

REPORTFORMAT

- **TITLE OF EVENT/ PROGRAMME (SEMINAR/ WEBINAR/ WORKSHOP/ EXTENSION LECTURE/ EXTENSION ACTIVITY/ ANY OTHER ACTIVITY):**

International yoga day celebration.

- **THEME OF THE EVENT/ PROGRAMME:** Yoga for Harmony and Peace.
- **ACADEMIC SESSION:** 2023-2024
- **DATE:** 21st June 2023
- **VENUE:** Asutosh College Common Room.
- **OBJECTIVE/ PURPOSE:** To conduct yoga competition and celebrate international yoga day.
- **SPEAKER/S / RESOURCE PERSON/S:**
Dr. Ujjal Kumar Ghosh (registered practitioner under W.B.Y.N.S.M., executive member West Bengal Council of Yoga and Naturopathy (Govt. of West Bengal), founder secretary, Asian Yoga Research Institute).
- Smt. Nivedita Ghosh* (Black-Belt [1st DAN] in karate, Bengal champion and national level judge in yoga. Vice-principal Asian Yoga Research Institute).
- **TARGET AUDIENCE/ PARTICIPANTS:** Students of Asutosh College and participants from other colleges.
- **ATTENDANCE SHEET:**

Position	Name	Semester	Department
1 st	<i>Sourav Mondal</i>	4th	Bengali
2 nd	<i>Garbo Ghosh</i>	4th	English
3 rd	<i>Dishari Chanda</i>	4th	English

Sl No.	Name	Semester	Department
1	<i>Sulekha Das</i>	6th	Environmental Science
2	<i>Priyodarshi Debnath</i>	6th	B.A.General
3	<i>Sk Sakti Islam</i>	6th	Chemistry
4	<i>Saidul Islam</i>	6th	B. Voc
5	<i>Debadrita Ghosh</i>	6th	MCBA
6	<i>Shibaji Roy Chowdhury</i>	6th	Bengali

7	<i>Ankush Ghosh</i>	6th	B.A. General
8	<i>Garbo Ghosh</i>	4th	English
9	<i>Rupsa Pal</i>	4th	Philosophy
10	<i>Poushali Paul</i>	4th	Sanskrit
11	<i>SayaniTudu</i>	4th	CMEV
12	<i>Anwasha Jatua</i>	4th	B. Voc
13	<i>Sankar Chakraborty</i>	4th	ENVS
14	<i>Sourav Mondal</i>	4th	Bengali
15	<i>Swarnamoyi Das</i>	4th	Journalism and Mass Communication

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

On June 21, 2023, Yoga Therapy Unit of Asutosh College, in collaboration with IQAC, Asutosh College, and in association with Asian Yoga Research Society organized a one-day Yoga Competition to celebrate International Yoga Day. Yoga and meditation are required by the way that students live today, and these two practises should be given top priority if they are to develop holistically. These two should be incorporated into the student curriculum because they play such a significant role. Students' mental attention and concentration can be directly improved by yoga and meditation. Yoga blends stretching, strengthening, and meditation with unwinding. Studies have shown that yoga has been effective in treating a variety of mental and physical health issues, particularly in adolescents and young children. If the aforementioned lifestyle trend is also taken into account, it can be claimed that, in contrast to earlier times, children today are more preoccupied with smart phones, video games, and other static entertainment than they are with sports and other activities of a similar nature. Yoga and meditation consequently take on a crucial role in student life. Every year on June 21st, International Yoga Day is observed to raise awareness of the value of yoga and its positive effects on the body and mind. To commemorate the eighth International Yoga Day on June 21, 2022, Yoga Therapy Unit along with IQAC of Asutosh College and Asian Yoga Research Institute, organised a one-day yoga competition.

Prof. Manas Kabi, Principal of Asutosh College, Dr. Rina Kar Dutta, Secretary of the Teachers Council, Asutosh College, Dr. Ujjal Ghosh, Principal of Asian Yoga Research Institute, and other college faculty members attended the session. A total of 26 students from diverse departments participated in the contest and practiced yoga. Our children's impromptu participation and performance demonstrated their immense talent. The winners of the competition received a certificate and medals.

➤ **EXPECTED OUTCOME:** To compete and demonstrate Yoga skills learned round the year. Our children's impromptu participation and performance demonstrated their immense talent. The winners of the competition received a certificate and souvenir.

➤ **GEO-TAGGED PHOTOGRAPHS:**



Kolkata, West Bengal, India

92, Shyama Prasad Mukherjee Rd, Jatin Das Park, Patuapara, Bhowanipore, Kolkata, West Bengal 700025, India

Lat 22.525212°

Long 88.346106°

21/06/23 02:52 PM GMT +05:30

Google



Kolkata, West Bengal, India

G8FW+RGJ Ecological Park Or JD park, Jatin Das Park, Patuapara, Bhowanipore, Kolkata, West Bengal 700025, India

Lat 22.524638°

Long 88.346187°

21/06/23 02:41 PM GMT +05:30

Google





Kolkata, WB, India

Shyama Prasad Mukherjee Road, Bhawanipore,
Kolkata, 700025, WB, India
Lat 22.525302, Long 88.346310
06/21/2023 03:10 PM GMT+05:30
Note : Captured by GPS Map Camera