

TITLE OF EVENT/ PROGRAMME- International Yoga and World Karate Day

THEME OF THE EVENT/ PROGRAMME: Celebration of International Yoga and World Karate Day with exhibitions and competitions

DATE: 18th July 2025

VENUE: Students' Common Room, Asutosh College

COLLABORATOR/S:

- Asutosh College Yoga Unit
- Asutosh College Karate Unit
- Asutosh College NSS Unit
- IQAC

OBJECTIVE/ PURPOSE:

- To celebrate International Yoga Day and World Karate Day
- To promote physical and mental well-being through yoga and karate
- To encourage participation in physical activities and foster a sense of community among students

SPEAKER/S / RESOURCE PERSON/S:

- Dr. Manas Kabi (Principal)
- Dr. Indrani Bhattacharya
- Dr. Parthasarathi Bera
- Dr. Pampiya Chowdhury
- Dr. Rina Kar Dutta
- Dr. Sraboni Roy
- Dr. Paramita Chowdhury

- Dr. Chandramalli Sengupta
- Smt. Krishna Basu
- Smt. Nabanita Bhattacharjee
- Dr. Maniparna Shyam Roy
- Dr. Mousumi Roy
- Dr. Indira Halder
- Dr. Mithu Biswas
- Dr. Somnath Das
- Dr. Bidisha Sarkar Dutta
- Dr. Ashish Kumar Das
- Dr. Sudip Dasgupta
- Dr. Sirshrendu Mukhopadhyay
- Mr. Nirmalya Chakraborty
- Dr. Moon Jana
- Dr. Dhiman Dutta
- Dr. Debastruti Dasgupta
- Dr. Abhik Kundu
- Sri Sanjay Sah
- Dr. Keya Ghosh
- Dr. Anindita Dey
- **Yoga Instructor:** Dr. Ujjal Kumar Ghosh

****TARGET AUDIENCE/ PARTICIPANTS**:** Students, faculty members, and participants from the local community

****ATTENDANCE SHEET (If Available)**:** Maintained in attendance register

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

On 18th July 5, Asutosh College hosted the International Yoga and World Karate Day celebration, starting at 1:00 PM in the Students' Common Room. The event was a collaborative effort by the college's Yoga and Karate Units, the NSS Unit and IQAC, and . Participants were awarded certificates and medals for their involvement.

The faculty members of the college participated in a Yoga exhibition and performed various yoga poses. They also performed 'Surya Namaskar' three times.

Students participated in the competition, and they performed any three Yoga poses of their own choice. Two judges evaluated them, and the first three rank holders were provided the trophies and certificates.

The karate demonstrations and competitions added to the dynamic and vibrant atmosphere, showcasing the participants' skills and dedication.

****EXPECTED OUTCOME**:**

- Enhanced awareness of the benefits of yoga and karate
- Increased participation in regular physical activities among students and the community
- Strengthened sense of community and collaboration within the college

****GEO-TAGGED PHOTOGRAPHS**:** Available below

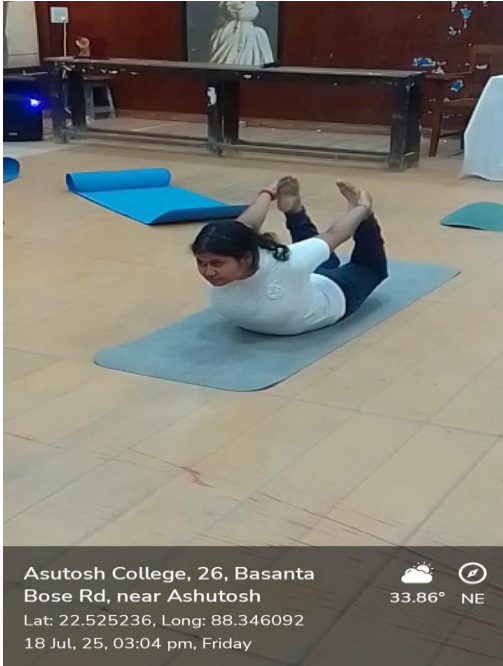
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YOGA # YOGA DAY - 18/07/25
Students' attendance sheet

SL. NO.	NAME	SEM	CONTACT NO.	PARTICIPANT YES/NO
1.	Nilan Soodan (Sanskrit)	II	9123944069	Yes
2.	Soham Chatterjee (Sanskrit)	II	7044466598	Yes
3.	Smriti Santra (Botany)	IV	6290438171	Yes
4.	Anan Halder (BSc)	IV	8617770292	Yes
5.	Ankita Mukherjee (PSYA)	V	9330303393	Yes
6.	Sardipara Das (Sociology)	IV	8420889889	Yes.
7.	Rupsa Mondal (BSc)	IV	8100073585	Yes.
8.	Bidisha Karmakar	II	7003484192	Yes
9.	Megha Paul-	II	9670030803	No (statistics)
10.	Agnik Ks. Halder	II	6289355754	No (statistics)
11.	Jyisha Naskar	II	6291427767	YES (Journalism)





Asutosh College, 26, Basanta Bose Rd, near Ashutosh
College Jatin Das Park, Patuapara, Bhowanipore, Kolkata,
Lat: 22.525236, Long: 88.346092
18 Jul, 25, 03:30 pm, Friday



Asutosh College, 26, Basanta
Bose Rd, near Ashutosh
Lat: 22.525236, Long: 88.346092
18 Jul, 25, 03:04 pm, Friday



92, Shyama Prasad Mukherjee
Rd, Jatin Das Park, Patuapara,
Lat: 22.525239, Long: 88.346097
18 Jul, 25, 03:00 pm, Friday

