



# RESIDENTIAL CORPORATE LEADERSHIP DEVELOPMENT PROGRAMME

## ACTIVITIES DURING RESIDENTIAL CLDP @ CCGRT KOLKATA



Yoga offers numerous benefits for both physical and mental health. It improves flexibility, strength, and posture, while also reducing stress, anxiety, and depression. Yoga can also enhance cardiovascular health, improve sleep quality, and increase energy levels.

Jogging provides a wide range of health benefits, including burning calories, improving your cardiorespiratory fitness, building stamina and boosting heart health when you run



A mock board meeting involves simulating a formal board meeting to practice essential procedures and decision-making processes. It's a training exercise where participants, including directors and the company secretary, rehearse aspects of a real board meeting.



Moot Court, Quiz, Debate, Start-Up conclave, Treasure Hunt, CSR Project report, Research paper Presentation, Panel discussion and many more scholastic activities



Sports activities such as cricket, table tennis, badminton etc. offer a wide range of benefits for physical and mental health, social development, and personal growth. They contribute to improved cardiovascular health, stronger bones and muscles, better sleep, and weight management



Cultural night, mime act, drama, poetry reciting, singing regional song, talent hunt, Abhivyakti, storytelling, stand-up comedy, Experience Sharing, visits to NCLT and MCA offices

## Infrastructure and other Facilities at CCGRT Kolkata



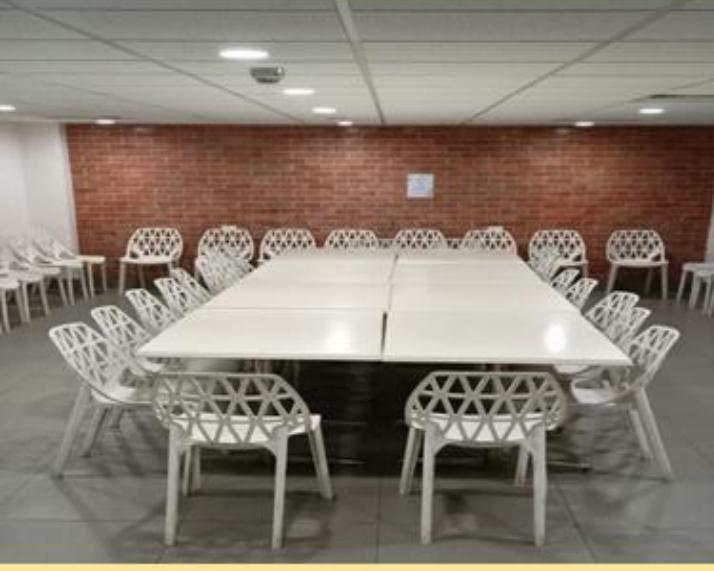
Reception



Previous Residential Programme



Auditorium



Cafeteria



Hostel Room

## Famous Places at Kolkata

### Kalighat Temple

Famous Shaktipeeth where toe of the right foot of Mother Goddess had fallen



### Dakshineswar Temple

Famous Abode of Goddess Kali

### Howrah Bridge

Iconic Landmark, Cantilever Bridge over the Hooghly river



### Victoria Memorial

Largest crowd puller  
Having excellent collection of British Raj memorabilia

### ECO PARK

One of the largest open space in city  
With 480 acres having 100 acres water body

