

**INTERNATIONAL WORKSHOP**  
**ON**  
**“YOGA AND IMPROVEMENT OF IMMUNITY POWER”**

(Virtual Mode: [Google Meet](#), [YouTube](#))

Organized by

**Department of Physical Education** in Collaboration with **IQAC**



**SRIKRISHNA COLLEGE**

(Affiliated to University of Kalyani)

Bagula, Nadia, West Bengal, India.

Accredited by NAAC: Grade 'B' (2<sup>nd</sup> Cycle)

**DATE- 21<sup>ST</sup> to 23<sup>rd</sup> June 2021**

**TIME: 10 AM – 12 Noon (IST)**

**EMINENT SPEAKERS**



**PROF. SUDARSAN BHOWMIK**

Visiting Professor,  
Department of Physical Education  
& Sports Science  
Jashore University of Science and  
Technology, Bangladesh  
&  
Former Professor,  
Department of Physical Education,  
University of Kalyani,  
West Bengal, India.



**DR. MALAY KR.  
MUKHOPADHYAY**

Assistant Professor  
in Physical Education  
Post Graduate Government  
Institute for  
Physical Education,  
Banipur, West Bengal  
&  
Officer on Special Duty  
(Phy. Edn.).  
Education Directorate,



**PROF (DR.) MADHAB CH.  
GHOSH**

Professor  
Department Of Physical  
Education  
University of Kalyani  
West Bengal, India.

**INVITEE YOGA INSTRUCTORS****Mr. Protap Santra**

Yoga Instructor In- Charge,  
Yoga Centre, Department of  
Physical Education  
University of Kalyani, W.B. India.

**Mr. Rathin Kundu**

Yoga Teacher,  
Pranava Yoga Kundu & Denial,  
Ho Chi Minh City, Vietnam.

**Mr. Prosenjit Ghosh**

Yoga Teacher,  
Yogi Yoga,  
Beijing, China.

**Organizing Committee****Patron**

**Mr. Anup Kr. Bhadra**, President of Governing Body, Srikrishna College.

**Chairperson**

**Dr. Sukdeb Ghosh**, Principal, Srikrishna College

**Director**

**Dr. Md.Imran Hossain**, HOD, Department of Physical education, Srikrishna College

**Coordinators**

**Dr. Sajjil Islam**, Assistant Professor, Department of Commerce, Srikrishna College

**Mr. Asoke Banerjee**, State Aided College Teacher, Department of Physical Education, Srikrishna College

**Associated****Members**

**Miss. Bebinur Begum**, State Aided College Teacher, Department of Physical Education, Srikrishna College

**Mr. Sajal Modak**, State Aided College Teacher, Department of Physical Education, Srikrishna College

**Mr. Alamgir Mondal**, State Aided College Teacher, Department of Physical Education, Srikrishna College

**Mr. Babul Hossain Mondal**, Part Time Instructor, Department of Physical Education, Srikrishna College

|  |  |
|--|--|
|  | <b>Mr. Supriya Ranjan Bain</b> , Part Time Instructor, Department of Physical Education, Srikrishna College  |
|  | <b>Mr. Rajib Ali Biswas</b> , Part Time Gym Instructor, Department of Physical Education, Srikrishna College |

| <b>Advisory Committee</b> |  |
|---------------------------|--|
| 1.                        | <b>Prof. Kanchan Bandopadhyay</b> , Retd. Professor, Department of Physical Education, University of Kalyani, W.B. India |
| 2.                        | <b>Mrs. Mahuya Basu (Ghose)</b> , Associate Professor, Dept. of Bengali & IQAC Coordinator, Srikrishna College           |
| 3.                        | <b>Dr. Biswajit Bala, HOD</b> , Department of Teacher Education, WBUTTEPA, Kolkata, West Bengal                          |
| 4.                        | <b>Mr. Somnath Chakroborty</b> , Associate professor & Bursar, Dept. of Mathematics, Srikrishna College                  |
| 5.                        | <b>Mr. Goutam Sarkar</b> , Associate Professor & TCS, Dept. of History, Srikrishna College                               |
| 6.                        | <b>Mrs. Puspita Mahata</b> , Assistant Professor & NAAC Coordinator, Dept. of Commerce, Srikrishna College               |
| 7.                        | <b>Dr. Bipul Mondal</b> , Assistant Professor & G.B. Member, Dept. of Bengali, Srikrishna College                        |

### **Important Information**

- ❖ Join through Google Registration Form (**Registration Fees: Nil**)  
Registration Link:  
[https://docs.google.com/forms/d/e/1FAIpQLScIqNmjvPzS\\_3tuzwJAakESQhXFUaUuMtlOZ5s1WqLr8qqPw/viewform?usp=sf\\_link](https://docs.google.com/forms/d/e/1FAIpQLScIqNmjvPzS_3tuzwJAakESQhXFUaUuMtlOZ5s1WqLr8qqPw/viewform?usp=sf_link)
- ❖ Last date of Registration: 20<sup>th</sup> June 2021 at 11.59 PM
- ❖ After registration, join the Telegram Group to get regular updates about the Workshop.
  - Link to join the Telegram Group: <https://t.me/joinchat/X3cBqGAYNFtlZTY1>
- ❖ Meeting link will be provided through Telegram Group
- ❖ All registered participants will receive E-Certificate after attending all the sessions of the Workshop and submitting the feedback form.

**Contact us**

|                 |   |
|-----------------|---|
| Queries         | <b>Dr. Md. Imran Hossain</b> , HOD, Dept. of Physical Education, E-mail id-<br><a href="mailto:physicaleducation@srikrishnacollegebagula.ac.in">physicaleducation@srikrishnacollegebagula.ac.in</a><br><b>Mr. Asoke Banerjee</b> , SACT, Dept. of Physical Education. Mob: 8509523109 |
| Technical Team: | <b>Dr. Sajjul Islam</b> , Assistant Professor, Dept. of Commerce, Srikrishna College.<br><b>Mr. Alamgir Mondal</b> , SACT, Dept. of Physical Education, Srikrishna College.   |

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**PROGRAMME SCHEDULE**

**DAY-1**

**Date- 21.06.2021**

| TIME                     | INAUGURAL PROGRAMME  |
|--------------------------|--|
| 9:45 – 10:00 A.M.:       | Joining the link through Google Meet and YouTube.  |
| 10:00 – 10:05 A.M.:      | Inaugural speech by <b>Mr. Anup kr. Bhadra</b> , President of Governing Body, Srikrishna College.  |
| 10:05 – 10:15 A.M.:      | Welcome Address by <b>Dr. Sukdeb Ghosh</b> , Principal, Srikrishna College   |
| 10:15 – 10:20 A.M.:      | Welcome Address by <b>Prof. Mahuya Basu(Ghose)</b> , IQAC Coordinator, Srikrishna College.   |
|                          | <b>1<sup>ST</sup> SESSION</b>  |
| 10:20 – 11:00 A.M.:      | Speaker: <b>Prof. Sudarsan Bhowmik</b><br><b>TOPIC: “YOGA FOR IMPROVEMENT OF IMMUNITY – AN ANALYSIS”</b>   |
| 11:00 – 11:05 A.M.:      | Q & A Session  |
| 11:05 – 11:10 A.M.:      | Vote of Thanks by <b>Mrs. Puspita Mahata</b> , NAAC Coordinator, Srikrishna College.   |
|                          | <b>2<sup>ND</sup> SESSION (PRACTICAL)</b>  |
| 11:10 – 11:55 A.M.:      | Yoga Instructor: <b>Mr. Rathin Kundu</b><br><b>TOPIC: YOGA FOR ALL</b><br><b>Yogic Activities:</b><br>Breathing exercises for increase lungs capacity * Exercises for relax neck pain * Exercises for shoulder mobilities * Exercises for increase back mobilities * Hip joint mobilities exercises(Basic) * Streaching exercises for hamstring * Twisting pose * Cat cow movements * Boat Pose(Navasana) * Bridge Pose(Ardha Chakrasana) * Pawan Muktasana * Relaxation * Sabasana * Om chanting. |
| 11:55 A.M. – 12:00 Noon: | Vote of Thanks by <b>Dr. Md. Imran Hossain</b> , HOD, Department of Physical Education, Srikrishna College.  |

**DAY-2****DATE-22.06.2021**

| <b>TIME</b>              | <b>Programme Schedule</b>  |
|--------------------------|--|
| 9:45 – 10:00 A.M.:       | Joining the link through Google Meet and YouTube.  |
|                          | <b>1<sup>ST</sup> SESSION</b>  |
| 10:00 – 10:40 A.M.:      | Speaker: <b>Dr. Malay Kr. Mukhopadhyay</b><br><b>TOPIC: “YOGA HEALTH AND COVID-19”</b>   |
| 10:40 – 10:50 A.M.:      | Q & A Session  |
| 10:50 – 10:55 A.M.:      | Vote of Thanks by <b>Dr. Md. Imran Hossain</b> , HOD, Department of Physical Education, Srikrishna College.  |
|                          | <b>2<sup>ND</sup> SESSION (PRACTICAL)</b>  |
| 10:55 – 11:45 A.M.:      | Yoga Instructor: <b>Mr. Prosenjit Ghosh</b><br><b>TOPIC: BREATHING PRACTICE FOR IMPROVE THE LUNGS CAPACITY</b><br><b>Yogic Activities:</b><br>Neti (Cleaning the nose) * Kapalbhati * Deep Breathing Exercises (Various types) * Anulom Vilom Pranayama (Nadi Sodhona Pranayama) * Bhramari Pranayama (Humming Bee Breathing) * Meditation (3 to 5 minutes). |
| 11:45 – 11:55 A.M.:      | Q & A Session.   |
| 11:55 A.M. – 12:00 Noon: | Vote of thanks by <b>Mr. Asoke Banerjee</b> , SACT, Department Of Physical Education, Srikrishna College.  |

**DAY-3**

Date- 23.06.2021

| TIME                     | Programme Schedule  |
|--------------------------|---|
| 9:45 – 10:00 A.M.:       | Joining the link through Google Meet and YouTube.   |
|                          | <b>1<sup>ST</sup> SESSION</b>   |
| 10:00 – 10:30 A.M.:      | Speaker 1: <b>Prof. (Dr.) Madhab Ch. Ghosh</b><br>TOPIC: “YOGA ASANAS TO BOOST IMMUNITY AND REDUCE STRESS”  |
| 10:30 – 10:35 A.M.:      | Q & A Session   |
| 10:35 – 11:05 A.M.:      | Speaker 2: <b>Mr. Protap Santra</b><br>TOPIC: EFFICACY OF INDIGENOUS YOGA PRACTICE IN CHANGING PHYSICAL AND SOCIAL ENVIRONMENT  |
| 11:05 – 11:10 A.M.:      | Q& A Session  |
|                          | <b>2<sup>ND</sup> SESSION (PRACTICAL)</b>   |
| 11:10 – 11:50 A.M.:      | Yoga Instructor: <b>Mr. Rathin Kundu</b><br><b>TOPIC: BOOST YOUR IMMUNE SYSTEM</b><br><b>Yogic Activities:</b><br>Breathing exercises * Yogic warmup * Sun salutation * Standing posture (Warrior pose, Trikonasana) * Gentle spine twisting pose * Side plank pose * Sitting posture (Ustrasana, Child pose) * Prone position (Ekpada Salavasana) * Supine position (Setubandhasana, Halasana) * Pranayama * Relaxation. |
| 11:50 – 11:55 A.M.:      | Q & A Session.  |
| 11:55 A.M. – 12:00 Noon: | Vote of thanks by <b>Mrs. Puspita Mahata</b> , NAAC Coordinator, Srikrishna College   |
| Queries                  | <b>Dr. Md. Imran Hossain</b> , HOD, Dept. of Physical Education, E-mail id- <a href="mailto:physicaleducation@srikrishnacollegebagula.ac.in">physicaleducation@srikrishnacollegebagula.ac.in</a><br><b>Mr. Asoke Banerjee</b> , SACT, Dept. of Physical Education. Mob: 8509523109  |
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