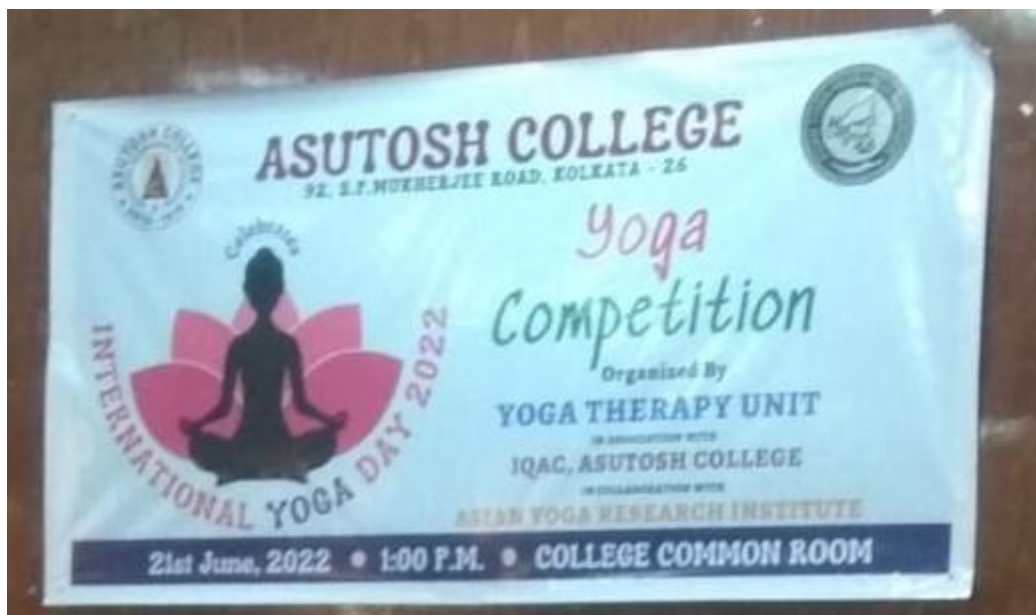


## Celebration of International Yoga Day



Asutosh College celebrated International Yoga Day on 21<sup>st</sup> June, 2022 in the common room from 1 p.m. The Yoga Therapy Unit of the college in association with IQAC and in collaboration with Asian Yoga Research Institute organised a programme where different yoga posture was performed. A competition was held among the students of the college and prize was declared by the judges. **Dr. Ujjal Kumar Ghosh**, Registered Practitioner under W.W.Y.N.S.M, Executive member, West Bengal Council of Yoga and Naturopathy (Govt. of West Bengal), and Founder Secretary, Asian Yoga Research Institute was the trainer of Yoga class and **Smt. Nivedita Ghosh**, Black- Belt in Karate, Bengal Champion and National Level Judge in Yoga Vice-Principal of Asian Yoga Research Institute were the judges of the event. Honourable Vice Principal Prof. Apurba Ray graced the occasion and delivered a speech. Other senior faculty members like Dr. Sajal Bhattacharya, Dr. Rina Kar Dutta, Dr. Keya Ghosh, Dr. Tapti De, Dr. Paromita Chowdhury, Sri Sanjay Singh actively participated in the programme. The acting General Secretary of the Asutosh College students' union Sri Uttoron Banerjee was also present in the celebration. Students of different departments enthusiastically participated in the programme.