

REPORTFORMAT

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

Inauguration of Yoga Therapy Unit and Women's Karate Unit

- **THEME OF THE EVENT/ PROGRAMME:** Yoga for Health.
- **ACADEMIC SESSION:** 2022-2023
- **DATE:** 31st march 2022
- **VENUE:** Asutosh College Common Room.
- **OBJECTIVE/ PURPOSE:** To train yoga and karate in weekly classes to the students and female students of Asutosh College.
- **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 for Yoga Therapy Unit and for Women's Karate Unit all female students of Austosh College.
- **ATTENDANCE SHEET:**

S.L No	Name	Designation	Department
1.	Dr. Anindita Dey	Assistant Professor	Botany
2.	Dr. Moon Jana	Assistant Professor	Journalism and Mass Communication

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

The inaugural ceremony of the Yoga Therapy Unit and Women's Karate Unit commenced with the lighting of lamp by a group of dignitaries of Asutosh College-

Dr. Apurba Roy. The program was followed by inaugural song . Chief Guest and trainer Dr. Ujjal Kumar Ghosh and Smt. Nivedita Ghosh in their speech thanked the organizers for such initiative. Importance of Yoga and Mudra in our daily life is undoubtedly huge. “Yoga is not only good for body, but for mind also. It has some power and we must understand it and practice it on a regular basis. We don’t require so many health centres, instead we require these kinds of small initiative. Dr. Ghosh mentioned “if we practice Yoga for an hour, it will take care of our body for the next 23 hours”. Hence, Yoga is the only way to take care of our body and mind. He motivated everyone to actively participate in the weekly class to get benefited.

- **EXPECTED OUTCOME:** Motivate students and female students to participate in the yoga and karate class for learning self defence.
- **GEO-TAGGED PHOTOGRAPHS:**





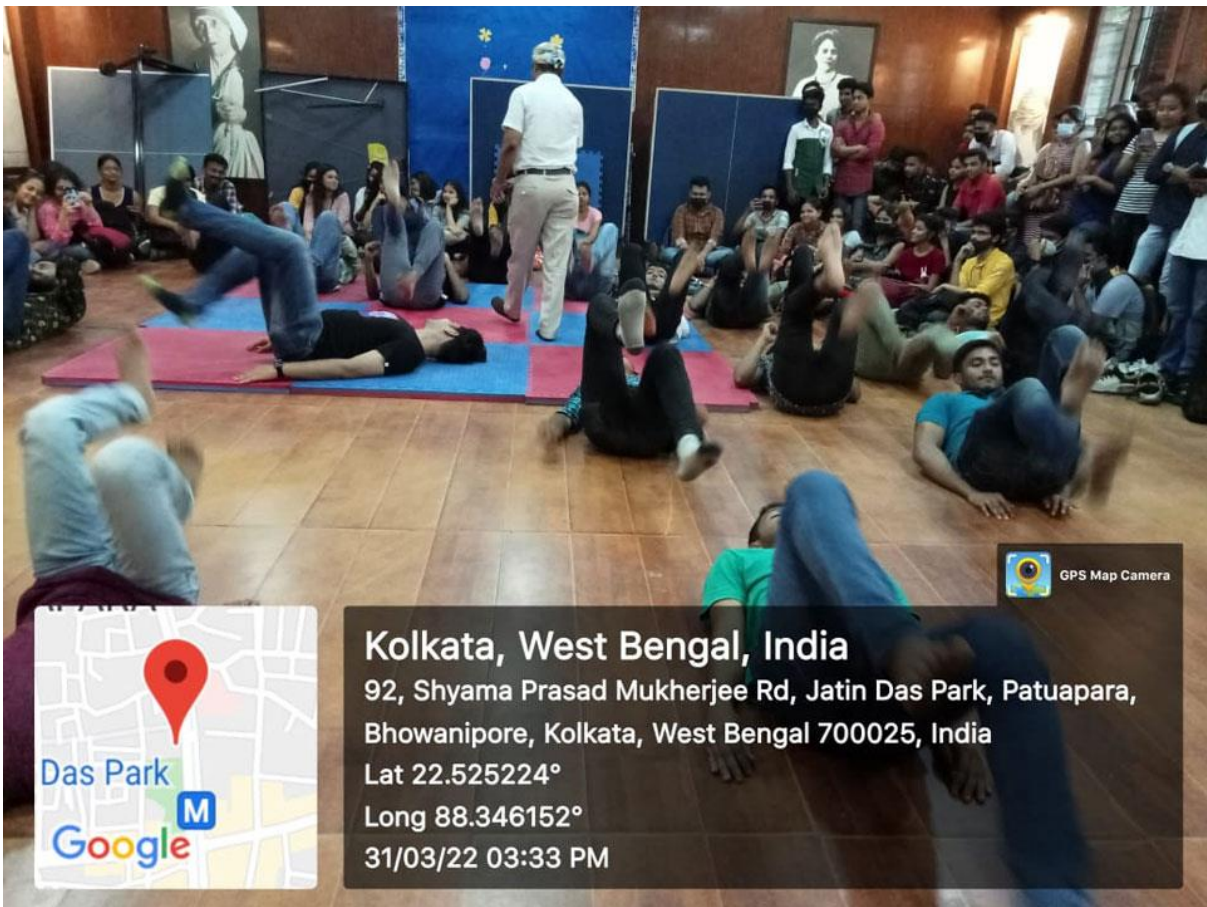
Kolkata, West Bengal, India

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