



Trivenidevi Bhalotia College

(Govt. Sponsored)

Post:Raniganj, District:PaschimBardhaman, Pin:713347

ESTD.:1957

NAAC Accredited

Ref. No. _____

Date: 22/06/2022

REPORT ON INTERNATIONAL YOGA DAY

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

On 21st June, 2022, T.D.B. College, Raniganj celebrated 8th International Yoga Day. It was attended by many professors, Principal and students of the college with great enthusiasm.

The event began with a brief introduction on Yoga Day by Prof. Mayurakshi Das and welcoming the Principal Dr. Asish Kumar Dey , Prof. Arunabha Bandyopadhyay, IQAC Coordinator, Prof. Asish Chandra Gorai, Program Officer NSS, Prof. Dr. Ganesh Rajak, NCC officer and the yoga instructor Ms. Abhisikta Das.

Warm up exercise were taken and all the students practiced and performed sitting and standing asanas, importance of these were explained simultaneously. The celebration concluded with the speech of our Hon'ble Principal Dr. Asish Kumar Dey. He encouraged students to practice regular yoga to remain fit and improve concentration.

All faculties, staff and students were taught the importance of yoga in health and fitness and how to maintain the harmony between body and mind.

The function ended with a role of thanks by Dr. Shrayashi Gupta, Program Officer NSS.

Asish Chandra Gorai
22/06/2022
NSS-Program Officer
Trivenidevi Bhalotia College

A.K. Dey
Principal
Trivenidevi Bhalotia College
Triveni Devi Bhalotia College
Raniganj, Paschim Bardhaman

PROGRAMME OFFICER NSS
TRIVENI DEVI BHALOTIA COLLEGE
RANIGANJ, PASCHIM BARDHAMAN, UNIT-I

ATTESTED
A.K. Dey 18/10/22
Principal
Trivenidevi Bhalotia College
Raniganj




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