

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:** 2022-2023

- **DATE:** 21st June 2022

- **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>	2 nd	Bengali
2 nd	<i>Sulekha Das</i>	4 th	Environmental Science
3 rd	<i>Saidul Islam</i>	4 th	B. Voc

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

7	<i>Jayasree Das</i>	6th	Economics
8	<i>Ankush Ghosh</i>	4th	B.A. General
9	<i>Garbo Ghosh</i>	2nd	English
10	<i>Rupsa Pal</i>	2nd	Philosophy
11	<i>Poushali Paul</i>	2nd	Sanskrit
12	<i>SayaniTudu</i>	2nd	CMEV
13	<i>Anwasha Jatua</i>	2nd	B. Voc
14	<i>Sankar Chakraborty</i>	2nd	ENVS
15	<i>Sourav Mondal</i>	2nd	Bengali
16	<i>Swarnamoyi Das</i>	2nd	Journalism and Mass Communication

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

On June 21, 2022, 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. Apurba Ray, Vice Principal of Asutosh College, Dr. Rina Kar Dutta, Secretary of the Asutosh College Teachers' Council, Dr. Keya Ghosh, President of Asutosh College Student Union, Dr. Ujjal Ghosh, Principal of Asian Yoga Research Institute, and other college faculty members attended the session. Total of 16 students from diverse departments participated in the contest and practised yoga.

➤ **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 22.525229°

Long 88.346126°

21/06/22 02:03 PM



Kolkata, West Bengal, India

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

Lat 22.525236°

Long 88.346124°

21/06/22 02:48 PM

