

**GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE**

**SEMINAR REPORT**

**ON**

**SEDDENTARY LIFESTYLE AND PHYSICAL  
FITNESS**

**ORGANISED BY: UGC-SEMINAR COMMITTEE**

**DATE: 26.11.19**

**TIME: 02.00 pm - 3.30 pm**

**VENUE: Seminar Hall, 2nd Floor**

### **OBJECTIVE OF THE SEMINAR:**

The main objective of the seminar was to discuss about the current lifestyle patterns which has largely turned into sedentary type that has been cited as the most common cause of diseases rising among the younger generation. Engagement in physical activity has been suggested as the most effective remedial measure of such health issues over medication.

### **SPEAKER:**

Mr. Debaditya Dutta, Assistant Professor, Department of Sociology, GGDC, Mangalkote

### **PROCEEDINGS OF THE SEMINAR:**

The speaker began his deliberation by stating that the modern world, the mode of work and lifestyle has become increasingly sedentary, posing significant challenges to public health. He described the roles of technology, urbanisation and changing societal norms that have been the major aiding factors in promoting sedentary behaviours. His lecture explored the intricate relationship between sedentary behaviour and physical fitness, shedding light on the detrimental effects that arise due to the lack of physical activity. It delved into the various mental and physical consequences of sedentarism and how it could contribute to numerous health issues, such as obesity, cardiovascular diseases and mental health disorders. His lecture also highlighted the transformative power of incorporating physical activity into daily routines, emphasizing its benefits to the overall well-being of the individual. Drawing on real-world examples and methodologies, it explored various effective strategies that can be implemented to break a sedentary lifestyle and promote a more active lifestyle. These range from simple lifestyle modifications to regimented exercise programmes, that can help enhance physical fitness and overall mental health. His lecture tried to inspire individuals and communities to prioritize physical activity and make it a part of their daily lifestyle. He stressed that by understanding the implications of sedentary behaviour and embracing the values of physical fitness, we can help empower ourselves to lead an active and vibrant life.

### **PARTICIPANT DETAILS:**

*NO. OF STUDENTS REGISTERED FOR THE PROGRAMME: 40*

*NO. OF STUDENTS ATTENDED THE PROGRAMME: 40*

**OUTCOME OF THE PROGRAMME:**

The seminar successfully discussed about the emerging lifestyle changes and the reasons behind them. It also stressed on the importance of inclusion of physical activity in ones daily routine to avoid some health complications.

## GLIMPSES FROM THE SEMINAR



PIC.1: THE SPEAKER WITH HIS PRESENTATION



PIC.2: THE SPEAKER DELIVERING HIS LECTURE

# GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

## UGC-SEMINAR COMMITTEE

DATE: 26.11.19

### TITLE OF SEMINAR: SEDENTARY LIFESTYLE AND PHYSICAL FITNESS

**SPEAKER:** Mr. Debaditya Dutta, Assistant Professor, Department of Sociology, GGDC, Mangalkote

### STUDENTS ATTENDANCE CUM PARTICIPATION REPORT

SL. NO.	NAMES OF REGISTERED STUDENTS	STREAM	SEMESTER	PRESENT/ABSENT
1	RIGDHA ROY	SOCIOLOGY	SEM I	PRESENT
2	RINKI PANDIT	SOCIOLOGY	SEM I	PRESENT
3	RUPSA BAIRAGYA	SOCIOLOGY	SEM I	PRESENT
4	SHRABONI CHAKRABORTTY	SOCIOLOGY	SEM I	PRESENT
5	SHYAMA CHARAN PAUL	SOCIOLOGY	SEM III	PRESENT
6	MANDIRA DAS	SOCIOLOGY	SEM III	PRESENT
7	FARHA YASMIN	SOCIOLOGY	SEM III	PRESENT
8	KALI CHARAN MAJHI	SOCIOLOGY	SEM III	PRESENT
9	SAHELI DUTTA	SOCIOLOGY	SEM III	PRESENT
10	SANCHITA DUTTA	SOCIOLOGY	SEM III	PRESENT
11	NASRIN SULTANA	SOCIOLOGY	SEM V	PRESENT
12	NOORHUMA KHATUN	SOCIOLOGY	SEM V	PRESENT
13	SOUMI DUTTA	SOCIOLOGY	SEM V	PRESENT
14	SUBARNA MAJHI	ENGLISH	SEM I	PRESENT
15	SUJIT TUDU	ENGLISH	SEM I	PRESENT
16	SUMA MONDAL	ENGLISH	SEM I	PRESENT
17	IPSITA SEN SARMA	ENGLISH	SEM III	PRESENT
18	SHANTANU GHOSH	ENGLISH	SEM V	PRESENT
19	SOURENDRA NATH GHOSH	ENGLISH	SEM V	PRESENT
20	SAMPAD GHOSH	HISTORY	SEM III	PRESENT
21	SHILPA MAJHI	HISTORY	SEM III	PRESENT
22	ROBINA KHATUN	HISTORY	SEM V	PRESENT

*Sushmita Das*

CONVENER  
UGC-SEMINAR COMMITTEE  
GGDC, MANGALKOTE

*Das*



23	SAMPA KUNDU	HISTORY	SEM V	PRESENT
24	SUBRATA DAS	HISTORY	SEM V	PRESENT
25	AMRITA NANDY	BENGALI	SEM I	PRESENT
26	ANIRUDDHA DUTTA	BENGALI	SEM I	PRESENT
27	SOUROV DEY	BENGALI	SEM III	PRESENT
28	NABANITA GHOSH	POL. SC.	SEM I	PRESENT
29	NARGIS JOHA	POL. SC.	SEM I	PRESENT
30	ABIDA SULTANA	POL. SC.	SEM V	PRESENT
31	AMIN SK	POL. SC.	SEM V	PRESENT
32	SAMPAD MONDAL	ZOOLOGY	SEM I	PRESENT
33	SUCHISMITA DEY	ZOOLOGY	SEM I	PRESENT
34	ANIMESH GHOSH	ZOOLOGY	SEM III	PRESENT
35	AYAN MUKHERJEE	ZOOLOGY	SEM III	PRESENT
36	NAHID NAZIA	ZOOLOGY	SEM V	PRESENT
37	SAMIMA AFROJ	BA GEN.	SEM I	PRESENT
38	SHRABANI MAJHI	BA GEN.	SEM I	PRESENT
39	RITU DAS	BA GEN.	SEM I	PRESENT
40	TANMAY BAG	BA GEN.	SEM V	PRESENT

*Suchismita Das*

**CONVENER  
UGC-SEMINAR COMMITTEE  
GGDC, MANGALKOTE**

*Das*



# GOVERNMENT GENERAL DEGREE COLLEGE AT MANGALKOTE

## UGC-SEMINAR COMMITTEE

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DATE: 21.11.19

### NOTICE

All concerned are hereby notified that a Seminar on “**SEDENTARY LIFESTYLE AND PHYSICAL FITNESS**” has been scheduled to be organised by the UGC-Seminar Committee, GGDC, Mangalkote on 26.11.19 from 02.00 pm – 3.30 pm (venue – Seminar Hall, 2<sup>nd</sup> Floor). The programme aims to present the current condition of the society in terms of their lifestyle and how it has given rise to various diseases in the young generation. The importance of physical fitness in this regard will be discussed by our in-house speaker, Mr. Debaditya Dutta, Assistant Professor, Department of Sociology, GGDC, Mangalkote.

Accordingly, all the departments are requested to encourage their students for maximum participation in the programme and to register for the same at the earliest. The brochure will be shared shortly.

### COUNTERSIGNED



**OFFICER-IN-CHARGE  
GGDC, MANGALKOTE**



**CONVENER  
UGC-SEMINAR COMMITTEE  
GGDC, MANGALKOTE**





**GOVERNMENT GENERAL DEGREE COLLEGE,  
MANGALKOTE**

**UGC SEMINAR COMMITTEE**

Invites you to join the  
SEMINAR

on

**SEDENTARY LIFESTYLE AND PHYSICAL  
FITNESS**

**SPEAKER:**

**PROF. DEBADITYA DUTTA**  
ASSISTANT PROFESSOR,  
DEPARTMENT OF SOCIOLOGY,  
GGDC, MANGALKOTE

on 26.11.2019  
AT: 02.00 P.M.

Venue: Seminar Hall, 2<sup>nd</sup> Floor

***ABOUT THE PROGRAMME:***

The current lifestyle is largely associated with technological advancements which has brought many things under the control of one's finger. Like, its said, "*Everything is just a click away.*" This has resulted in unhealthy lifestyle in the young population. Reduced open spaces like gardens, park, etc. are also important reasons for these sedentary lifestyle habits. As such, there has been increasing reports of lifestyle-related diseases recently. Here lies the importance of physical fitness which also determines mental fitness. The current seminar aims to make the students aware of these issues and their probable solutions.

***TARGET AUDIENCE:***

U.G. Students of GGDC, Mangalkote







Government of West Bengal  
Office of the Principal  
**GOVERNMENT GENERAL DEGREE COLLEGE, MANGALKOTE**  
PANCHANANTALA, KHUDRUN DIGHI, MANGALKOTE  
P.O. - MAJHIGRAM; BLOCK - MANGALKOTE; SUB DIVISION - KATWA  
DISTRICT - PURBA BARDHAMAN; WEST BENGAL; PIN CODE - 713132; INDIA  
Email: ggdcmanalkote@gmail.com; Website: <https://mangalkotegovtcollege.org>

To,  
Mr. Debaditya Dutta  
Assistant Professor  
Department of Sociology  
GGDC, Mangalkote, Burdwan

Sub: Invitation to deliver a Special Lecture titled “*Sedentary Lifestyle and Physical Fitness*” in the in-house seminar organized by UGC-Seminar Committee, GGDC, Mangalkote on 26.11.2019 at 02:00 PM.

Sir,

It is our honour to invite you as a speaker to deliver a Special Lecture titled “*Sedentary Lifestyle and Physical Fitness*” in the in-house seminar organized by UGC-Seminar Committee, GGDC, Mangalkote on 26.11.2019 at 02:00 PM. We sincerely hope that it will be an enriching experience for the students to listen to your thought provoking and pertinent deliberation.

We shall be highly obliged if you kindly accept our invitation.

Officer-In-Charge  
GGDC, Mangalkote





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Email: [ggdcmangalkote@gmail.com](mailto:ggdcmangalkote@gmail.com); Website: <https://mangalkotegovtcollege.org>

## *Certificate of Appreciation*

**This certificate is awarded to:**

**Mr. Debaditya Dutta**  
**Assistant Professor, Department of Sociology**  
**GGDC, Mangalkote**

In recognition of his valuable contribution as an in-house speaker in the seminar entitled “*Sedentary Lifestyle and Physical Fitness*” on 26.11.2019, organized by the UGC-Seminar Committee, GGDC, Mangalkote.

**Officer-In-Charge**  
**GGDC, Mangalkote**



*Dr. Pradipta Kumar Basu*  
OFFICER IN CHARGE, W.B.E.S.  
Government General Degree College, Mangalkote  
Dist. Purba Bardhaman, West Bengal-713132