4.1.2 – The Institution has adequate facilities for cultural Activities, sports, games (indoor, outdoor), gymnasium, yoga, etc.



Cultural activities/events in which students of the Institution participated during July 2022 to June 2023

Date of event/activity (DD-MM-YYYY)	Name of the event/activity					
08-08-2022	Baishe Shraban Remembrance of Rabindranath Tagore					
26-09-2022	Celebration of Ishwarchandra Bidyasagar birthday					
25-11&26-11/2022	Baul philosophy, literature&Baul song workshop					
07-12-2022	Cultural Competition of Sonamukhi College					
07-12-2022	Cultural Competition of Sonamukhi College					
07/12/2022	Cultural Competetion of Sonamukhi College					
07-12-2022	Cultural Competetion of Sonamukhi College					
07-12-2022	Cultural Competetion of Sonamukhi College					
08-12-2022	Cultural Competition of Sonamukhi College					
08-12-2022	Cultural Competition of Sonamukhi College					
08-12-2022	Cultural Competition of Sonamukhi College					
08-12-2022	Cultural Competition of Sonamukhi College					
08-12-2022	Cultural Competition of Sonamukhi College					
05-01-2023 & 06-01-2023	Celebrated Students week					
21-02-2023	International Mother's language day(Antarjatik Maatribhasha Dibas)					
10-05-2023	Rabindra Jayanti O barshabaran					
26-05-2023	Nazrul Jayanti: Celebrated the birth ceremony of the poet Kaz Nazrul Islam					

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Baishe Shraban Remembrance of Rabindranath Tagore Sonamukhi College 08/08/2022



Celebration of the foundation day of Sonamukhi College and inauguration of the wall magazine of Bengali department

MAGAZINE: (for enhanching Depertmental Students' creative writing skills) Chorchapod (Borsha Sonkhya)

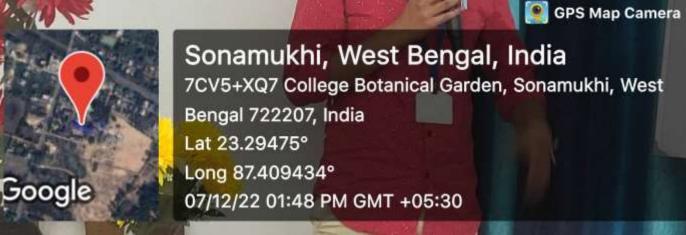
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1. Story telling competition for all students

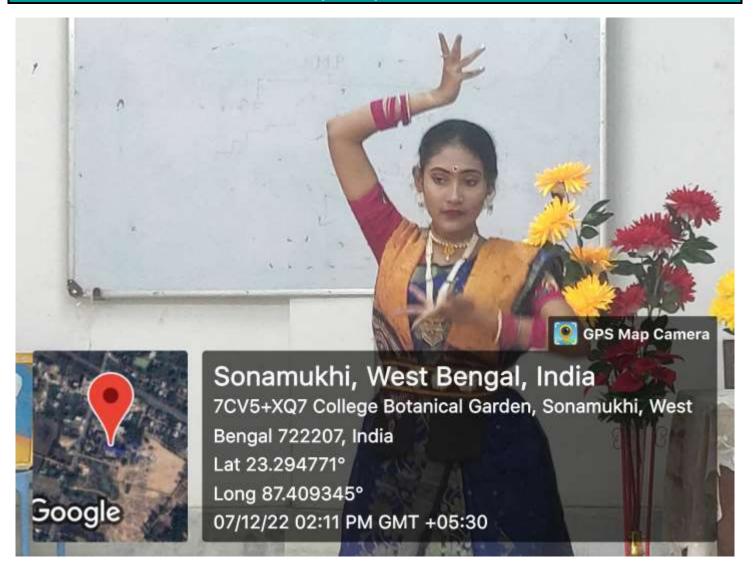
Moments of enjoying the Baul Songs along with Baul philosophy Organised by Bengali& Social Work departments of Sonamukhi College



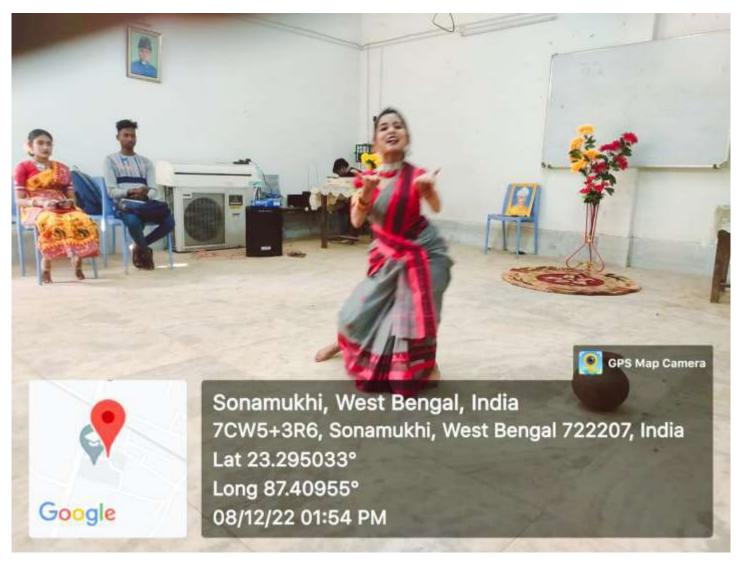
Students participated in Debate& Rabindra Nritya Cultural Competition of Sonamukhi College 07/12/2022



Students participated in Debate& Rabindra Nritya Cultural Competition of Sonamukhi College 07/12/2022









Lat 23.294967° Long 87.409204° 08/12/22 01:33 PM

Google



Students participated in Extempore Cultural Competition of Sonamukhi College 08/12/2022



Students participated in Extempore Cultural Competition of Sonamukhi College 08/12/2022





Sonamukhi, West Bengal, India 7CV5+RVP, Sonamukhi, West Bengal 722207, India Lat 23.294513° Long 87.40941° 05/01/23 11:59 AM GMT +05:30



7CV5+RVP, Sonamukhi, West Bengal 722207, India Lat 23.294513° Long 87.40941° 05/01/23 12:05 PM GMT +05:30



05/01/23 12:19 PM GMT +05:30





05/01/23 12:41 PM GMT +05:30

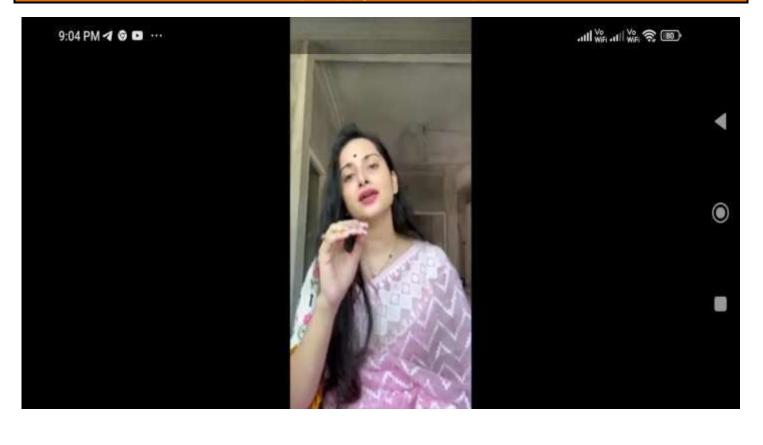
Celebrated International Mother Language Day (Antarjatik Maatribhasha Dibas) in Sonamukhi College 21/02/2023







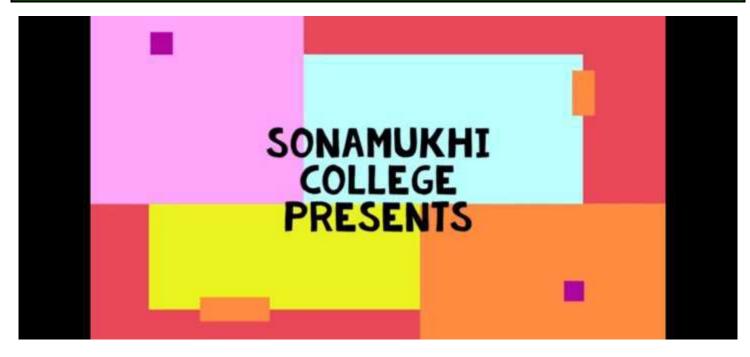


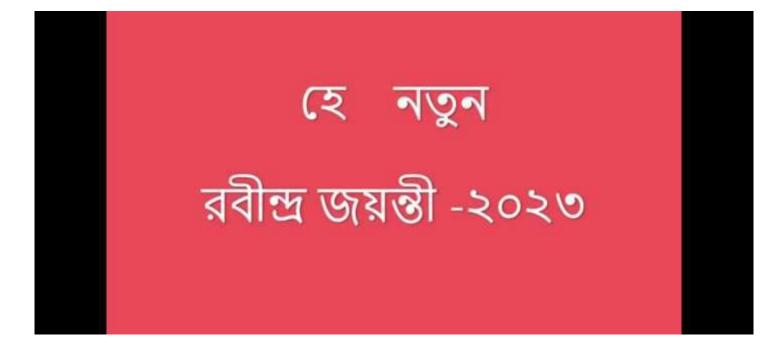




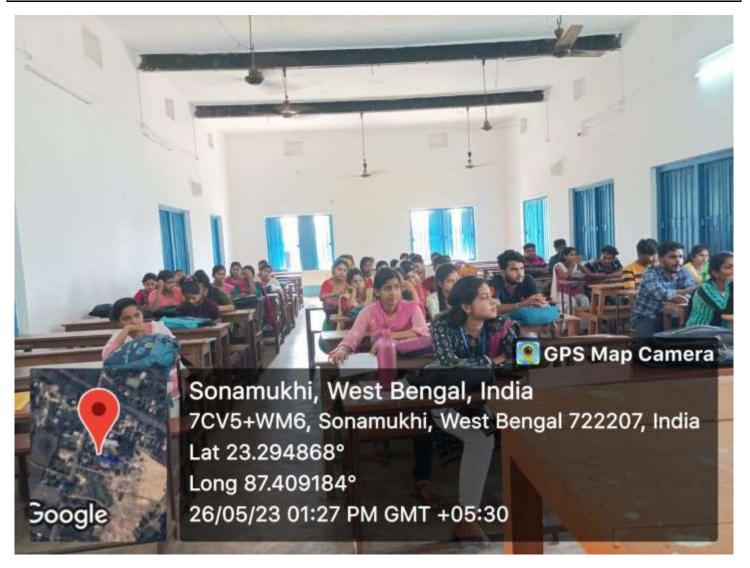
Students of Sonamukhi College celebrated Rabindra Jayanti & Bengali Barshabaran through online mode on 10/05/2023

YouTube link: https://youtu.be/9kTmHRHJW6A

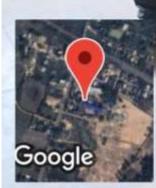




Students Celebrated Nazrul Jayanti, organised by Bengali Department of Sonamukhi College 26/05/2023



Students Celebrated Nazrul Jayanti, organised by Bengali Department of Sonamukhi College 26/05/2023



Sonamukhi, West Bengal, India 7CV5+WM6, Sonamukhi, West Bengal 722207, India Lat 23.294906° Long 87.409223° 26/05/23 12:54 PM GMT +05:30

🛐 GPS Map Camera

Sports Activities

SONAMUKHI COLLEGE ANNUAL SPORTS: 2022-2023

2nd Dec. 2022



4th INTER-COLLEGIATE FOOTBALL TURNAMENT (2022-23), BANKURA UNIVERSITY (MEN)

5th Dec. 2022 to 14th Dec. 2022



DETAILS OF MATCH

4th Inter-Collegiate Football Tournament (2022-23), Bankura University (Men)

(Venue: Bankura Stadium)



4th INTER-COLLEGIATE FOOTBALL TURNAMENT (2022-23), BANKURA UNIVERSITY (WOMEN)

21st Dec. 2022 to 24th Dec. 2022



DETAILS OF MATCH

1st Inter-Collegiate Football Tournament (2022-23), Bankura University (Women)

(Venue: Bankura Stadium)



INTER-COLLEGE DISTRICT SPORTS AND GAMES CHAMPIONSHIP, FOOTBALL (MEN) 2022-2023

19th January 2023 to 21st January 2023





Bankura, West Bengal, India 63Q5+CRM, Bankura, West Bengal 722101, India Lat 23.238346° Long 87.059651° 19/01/23 12:13 PM GMT +05:30











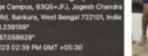
INTER-COLLEGE DISTRICT SPORTS AND GAMES CHAMPIONSHIP, KHO KHO (WOMEN) 2022-2023

20th January 2023











INTER-COLLEGE DISTRICT SPORTS AND GAMES CHAMPIONSHIP, (ATHLETIC) 2022-2023

24th January 2023



INTER-COLLEGE STATE SPORTS AND GAMES CHAMPIONSHIP, (ATHLETIC) 2022-2023

10th March, 2023 to 16th March, 2023



4th INTER-COLLEGE ATHLETIC MEET (2022-23), BANKURA UNIVERSITY

31st March, 2023



4th INTER-COLLEGIATE VOLLEYBALL TOURNAMENT BANKURA UNIVERSITY (MEN) 2022-23.

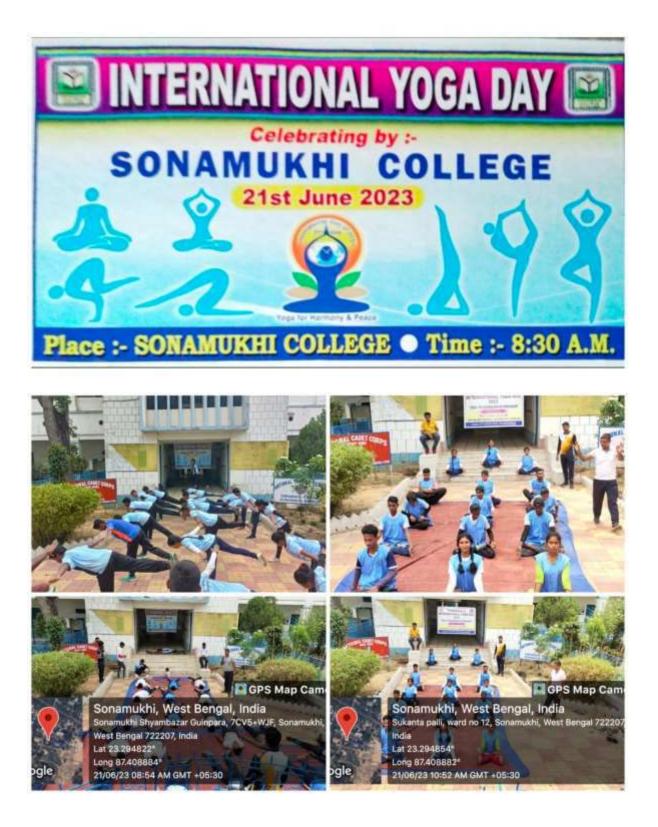


4th INTER-COLLEGIATE VOLLEYBALL TOURNAMENT BANKURA UNIVERSITY (WOMEN) 2022-23.



INTERNATIONAL YOGA DAY CELEBRATION BY SONAMUKHI COLLEGE 2023

21st Jun 2023



NATIONAL SPORTS DAY CELEBRATION 29 AUGUST 2023



Stock Register

sL	Hem	2016 -20	17 2017 -2018	20/8 - 2019	2019-2020	2020 - 202	2091 - 2022	2022 - 2029	T
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ŀ	Multigym of station	03.set	01,54	01/st	01.seh	of set	iset	oiset	-
2.	Treadmill & Walking modine)	03	03	03	03	03 .	02	00	
9.	V	02	02	02	02	02	02 .	02	
4	Stepper machine.	01	01	01	0]	01	01	01	
5,	Writh Curl Machine.	01	01	01 · •	0	01	ol	01	-
6.	Abdominal machine	01	0	01	0	0]	0	01	
7.	Parallel bar (gymnastics)	01	01	01	01	01	01	01	-
8.	Bench Press (Abdominal muscles) decline	01	01	01	01	01	01	01	
9)	Bench Press (Back Muscles)	01	01	0	0]	01	01	01	
а.	Twister machine	01	0	01	01	0]	01	01	
1.	Barbell Rod (medium size)	04	04	04	04	04	04	04	
9.	Borbell Plates 2.5 kg	04	04	04	04	04	04	04	**
+	5.00 Kg	06	06	06	06	06	06 .	06	
	15-04	06	06	06	06 .	06	06	06 .	
•	20.00kg 30.00kg	04	04	04	04	04	04	04	-
	30.00×g	02	02	20	02	02	02	02	
5.	Barbell Rod (Bunall)	02	02	02	02	02	02	02	
ł	Sitting bench (Big)	02	02	02	02	02	02	02	
+	(Medium)	02	02	03	02	02	02	0.2	,
-	(Small)	01 /	01 /	OI O	0 .	0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	RA.	01/ 0.	

Equipment of Gymnasium

SL	Item	2016 -2017	2017 - 2018	2017-2019	2019 - 2020	2020-2021	101-1022	2022-2025	
	U.C.	Ont	ent	ant	ant	ant	ant	<i>lint</i>	
15.	Durnhall 5 kg	Dair	1 Pair	1 Pair	1 Pair	1 Air	1 pair	1 Pain	
	10 kg	1 Pair	Poir	1 Pair	1 Pair	1 Pair	1 Poir	LAin	
	14 14	1 Tic	1 Pic	1 Pic	1 Pic	1 Pic	1 Pic	1 AL	
	16 kg	1 Ric	1 Pic	1 Pic	1 Pic	1 Pic	1 PAC	1 lic	
	20 Kg	1 Pair	1 Pair	1 Pair	1 Pair	1 Pair	Poir	llin	
	· 25 kg	Pair	1 Pair	1 Pair	1 Pair	1 Pair	Poir	1 Pain	
-	30 2	1 Pair	1 Pair	1 Pair	1 Pair	1 Poir	1 Poir	1 Pain	
16.	Push up Bar	1 Pair	1 Pair	1 Pair	1 Poir	1 Pair	Pair	1 film	
17.	Iron ball Bo	l Bic	1 Pic	1 Pic	I Pic	1 Pic	1 Pic	the	
-	medium	1 Pic	1 fic	1 Pic	1 Pic	1 Pic	1 Pic	1Fic	
	Sino.ll	2 Pic	2 Pic	2 pic	2 Pic	2 Pic	2 Pic	alic	
18.	Wooden Bench	1 pic	1 Pic	L Pic	1. Pic	1 Pic	1 Pic	1nc	
19.	Wooden Chair	l pic	Pic	1 Pic	1 Pic.	1 Pic	1 fic	drie	
20	Wooden Table	1 Pic	1 Bic	1 Pic	1 Pic	Pic	1 Bic	1. Pic	
<u></u>	Mimor	1 pic	1 pic	1 Pic	1 Pic.	I Pic.	1 Pic	frie	2
8.	Ceiling Fan	1 Pic	1 Pic	1 Pic	1 pic	1 Pic	3 Pic	SPic	
5	Tube Light	S Fic	3 Pic	3 Pic	3 Pic.	3 Pit.	5 Pic	5 fie	
4.	Steel Abmirah (Small)	1 Ric	1 Pic	1 Pic	1 Pic	1 Pic.	1 Pic	ine	
5. 1	Music Set (Philips) 5-1 Speakers	~					1 Set	: Iset	
	Watch (Sigma)		X		1	1	1 Pie	ire	
-	Jan Barriel			A			1		1
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	3.6 /38	Principal Sonamulni College Sonamulni College	Principal	Adelopus	Principal Principal Schamability D	Annua Principa Sonamukhi C	- /1	Calles Calles	and Calestines

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Picture of Gymnasium

