


CO – CURRICULAR & EXTRA CURRICULAR ACTIVITY CELL

S No.	Committee Members Name	Designation	Contact No.
1.	Dr. HD Banjara	President	9425216447
2.	Dr. Ashwani Pradhan	Secretary	9826884455
3.	Dr. Vishal Chittewar	Member	9890598662
4.	Dr. Sachin Dwivedi	Member	9407727704
5.	Dr. Vibha Sen	Member	9907115599
6.	Mr Sandeep Pradhan	Member	9993735690
7.	Mr. Jagdish Pradhan	Member	7898844097
8.	Parikshit Pansari	Member	9993287758
9.	Gulshan Patel	Member	9301819475


Signature of Principle
PRINCIPAL M.S.
RAIGARH MEDICAL COLLEGE
AND HOSPITAL OF
AYURVEDA RAIGARH (C.G.)

C.C To

- President, Vivaan Shiksha Samiti
- Secretary, Vivaan Shiksha Samiti
- Administrator
- All Department
- Notice board
- Hostel (Boys & Girls)
- Mess
- Library

Minutes of Meeting

Formation of Co Curricular and Extra Curricular Cell

Date: 20.11.2024

Venue: Principal Office / Conference Hall

Members Present

- Principal – Chairperson
- Medical Superintendent
- Heads of Departments
- Senior Faculty Members
- Administrative Officer

Agenda

To constitute the committee as per NCISM norms for smooth academic and administrative functioning.

Resolution

It was unanimously resolved to constitute the Co Curricular and Extra Curricular Cell with the following objectives and responsibilities.

Functions

- Organization of cultural programs and competitions
- Sports and yoga activities
- Student personality development programs
- Encouraging participation in inter-college events

Conclusion

The meeting concluded with a vote of thanks to the chair.

Principal (Chairperson)

Member Secretary
PRINCIPAL/M.S.
RAIGARH MEDICAL COLLEGE
AND HOSPITAL OF
AYURVEDA RAIGARH (C.G.)



(Recognized by Ayush/NCISM New Delhi, Pt. DDUMHS & Ayush University of C.G.)

Add - Kotarliya-Kotrapali, Raigarh, Chhattisgarh Phone: 7711972000, 9244121177

Email id - raigarhcollegeofayurveda@gmail.com, 2024ayu0859@gmail.com.

Minutes of the Meeting:

Formation of the Co-Curricular & Extra-Curricular Cell

Date: 20.11.2024
Time: 2pm.
Venue: Principal's Office / Conference Hall
Chairperson: Dr H.D. Bandyop.

1. Attendance

The meeting was attended by the Principal, Medical Superintendent, HODs, Senior Faculty Members, and the Administrative Officer.

2. Agenda

To formally constitute the **Co-Curricular & Extra-Curricular Cell** to oversee student talent identification, sports, cultural events, and personality development programs in alignment with institutional goals.

3. Resolution

The Chairperson highlighted that a "sound mind resides in a sound body." It was unanimously resolved to establish this cell to provide students with a platform to excel beyond textbooks and clinical rounds.

Core Objectives:

- **Holistic Growth:** Promoting physical fitness through sports and mental clarity through Yoga.
- **Talent Cultivation:** Identifying students with skills in arts, music, debate, and literature.
- **Institutional Pride:** Preparing teams for state and national level inter-ayurvedic college competitions.

4. Proposed Annual Activity Calendar (Month-wise)

Month	Focus Area	Proposed Activity
1	Constitution	Official notification of cell members and selection of Student Activity Coordinators.
2	Talent Hunt	"Fresher's Talent Search" – Auditions for music, dance, and literary clubs.

3	Yoga & Wellness	Specialized Yoga workshop for stress management and concentration for BAMS students.
4	Literary Event	Inter-departmental Debate or Shlokas-Recitation competition.
5	Sports Week	Annual Indoor Sports Meet (Chess, Carrom, Table Tennis, etc.).
6	Mid-Year Review	Meeting to review student participation rates and budget for the annual fest.
7	Outdoor Sports	Annual Athletics Meet and Cricket/Volleyball/Kabaddi tournaments.
8	Personality Dev.	Workshop on "Public Speaking, Grooming, and Leadership Skills."
9	Cultural Fest	Organizing the Annual College Cultural Festival (Sanskriti/Gathering).
10	Outreach	Participation in Inter-College Youth Festivals and State-level AYUSH events.
11	Awards Night	"Annual Recognition Ceremony" to felicitate winners of various competitions.
12	Documentation	Compiling the "Annual Activities Portfolio" for the college magazine and NCISM portal.

5. Conclusion

The Principal directed the Member Secretary to ensure that co-curricular activities do not clash with clinical postings or internal exams. The meeting concluded with a vote of thanks to the Chair.

Signature: 

Principal (Chairperson)
**RAIGARH MEDICAL COLLEGE
 AND HOSPITAL OF
 AYURVEDA RAIGARH (C.G.)**

(Recognized by Ayush/NCISM New Delhi, Pt. DDUMHS & Ayush University of C.G.)

Add - Kotarliya-Kotrapali, Raigarh, Chhattisgarh Phone: 7711972000, 9244121177

Email id - raigarhcollegeofayurveda@gmail.com, 2024ayu0859@gmail.com.

Ref. No:

Date: 16.01.2026

CIRCULAR

Subject: Invitation to "PRATIBHA" – The Fresher's Talent Hunt 2025-26.

The Co-Curricular and Extra-Curricular Cell is delighted to announce a "Talent Hunt" specifically for our newly admitted **First-Year BAMS Students**. This is your platform to showcase your creativity and skills beyond the classroom.

Categories for Participation:

- **Performing Arts:** Solo/Group Dance, Vocal Music (Classical/Light), Instrumental.
- **Literary Arts:** Elocution, Poetry Recitation (Sanskrit/Hindi/English), Debate.
- **Fine Arts:** Rangoli, Poster Making, Painting.
- **Special Category:** Shloka Pathan (Recitation with meaning).

Event Details:

- **Audition Dates:** 16.01.2026.
- **Time:** 12 pm
- **Venue:** Auditorium

Selected students will represent the college in upcoming inter-college competitions and the Annual Cultural Fest. Interested students must register their names with the **Student Activity Coordinator**.

Chairperson
Co-Curricular Cell
PRINCIPAL M.S.
RAIGARH MEDICAL COLLEGE
AND HOSPITAL OF
AYURVEDA RAIGARH (C.G.)

(Recognized by Ayush/NCISM New Delhi, Pt. DDUMHS & Ayush University of C.G.)

Add - Kotarliya-Kotrapali, Raigarh, Chhattisgarh Phone: 7711972000, 9244121177

Email id - raigarhcollegeofayurveda@gmail.com, 2024ayu0859@gmail.com.

Ref. No:

Date: 17.12.2025

CIRCULAR

Subject: Yoga session on "Stress Management & Enhanced Concentration."

In alignment with our holistic approach to Ayurveda education, the **Co-Curricular Cell** in collaboration with the **Department of Swasthavritta & Yoga** is organizing a specialized yoga session daily.

The session is specifically designed to help BAMS students manage exam-related anxiety and improve long-term memory and focus through traditional Yogic practices.

Session Highlights:

- **Pranayama:** Techniques for immediate stress relief.
- **Trataka & Dhyana:** Exercises to improve concentration and eye health.
- **Asanas:** Postures to correct sedentary study habits and back strain.

Event Details:

- **Date:** Dily 17.12.2025
- **Time:** 8:00 AM to 9:00 AM
- **Venue:** College Yoga Hall / Open Lawn
- **Resource Person:**

Note: All students are requested to bring their Yoga mats and wear comfortable tracksuits or white Salwar Kameez. Attendance is highly recommended for all students.

[Signature]

Principal / Chairperson
Co-Curricular Cell
PRINCIPAL/M.S.
RAIGARH MEDICAL COLLEGE
AND HOSPITAL OF
AYURVEDA RAIGARH (C.G.)



(Recognized by Ayush/NCISM New Delhi, Pt. DDUMHS & Ayush University of C.G.)

Add - Kotarliya-Kotrapali, Raigarh, Chhattisgarh Phone: 7711972000, 9244121177

Email id - raigarhcollegeofayurveda@gmail.com, 2024ayu0859@gmail.com.

Ref. No:

Date: 25.01.2026

NOTICE

Subject: Commencement of Annual Sports Meet – 2025-26

It is time to step out of the clinics and onto the field! The **Co-Curricular and Extra-Curricular Cell** is organizing the **Annual Sports Meet**, scheduled to begin from date-

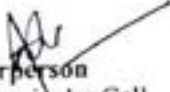
List of Events:

1. **Indoor Games:** Chess, Carrom, Table Tennis, Badminton.
2. **Outdoor Games:** Cricket, Volleyball, Kabaddi, Tug of War.
3. **Athletics:** 100m/200m Sprint, Relay Race, Long Jump, Shot Put.

Important Instructions:

- **Eligibility:** Open to all BAMS students, and Teaching/Non-teaching staff.
- **Teams:** Departmental/Year-wise teams must submit their player lists to the **Physical Education Coordinator**.
- **Dress Code:** Proper sports attire and shoes are mandatory for participation.
- **Spirit:** All participants are expected to maintain the highest standards of sportsmanship and discipline.

Detailed fixtures and match timings will be displayed on the Sports Notice Board.


Chairperson
Co-Curricular Cell
PRINCIPAL/M.S.
RAIGARH MEDICAL COLLEGE
AND HOSPITAL OF
AYURVEDA RAIGARH (C.G.)

(Recognized by Ayush/NCISM New Delhi, Pt. DDUMHS & Ayush University of C.G.)

Add - Kotarliya-Kotrapali, Raigarh, Chhattisgarh Phone: 7711972000, 9244121177

Email id - raigarhcollegeofayurveda@gmail.com, 2024ayu0859@gmail.com.

Ref. No:

Date: 12-02-2026

NOTICE

Subject: Inter-Departmental Shloka Recitation & Debate Competition.

To celebrate our linguistic heritage and sharpen our oratory skills, the **Co-Curricular Cell** is hosting a **Literary Meet**. We invite students from all batches to participate and represent their respective departments.

Event Categories:

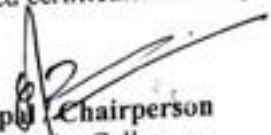
1. **Shloka Pathan (Recitation):** Recite verses from Charaka, Sushruta, or Vagbhata Samhitas with correct *Uchcharana* (pronunciation) and meaning.
2. **Debate:** Topic: *"Traditional Ayurveda Practice vs. Integrated Medical Approach: The Future Path."*

Rules:

- **Language:** Sanskrit/Hindi/English (as per category).
- **Time Limit:** 3 minutes for Shloka; 5 minutes for Debate.
- **Judgment Criteria:** Clarity, Content, Confidence, and Expression.

Registration:

Interested students must submit their names to the **Literary Club In-charge**. Winners will be awarded certificates and trophies during the Annual Day.


Principal Chairperson
Co-Curricular Cell
PRINCIPAL M. S.
RAIGARH MEDICAL COLLEGE
AND HOSPITAL OF
AYURVEDA RAIGARH (C.G.)