

REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

Yoga Therapy Unit, Asutosh College

21st June, 2023

On June 21, 2023, Yoga Therapy Unit of Asutosh College, in collaboration with IQAC and Students Union, Asutosh College, and in association with Asian Yoga Research Society organised 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 practices 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. Yoga and meditation can directly improve students' mental attention and concentration. 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 smartphones, 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, 2023, Asutosh College's Yoga Therapy Unit, along with IQAC and Students Union of Asutosh College and Asian Yoga Research Institute, organised a one-day yoga competition.

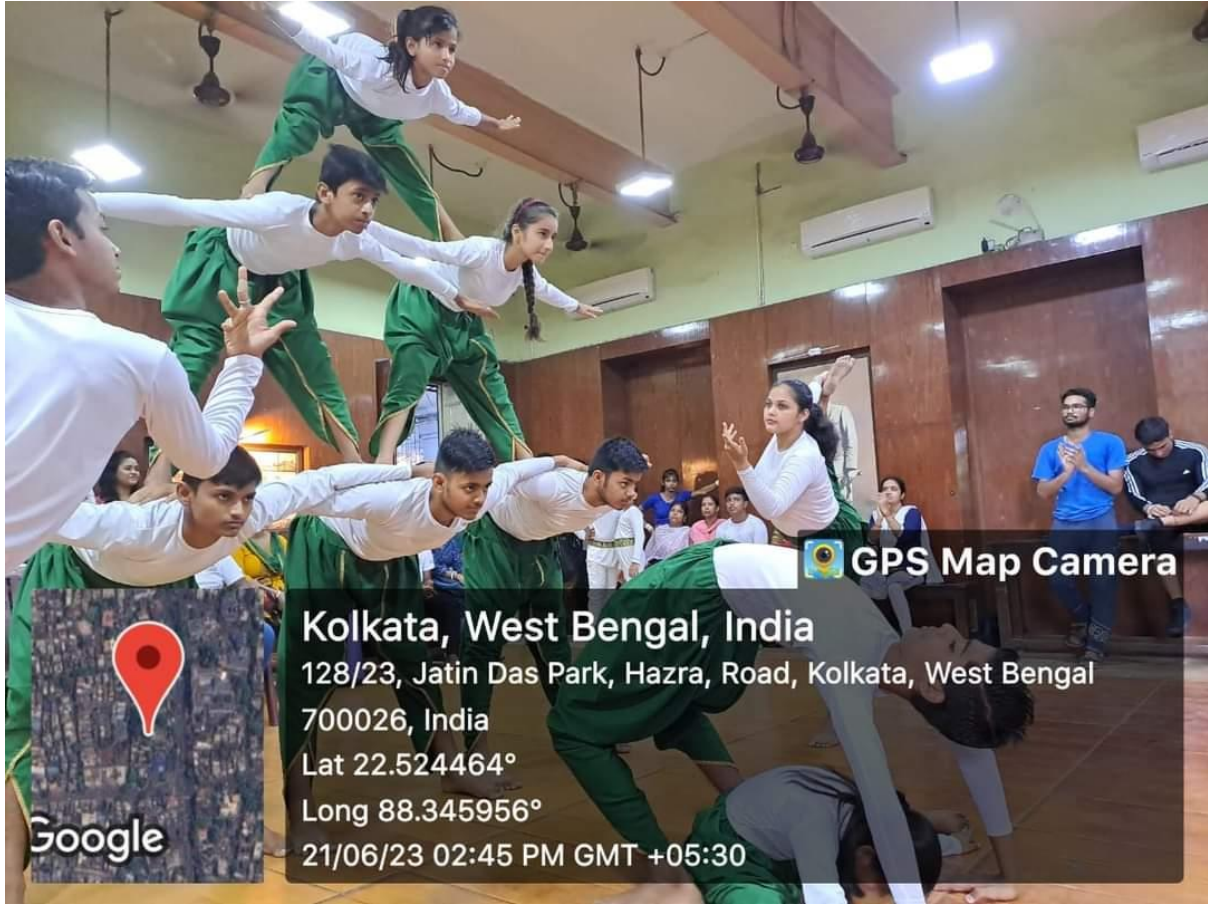
Prof. Manas Kabi, Principal of Asutosh College, Dr. Rina Kar Dutta, Secretary of the Teachers Council, Asutosh College, Dr. Ujjal Ghosh, Principal of Asian Yoga Research Institute, and other college faculty members attended the session. A total of 26 students from diverse departments participated in 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.

- **Winners List**

Position	Name	Semester	Department
1st	<i>Sourav Mondal</i>	4 th	Bengali

2 nd	<i>Garbo Ghosh</i>	4 th	English
3 rd	<i>Dishari Chanda</i>	4 th	English

Pictures:





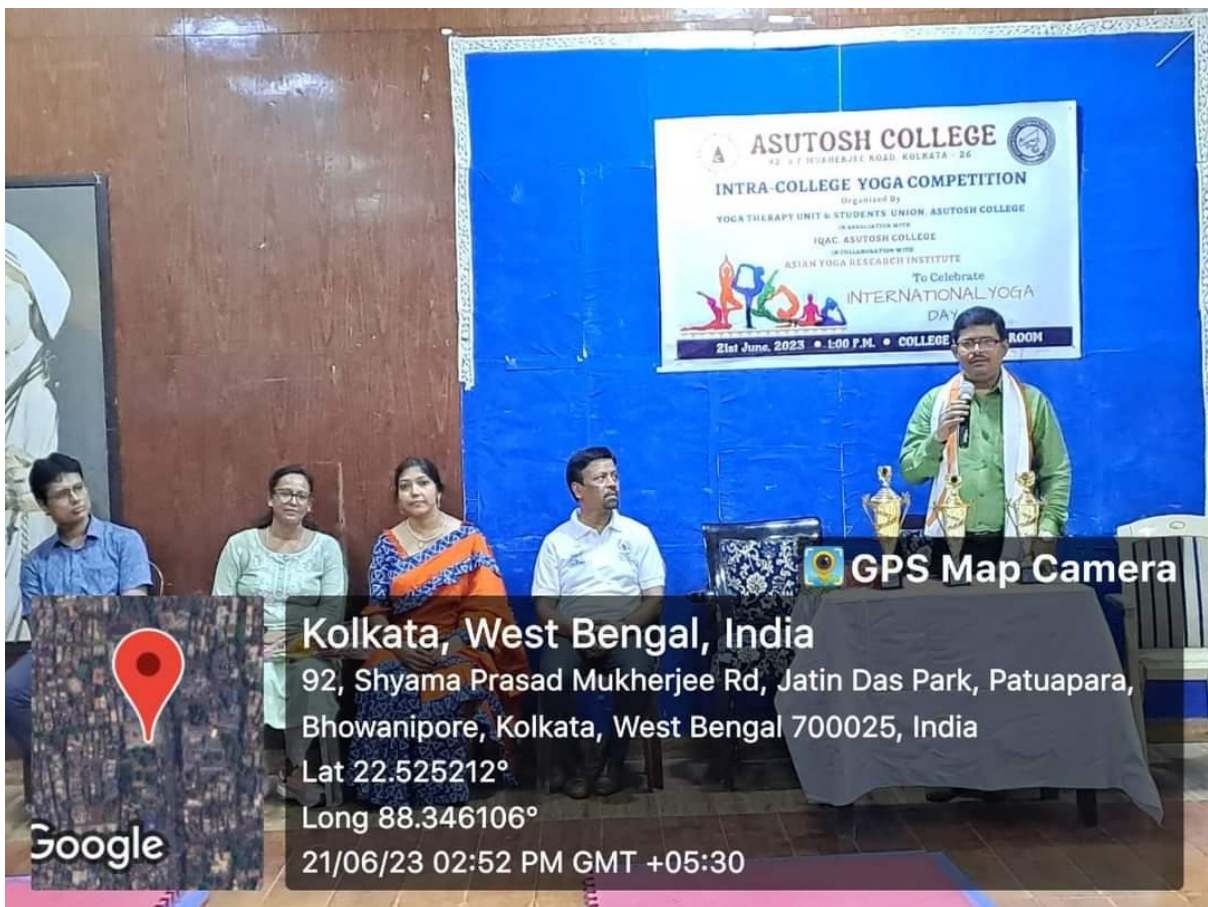
Kolkata, West Bengal, India

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



Kolkata, West Bengal, India

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

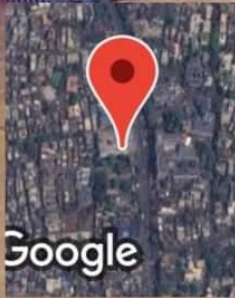
Lat 22.525212°

Long 88.346106°

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



GPS Map Camera



Kolkata, West Bengal, India

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

Lat 22.525219°

Long 88.346111°

21/06/23 02:32 PM GMT +05:30



GPS Map Camera

Kolkata, WB, India

Shyama Prasad Mukherjee Road, Bhawanipore,
Kolkata, 700025, WB, India

Lat 22.525237, Long 88.346246

06/21/2023 03:14 PM GMT+05:30

Note : Captured by GPS Map Camera





GPS Map Camera

Kolkata, WB, India

Shyama Prasad Mukherjee Road, Bhawanipore,

Kolkata, 700025, WB, India

Lat 22.525211, Long 88.346284

06/21/2023 02:45 PM GMT+05:30

Note : Captured by GPS Map Camera



Maps



GPS Map Camera



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

Maps



GPS Map Camera



Kolkata, West Bengal, India

26, Basanta Bose Rd, near Ashutosh College, Jatin Das Park,
Patuapara, Bhowanipore, Kolkata, West Bengal 700026, India

Lat 22.525212°

Long 88.346112°

21/06/23 03:41 PM GMT +05:30