

**\*\*TITLE OF EVENT/ PROGRAMME\*\*:** International Yoga and World Karate Day

**\*\*THEME OF THE EVENT/ PROGRAMME\*\*:** Celebration of International Yoga and World Karate Day with exhibitions and competitions

**\*\*DATE\*\*:** 4th July 2024

**\*\*VENUE\*\*:** Students' Common Room, Asutosh College

**\*\*COLLABORATOR/S\*\*:**

- Asutosh College Yoga Unit
- Asutosh College Karate Unit
- Asutosh College Student Union NSS Unit
- IQAC
- Asian Yoga Research Institute

**\*\*OBJECTIVE/ PURPOSE\*\*:**

- To celebrate International Yoga Day and World Karate Day
- To promote physical and mental well-being through yoga and karate
- To encourage participation in physical activities and foster a sense of community among students

**\*\*SPEAKER/S / RESOURCE PERSON/S\*\*:**

- Dr. Indrani Bhattacharya
- Dr. Parthasarathi Bera
- Dr. Pampiya Chowdhury
- Dr. Rina Kar Dutta
- Dr. Sraboni Roy

- Dr. Paramita Chowdhury
- Dr. Saswati De Mondal
- Smt. Krishna Basu
- Dr. Maniparna Shyam Roy
- Dr. Mousumi Roy
- Dr. Somnath Das
- Dr. Ashish Kumar Das
- Dr. Sudip Dasgupta
- Dr. Sirshrendu Mukhopadhyay
- Mr. Nirmalya Chakraborty
- Dr. Moon Jana
- Sri Sanjay Sah
- Dr. Keya Ghosh
- Dr. Anindita Dey
- Yoga Instructor: Dr. Ujjal Kumar Ghosh

**\*\*TARGET AUDIENCE/ PARTICIPANTS\*\***: Students, faculty members, and participants from the local community

**\*\*ATTENDANCE SHEET (If Available)\*\***:

**\*\*BRIEF REPORT ABOUT THE EVENT/ PROGRAMME\*\***:

On 4th July 2024, Asutosh College hosted the International Yoga and World Karate Day celebration, starting at 1:00 PM in the Students' Common Room. The event was a collaborative effort by the college's Yoga and Karate Units, the Student Union NSS Unit, IQAC, and the Asian Yoga Research Institute. Participants were awarded certificates and medals for their involvement.

India, known for its rich cultural festivals, is also gearing up for the Rath Yatra festival, adding to the festive spirit of the event. The yoga exhibition featured Dr. Indrani Bhattacharya in Vrikshasana, symbolizing Jagannath, while Dr. Parthasarathi Bera and Dr. Pampiya Chowdhury performed side crescents as Balaram and Subhadra. The main part of the chariot was represented by Dr. Rina Kar Dutta, Dr. Sraboni Roy, Dr. Paramita Chowdhury, Dr. Saswati De Mondal, Smt. Krishna Basu, Dr. Maniparna Shyam Roy, Dr. Mousumi Roy, and Dr. Somnath Das. In Padmasana and Sukhasana, as the chariot, were Dr. Ashish Kumar Das, Dr. Sudip Dasgupta, Dr. Sirshrendu Mukhopadhyay, and Mr. Nirmalya Chakraborty. Representing chakras of chariot were Dr. Moon Jana and Sri Sanjay Sah in Chakrasana, while Dr. Keya Ghosh and Dr. Anindita Dey portrayed the horses of chariot in Vrishasana. All yoga postures were expertly trained by Dr. Ujjal Kumar Ghosh.

The karate demonstrations and competitions added to the dynamic and vibrant atmosphere, showcasing the participants' skills and dedication.

**\*\*EXPECTED OUTCOME\*\*:**

- Enhanced awareness of the benefits of yoga and karate
- Increased participation in regular physical activities among students and the community
- Strengthened sense of community and collaboration within the college

**\*\*GEO-TAGGED PHOTOGRAPHS\*\*:** Not available

This event highlighted the importance of physical and mental wellness, bringing together participants in a celebration of health, culture, and community spirit.