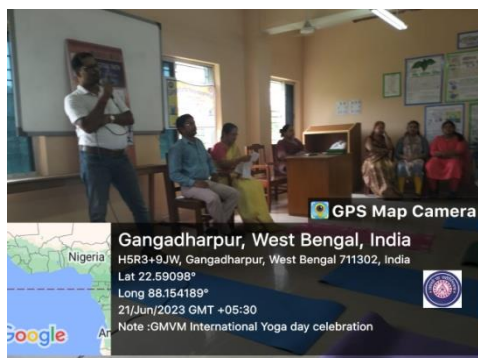


## Report on International Yoga Day

**Date: 21.06.2023**

International Yoga Day is observed every year on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that Yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

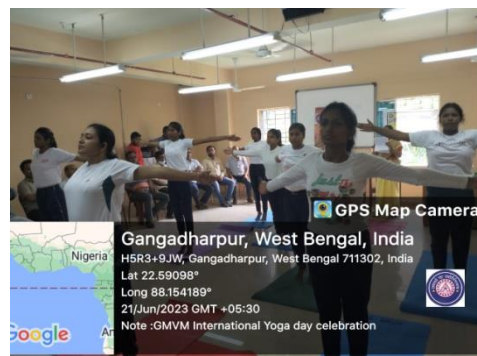
The 9th International Yoga Day was observed on 21st June at Gangadharpur Mahaviyamandir (New campus), Howrah by the Yoga Club of the institution in collaboration with the IQAC and the NSS Unit of the college with great enthusiasm.



All the Teaching Staff, Non-Teaching Staff and the students of the college participated in the event. The programme began with a brief introduction of Yoga Day by Dr. Jaga Mohan Basantia, TIC/Secretary of the college. He gave an enlightening talk explaining the importance of Yoga in the life of students and how regular practice of Yoga will help the

students achieve better mental and physical health. He also spoke on the derivation of the word Yoga, aims of Yoga, the origin and general benefits of Yoga.

The introduction was followed by demonstration of various YOGASANAS by the students of the college under the tutelage of Debashree Jana Maiti, Faculty of the Department of Sanskrit of the institution and a certified trained Yoga Teacher of the Yoga Club. Five Yoga Mats were donated by the NSS Unit and three YOGA MATS from Teachers' Council of the college to the Yoga Club.



The students stretched their arms, bent their legs, rolled their neck and twisted every sinew in their body with greater dexterity, in a spectacular synchronicity with English instructions called out by Nivedita Dasgupta Chatterjee, Associate Professor, Department of Political Science and Secretary, Teachers' Council of the college.

Certificate of Participation by the college and a pen by the NSS unit were given to the students who had participated and demonstrated the Yoga. Sweets by the NSS Unit were distributed to faculties, staff members and students who were a part of the programme.

The day came to conclusion with the vote of thanks given by Dr. Basantia and the students and teachers carrying home the message that, "Yoga is not for only one – it's for everyone, Yoga is not for a day- it's for everyday."