

REPORT ON INTERNATIONAL YOGA DAY CELEBRATION

Yoga Therapy Unit, Asutosh College

21st June, 2022

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 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, 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. Our children's impromptu participation and performance demonstrated their immense talent. The winners of the competition received a certificate and souvenir.

- **Winners' List**

Position	Name	Semester	Department
1 st	<i>Sourav Mondal</i>	2nd	Bengali
2 nd	<i>Sulekha Das</i>	4 th	Environmental Science
3 rd	<i>Saidul Islam</i>	4 th	B. Voc

- **Participants' List**

Sl No.	Name	Semester	Department
1	Sulekha Das	4 th	Environmental Science
2	Priyodarshi Debnath	4 th	B.A. General
3	Sk Sakti Islam	4 th	Chemistry
4	Saidul Islam	4 th	B. Voc
5	Debadrita Ghosh	4 th	MCBA
6	Shibaji Roy Chowdhury	4 th	Bengali
7	Jayasree Das	6 th	Economics
8	Ankush Ghosh	4 th	B.A. General
9	Garbo Ghosh	2 nd	English
10	Rupsa Pal	2nd	Philosophy
11	Poushali Paul	2nd	Sanskrit
12	SayaniTudu	2nd	CMEV
13	Anwasha Jatua	2nd	B. Voc
14	Sankar Chakraborty	2nd	ENVS
15	Sourav Mondal	2nd	Bengali
16	Swarnamoyi Das	2nd	Journalism and Mass Communication