

Report on International Workshop(Virtual) conducted by the Department of Physical Education

Title: International Workshop on Yoga & Improvement of Immunity Power

Date: 21st to 23rd June,2021

Department of Physical Education, Srikrishna College, Bagula, Nadia has organized a Webinar in collaboration with IQAC, Srikrishna College on the topic “International Workshop on Yoga & Improvement of Immunity Power” on 21st to 23rd June,2021 through virtual mode. This Webinar has been funded by the college. The Webinar has been designed keeping in mind the present situation and the emerging needs of the people in covid-19 pandemic period.

Participant’s Profile: A total Number of 271 delegates from our college, other colleges of West Bengal & other states of India and student from our colleges were participated through virtual mode.

Description of the program: Eminent speaker present on the occasion are Professor Sudarshan Bhowmick from the Jashore University of Science and Technology, Bangladesh, Assistant Professor (Dr) Malay Kr. Mukhopadhyay from the PGGIPE, Banipur, West Bengal State University, Professor (Dr) Madhab Ch. Ghosh from University of Kalyani, Mr.Pratap Santra, Yoga Instructor In-Charge from the University of Kalyani, Mr. Prosenjit Ghosh, Yoga Teacher, Yogi Yoga, Beijing, China and Mr. Rathin Kundu, Yoga teacher, Pranava Yoga Kundu & Danial, Ho Chi Minh City, Vietnam. Our honorable president of governing body Mr. Anup kr. Bhadra was also present in this occasion.

Inaugural session started on 21.06.2021 at 10:00 AM with the inaugural speech by Mr. Anup kr. Bhadra, President of Governing Body, Srikrishna College. Principal Dr. Sukdeb Ghosh and Coordinator of IQAC of our college Smt.Mahuya Ghose has given welcome address. In the 1st session Professor Sudarsan Bhowmick has given keynote address with topic ‘Yoga for Improvement of Immunity- An Analysis’.

In 2nd session Mr. Rathin Kundu has given valuable lecture and demonstration on ‘Yoga for All’. Day one was completed with vote of thanks given by Mrs. Puspita Mahata, NAAC Coordinator of our College.

In 1st session of Day Two started with the lecture of Dr. Malay Kr. Mukhopadhyay on the topic ‘Yoga Health and Covid-19’. In 2nd session Mr. Prosenjit Ghosh has given lecture and demonstration on ‘Breathing Practice for Improve the Lungs Capacity’.

Both the session was very interactive and the speakers answered many queries raised by the participants.

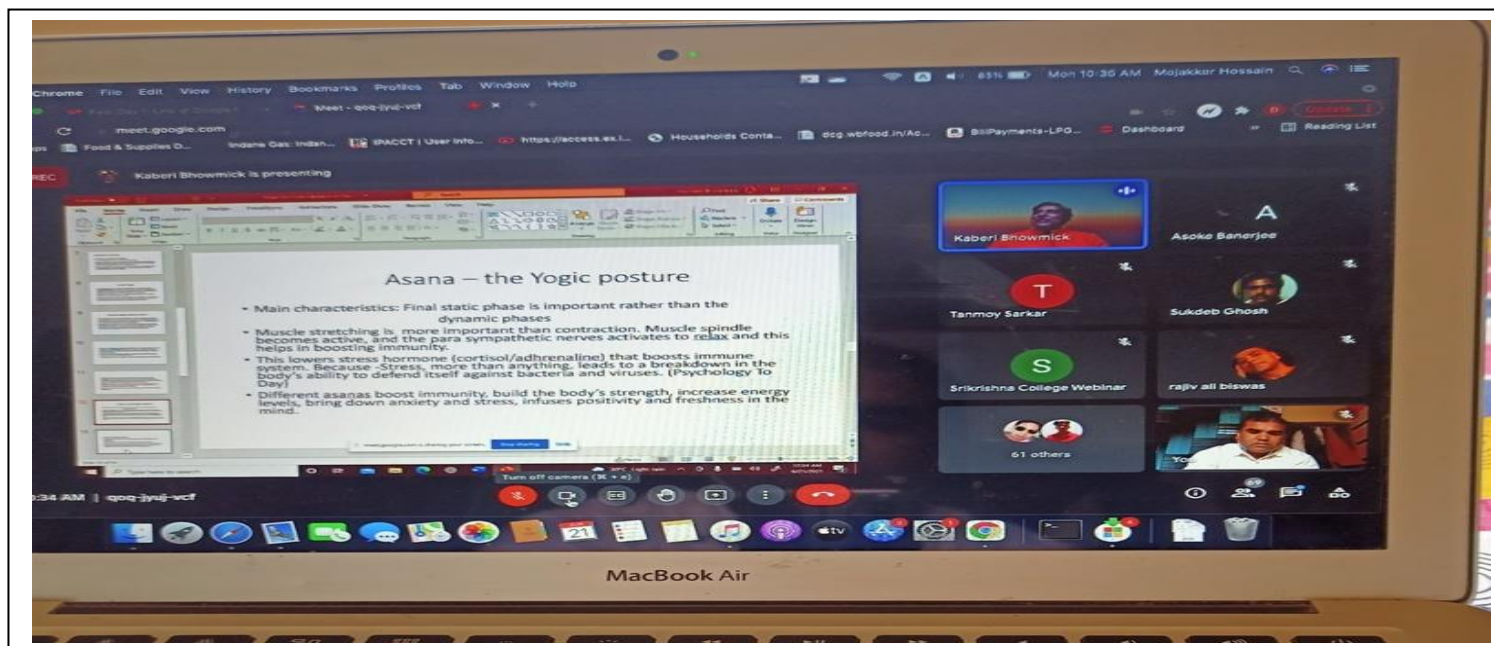
Dr. Md. Imran Hossain, Head of the Department of Physical Education proposed vote of thanks.

In Day three 1st session was started with the lecture of Prof(Dr) Madhab ch. Ghosh on the topic ‘Yoga Asanas to Boost Immunity and Reduce Stress’. Mr. Protap Santra has given valuable speech on ‘Efficacy on Indigenous Yoga Practice in Changing Physical and Social Environment’. In 2nd session Mr. Rathin Kundu has given very useful speech and demonstration on ‘Boost Your Immune System’. Technical side of the workshop was conducted efficiently by Dr. Sajjilul Islam, Department of Commerce and Mr. Alamgir Mondal, SACT, Department of Physical Education.

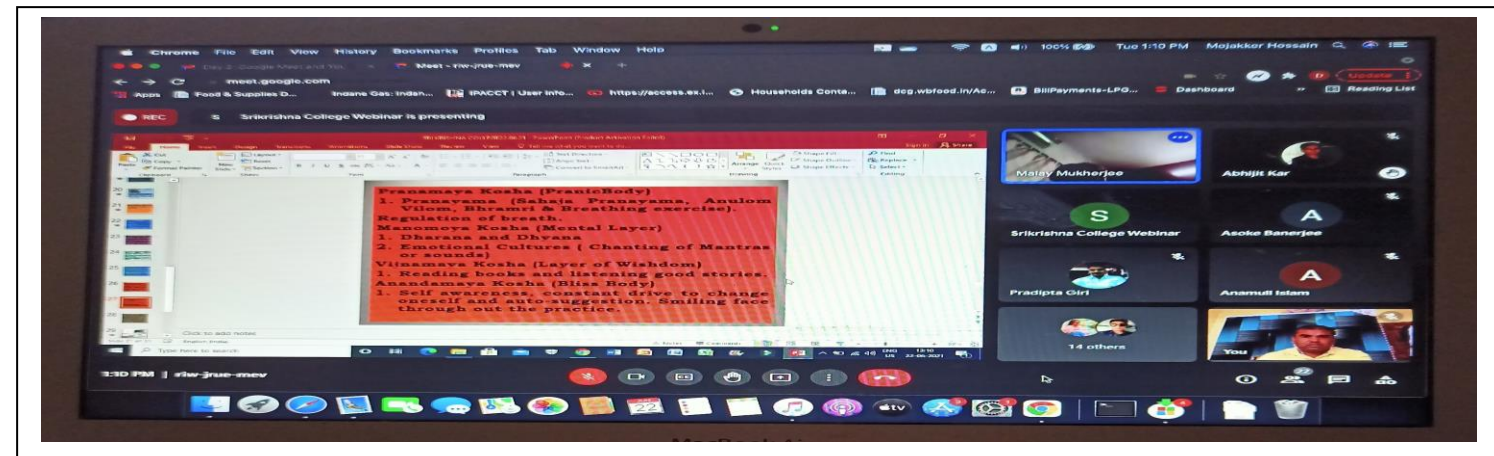
Entire program was coordinated by Dr. Md. Imran Hossain and Mr. Asoke Banerjee with the support of

Principal and all the faculty members of the Srikrishna college, Bagula, Nadia.

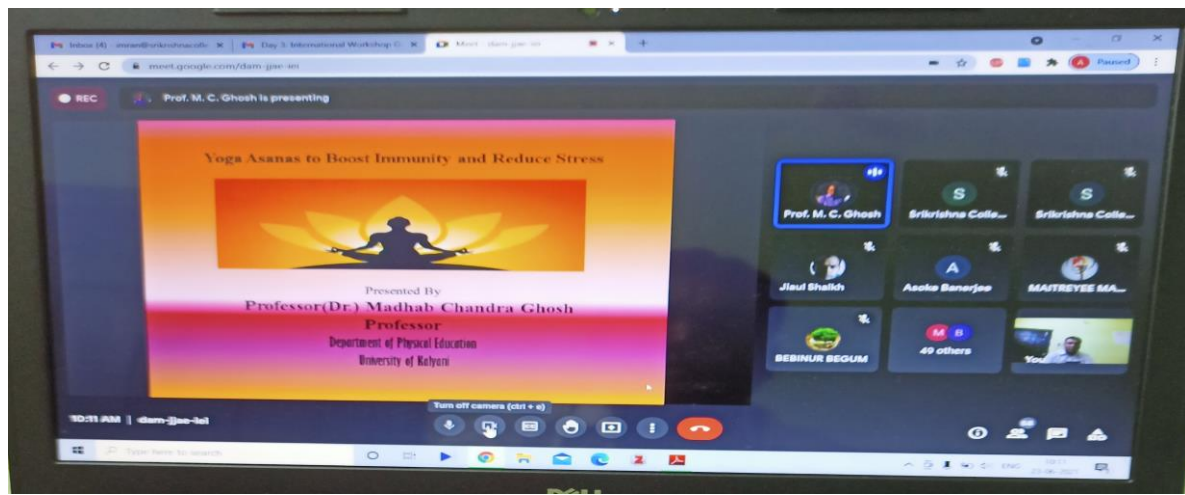
Report Submitted by: Dr. Md. Imran Hossain
Head, Department of Physical Education Srikrishna
College, Bagula.



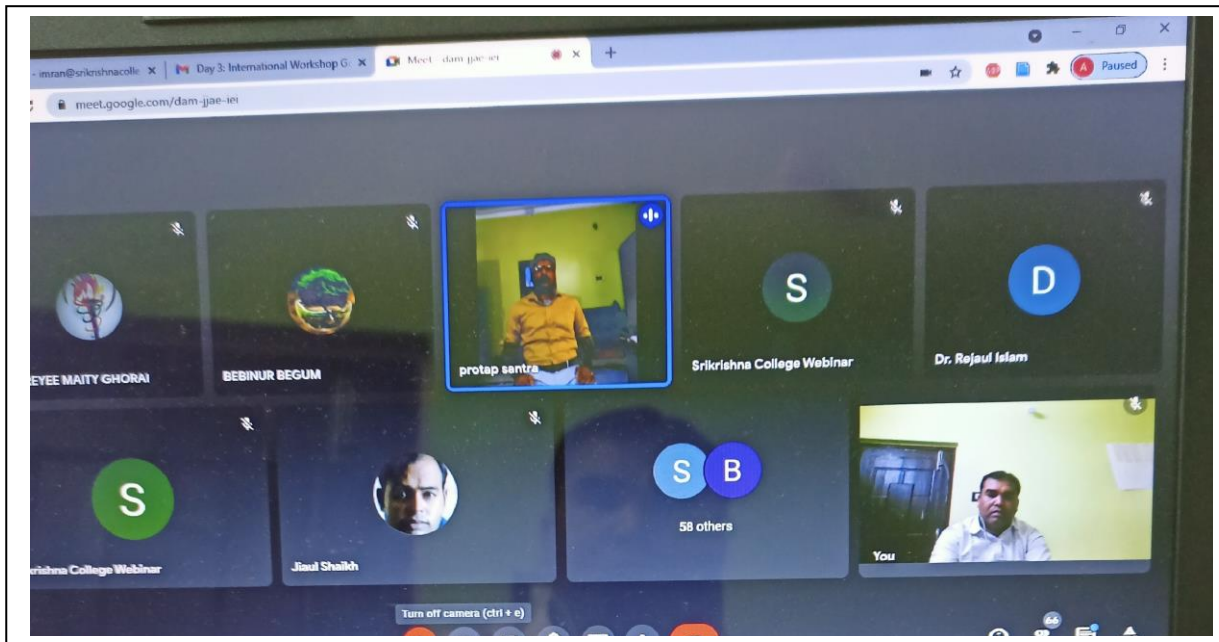
Prof. Sudarsan Bhowmick delivering keynote address.



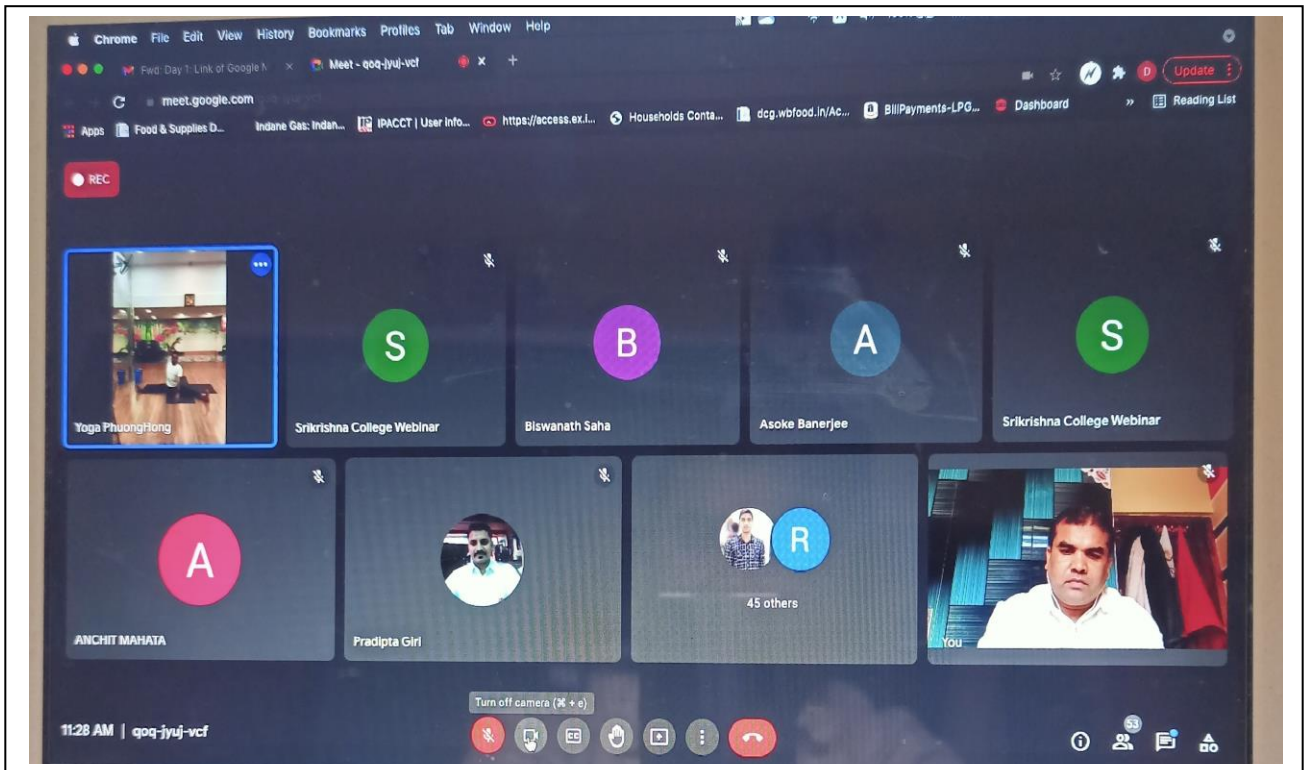
Dr.Malay Mukhopadhyay Delivering his Lecture



Prof.(Dr)Madhab Ch. Ghosh delivering his lecture



Mr. Protap Santra delivering his lecture



Mr. Rathin Kundu demonstrates different types of Yogasanas



Mr. Prosenjit Ghosh demonstrates different forms of Yogasanas

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' (2nd Cycle)

DATE- 21ST to 23rd 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.

	Govt. of W.B. India.	
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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. Sajjilul 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

	Mr. Supriya Ranjan Bain , Part Time Instructor, Department of Physical Education, Srikrishna College
	Mr. Rajib Ali Biswas , Part Time Gym Instructor, Department of Physical Education, Srikrishna College

Advisory Committee	
1.	Prof. Kanchan Bandopadhyay , Retd. Professor, Department of Physical Education, University of Kalyani, W.B. India
2.	Mrs. Mahuya Basu(Ghose) , Associate Professor, Dept. of Bengali & IQAC Coordinator, Srikrishna College
3.	Dr. Biswajit Bala, HOD , Department of Teacher Education, WBUTTEPA, Kolkata, West Bengal
4.	Mr. Somnath Chakroborty , Associate professor & Bursar, Dept. of Mathematics, Srikrishna College
5.	Mr. Goutam Sarkar , Associate Professor & TCS, Dept. of History, Srikrishna College
6.	Mrs. Puspita Mahata , Assistant Professor & NAAC Coordinator, Dept. of Commerce, Srikrishna College
7.	Dr. Bipul Mondal , 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
- ❖ Last date of Registration: 20th 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	Dr. Md. Imran Hossain , HOD, Dept. of Physical Education, E-mail id- physicaleducation@srikrishnacollegebagula.ac.in Mr. Asoke Banerjee , SACT, Dept. of Physical Education. Mob: 8509523109
Technical Team:	Dr. Sajjil Islam , Assistant Professor, Dept. of Commerce, Srikrishna College. Mr. Alamgir Mondal , SACT, Dept. of Physical Education, Srikrishna College.

AN INTERNATIONAL WORKSHOP
ON
“YOGA AND IMPROVEMENT OF IMMUNITY POWER”
Organized by
Department of Physical Education in Collaboration with **IQAC**
SRIKRISHNA COLLEGE
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 Mr. Anup kr. Bhadra , President of Governing Body, Srikrishna College.
10:05 – 10:15 A.M.:	Welcome Address by Dr. Sukdeb Ghosh , Principal, Srikrishna College
10:15 – 10:20 A.M.:	Welcome Address by Prof. Mahuya Basu(Ghose) , IQAC Coordinator, Srikrishna College.
	1ST SESSION
10:20 – 11:00 A.M.:	Speaker: Prof. Sudarsan Bhowmik TOPIC: “YOGA FOR IMPROVEMENT OF IMMUNITY – AN ANALYSIS”
11:00 – 11:05 A.M.:	Q & A Session
11:05 – 11:10 A.M.:	Vote of Thanks by Mrs. Puspita Mahata , NAAC Coordinator, Srikrishna College.
	2ND SESSION (PRACTICAL)
11:10 – 11:55 A.M.:	Yoga Instructor: Mr. Rathin Kundu TOPIC: YOGA FOR ALL Yogic Activities: 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 Dr. Md. Imran Hossain , HOD, Department of Physical Education, Srikrishna College.

DAY-2**DATE-22.06.2021**

TIME	Programme Schedule
9:45 – 10:00 A.M.:	Joining the link through Google Meet and YouTube.
	1ST SESSION
10:00 – 10:40 A.M.:	Speaker: Dr. Malay Kr. Mukhopadhyay TOPIC: “YOGA HEALTH AND COVID-19”
10:40 – 10:50 A.M.:	Q & A Session
10:50 – 10:55 A.M.:	Vote of Thanks by Dr. Md. Imran Hossain , HOD, Department of Physical Education, Srikrishna College.
	2ND SESSION (PRACTICAL)
10:55 – 11:45 A.M.:	Yoga Instructor: Mr. Prosenjit Ghosh TOPIC: BREATHING PRACTICE FOR IMPROVE THE LUNGS CAPACITY Yogic Activities: Neti (Cleaning the nose) * Kapalbhathi * 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 Mr. Asoke Banerjee , 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.
	1ST SESSION
10:00 – 10:30 A.M.:	Speaker 1: Prof. (Dr.) Madhab Ch. Ghosh 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: Mr. Protap Santra TOPIC: EFFICACY OF INDIGENOUS YOGA PRACTICE IN CHANGING PHYSICAL AND SOCIAL ENVIRONMENT
11:05 – 11:10 A.M.:	Q& A Session
	2ND SESSION (PRACTICAL)
11:10 – 11:50 A.M.:	Yoga Instructor: Mr. Rathin Kundu TOPIC: BOOST YOUR IMMUNE SYSTEM Yogic Activities: 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 Mrs. Puspita Mahata , NAAC Coordinator, Srikrishna College
Queries	Dr. Md. Imran Hossain , HOD, Dept. of Physical Education, E-mail id- physicaleducation@srikrishnacollegebagula.ac.in Mr. Asoke Banerjee , SACT, Dept. of Physical Education. Mob: 8509523109
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