the meeting of the Health Club, L.C.B. College on 18th March, 2020:

A meeting of the Health Club, L.C.B. College was held on 18th February, 2020 (Wednesday) at 1:30 P.M. in the Room No. 203. The following members were present in the meeting:

- (a) Mr. Dibakar Das (Co-ordinator) 
- (b) Mrs. Shibani Dey (Member) 
- (c) Mrs. Kunjalata Brahma Bathari (Member) 
- (d) Dr. Pranjal Sarma (Member) 

The coordinator of the health Club welcomed all the members to the meeting of the Health Club and then took up the agenda of the meeting.

Item No. 1: To consider confirmation of the Minutes of the last meeting of the Health Club, L.C.B. College held on 01/02/2019.

The Coordinator of the Health Club read out the minutes of the last meeting of the Health Club held on 01/02/2019. The members listen the minutes and decided to confirm it. The following resolution was adopted:

Resolution No. 1: Resolved that the minutes of the last meeting of the Health Club, L.C.B. College held on 01/02/2019 be confirmed.

Item No. 2: To organise a 'Door to Door Awareness Programme of COVID-19' in Nilachalpur area (near college) and our adopted village Adingiri.

The Coordinator of the Health Club proposed to 'Door to Door Awareness Programme of COVID-19' in Nilachalpur area (near college) and our adopted village Adingiri. The members also suggested to organise the programme in collaboration with NCC and NSS Unit of our College.

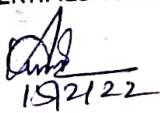
Resolution No. 2: Resolved that a 'Door to Door Awareness Programme of COVID-19' be organised in the Nilachalpur area (near college) and our adopted village Adingiri in collaboration with NCC and NSS Unit, L.C.B. College from 19-21 March, 2020.

As there was no other matter to be discussed, the meeting ended with a vote of thanks from the chair.


(Dibakar Das)

Coordinator, Health Club
L.C.B. College, Maligaon, Guwahati-11

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19/2/22
Principal
L.C.Bharali College
Maligaon, Guwahati-11



HEALTH CLUB

L.C.B. COLLEGE, MALIGAON, GUWAHATI-781011

Date: 04/12/2020

Minutes of the meeting of the Health Club, L.C.B. College on 4th December, 2020:

A meeting of the Health Club, L.C.B. College was held on 4th December, 2020 (Friday) at 12:30 P.M. in the Room No. 203. The following members were present in the meeting:

- (a) Mr. Dibakar Das (Co-ordinator) *Dibakar Das*
- (b) Mrs. Shibani Dey (Member) *Mrs. Shibani Dey*
- (c) Mrs. Kunjalata Brahma Bathari (Member) *Bathari*
- (d) Dr. Pranjal Sarma (Member) *Pranjal Sarma*

The coordinator of the health Club welcomed all the members to the meeting of the Health Club and then took up the agenda of the meeting.

Item No. 1: To consider confirmation of the Minutes of the last meeting of the Health Club, L.C.B. College held on 18/03/2020.

The Coordinator of the Health Club read out the minutes of the last meeting of the Health Club held on 18/03/2020. The members listen the minutes and decided to confirm it. The following resolution was adopted:

Resolution No. 1: Resolved that the minutes of the last meeting of the Health Club, L.C.B. College held on 18/03/2020 be confirmed.

Item No. 2: To create awareness among the students of the college as a precautionary measure to prevent the spread of CORONA VIRUS.

The Coordinator of the Health Club proposed to create awareness among the students of the college about COVID-19. The members also suggested to stick some poster in the college campus regarding the precaution of Covid-19 to make students aware about it.

Resolution No. 2: Resolved that the Health Club will stick some poster in the college campus regarding the precaution of Covid-19 to make students aware about it.

Item No. 3: To introduce a Certificate Course on Yoga for students.


The members of the Health Club proposed to introduce a Certificate Course on Yoga for students from January, 2021 in collaboration with Yoga Culture and Yoga Therapy Centre, Guwahati.

Resolution no. 3: Resolved that Health Club will introduce a certificate course on yoga for students from January, 2021 in collaboration with Yoga Culture and Yoga Therapy Centre, Guwahati.

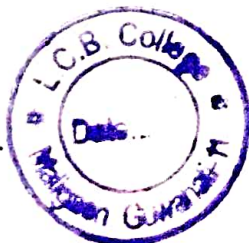
As there was no other matter to be discussed, the meeting ended with a vote of thanks from the chair.


(Dibakar Das)

Coordinator, Health Club
L.C.B. College, Maligaon, Guwahati-11


15/12/2020
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Principal
L.C. Bharali College
Maligaon, Guwahati-11



HEALTH CLUB

L.C.B. COLLEGE, MALIGAON, GUWAHATI-781011

Date: 19/02/2021

Minutes of the meeting of the Health Club, L.C.B. College on 19th February, 2021:

A meeting of the Health Club, L.C.B. College was held on 19th February, 2021 (Friday) at 1:30 P.M. in the Room No. 304. The following members were present in the meeting:

- (a) Mr. Dibakar Das (Co-ordinator) *Dibakar Das*
- (b) Mrs. Shibani Dey (Member) *Shibani Dey*
- (c) Mrs. Kunjalata Brahma Bathari (Member) *Bathari*
- (d) Dr. Pranjal Sarma (Member) *Pranjal Sarma*
- (e) Mrs. Shaswati Das Sarmah (Member) *Saswati D. Sarmah*

The coordinator of the health Club welcomed all the members to the meeting of the Health Club and then took up the agenda of the meeting.

Item No. 1: To consider confirmation of the Minutes of the last meeting of the Health Club, L.C.B. College held on 04/012/2020.

The Coordinator of the Health Club read out the minutes of the last meeting of the Health Club held on 04/12/2020. The members listen the minutes and decided to confirm it. The following resolution was adopted:

Resolution No. 1: Resolved that the minutes of the last meeting of the Health Club, L.C.B. College held on 04/12/2020 be confirmed.

Item No. 2: To organise yoga class on every Wednesday as a regular activity for the students.

The Coordinator of the Health Club proposed to organise yoga class for students and staff (teaching and non-teaching) as a regular activity. The members also suggested to organise yoga class for students and staff (teaching and non-teaching) on every Wednesday as a regular activity.

Resolution No. 2: Resolved that the Health Club will organise yoga class for the students and Staff (Teaching and Non-teaching) on every Wednesday as a regular activity.

As there was no other matter to be discussed, the meeting ended with a vote of thanks from the chair.

[Signature]
19/2/22

Principal
L.C.Bharali College
Maligaon, Guwahati-11

CERTIFIED TO BE TRUE COPY



[Signature]

(Dibakar Das)

Coordinator, Health Club
L.C.B. College, Maligaon, Guwahati-11