

**TITLE OF EVENT/ PROGRAMME:** Weekly Yoga classes for students

**DATE:** Every Friday 2 pm to 3 pm

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

**PARTICIPANTS:** Students of any semester

**OBJECTIVE:**

The weekly yoga sessions were introduced with the aim of promoting physical well-being, mental clarity, and emotional balance among students. These sessions are intended to help students cope with academic stress, improve their focus and concentration, and instil a sense of discipline and mindfulness.

**TARGET AUDIENCES/PARTICIANTS:** All students of Asutosh college

**ATTENDANCE SHEET:**

ASUTOSH STUDENTS ATTENDANCE REGISTER			
SUBJECT: Yoga			
Roll No.	Name of Student	10/11/2024	17/11/2024
1)	Krishanudebnath	A	
2)	Sankarj	A	F
3)	Khantika Mondal	A	
4)	Deepa Singh	A	
5)	Shradhanidhi halder	A	F
6)	Akshita Adhikari	A	
7)	Kajal Mondal	.	.
8)	Tanya Manna	.	.
9)	Ananya Das	.	.
10)	Ranjit Das	.	.
11)	Pranav Kumar Majal	.	.
12)	Sujanika Nayak	.	.
13)	Pratham Mondal	.	.
14)	Snigdha Ghoshal	.	.
15)	Aroshi Saitdar	.	.
16)	Hridannita Pal	F	F
17)	Rai Chandu	F	F

Initial of Teacher: Ujjal Ghosh

**BRIEF REPORT ABOUT THE EVENT/ PROGRAM:**

The sessions were held every Friday from 2:00 PM to 3:00 PM under the guidance of a certified yoga instructor, Sri Ujjal Ghosh. Each session was designed to cater to beginners and intermediate-level participants, ensuring accessibility for all students regardless of prior experience.

**EXPECTED OUTCOME:**

The weekly yoga sessions have proven to be a valuable addition to the students' routines, fostering physical health, mental peace, and emotional well-being. Given the positive response, it is recommended that these sessions continue and potentially expand to include advanced practices or additional workshops on mindfulness and stress management.

**GEO-TAGGED PHOTOGRAPHS:**

