

**REPORT ON**  
**CELEBRATION OF INTERNATIONAL YOGA DAY**  
**21<sup>ST</sup> JUNE 2022**  
**ORGANIZED BY: DEPARTMENT OF PHYSICAL EDUCATION**  
**SRIKRISHNA COLLEGE, BAGULA, NADIA**

Yoga is an ancient ascetic practice originated in India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. There are numerous benefits of practicing yoga regularly and so United Nations General Assembly in December 2014 decided to celebrate International Day of Yoga.

International Day of Yoga is celebrated world wide on 21st June since 2015 following declaration of 21st June as International Yoga Day by United Nations General Assembly in December, 2014. The idea of International Day of Yoga was first proposed by Indian Prime Minister Shri Narendra Modi during his speech at United Nations General Assembly (UNGA) on 27th September 2014.

**'Yoga for Humanity' is chosen theme for International Yoga Day 2022.** The theme is focusing on the numerous benefits of yoga. Recognizing the importance of yoga, this year yoga day theme focus on how yoga helps to cure Covid-19 and how it will help the achieving holistic health of every individual.

Department of Physical Education, Ssrikrishna College, Bagula, Nadia was celebrated International yoga day on 21<sup>st</sup> June, 2022 at 7 A.M. to 9:30 A.M. in our college campus. Dr. Md. Imran Hossain, HOD, Dept. of Physical Education, Mr. Alamgir Mondal, SACT, Mr. Sajal Mondal, SACT, Mr. Babul Hossain Mondal, Part Time Physical Instructor, Mr. Supriyan Ranja Bain, Part Time Physical Instructor, Mr. Rajib Ali Biswas, Part Time Gym Instructor and 109 students from 2<sup>nd</sup> Sem, 4<sup>th</sup> Sem & 6<sup>th</sup> Sem of our department were present in this special day. All the students gathered in Basketball Court lineup according to height and gender basis. Inaugural speech and importance of Yoga was given by Dr. Md. Imran Hossain, HOD, Department of Physical Education. The entire programme was conducted with instruction of our teacher Mr. Sajal Modak. Mr. Modak instructed different poses of asanas such as Standing Posture (Brikshasana, Padahastasana), Sitting Posture (Gomukhasana, Poschimottasana, and Ardhakurmasana), Supine Posture (Halasana, Matsyasana, and

Setubandhasana), Prone Posture (Salvasana, Dhanurasana, and Bhujangasana) and Pranayama (Bhamri, Analam Vilom). All the students followed the instruction of Mr. Modak and performed the different poses of asanas.









CELEBRATION OF INTERNATIONAL YOGA DAY  
21<sup>st</sup> JUNE, 2022: 23

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SRIKRISHNA COLLEGE  
BAGULA, NADIA

**2nd SEM**

ATTENDANCE SHEET

SL. NO.	NAME	SEMESTER	ROLL NO.	REG. NO.	SIGNATURE
1	Sanjay Biswas	2nd	3036		
2	Samir Mondal	2nd	3533		
3	Ravi Chandra	2nd	28942		
4	Arjun Das	2nd	66		
5	Madhava Biswas	2nd	1369		
6	Neelam Mondal	2nd	1622		
7	Arjun Mondal	2nd	349		
8	Rima Biswas	2nd	153		
9	Soma Das	2nd	1381		
10	Arjun Das	2nd	153		
11	Arjun Das	2nd	153		
12	Arjun Das	2nd	153		
13	Arjun Das	2nd	153		
14	Arjun Das	2nd	153		
15	Arjun Das	2nd	153		
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33	Arjun Das	2nd	153		
34	Arjun Das	2nd	153		
35	Arjun Das	2nd	153		

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Dept. of Physical Education  
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SL. NO.	NAME	SEM	ROLL NO.
36	Manab Nath	2SM	22422
37	Sudhakar Mondal	2SM	3401
38	Sudhakar Mondal	2SM	3276
39	Sudhakar Mondal	2SM	3407
40	Bikram Das	2SM	2005
41	Motikson Mondal	2SM	2558
42	Sujay Biswas	2ND SM	3079
43	Amar Das	2 SM	0.1.D
44	Bulbi Biswas	2nd	14/G.E
45	Bikram Das	2nd SM	0.1.D
46	Sudhakar Mondal	2nd	3353
47	Sudhakar Mondal	2nd	3033
48	Pratim Mondal	2nd	2654
49	Debas Halder	2nd	2118
50	Sudipta Biswas	2nd	2140

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**4th SEM**

SL. NO.	NAME	SEMESTER	ROLL NO.	REG. NO.	SIGNATURE
1	Swati Das	4th SEM	1001		
2	Uda Chandra	4th SEM	316		
3	Mona Biswas	4th	282		
4	Ravi Biswas	4th SEM	316		
5	Arjun Mondal	4th SEM	230		
6	Soma Das	4th SEM	2034		
7	Soma Mondal	4th SEM	713		
8	Arjun Das	4th SEM	43		
9	Arjun Mondal	4th SEM	50		
10	Arjun Mondal	4th SEM	1191		
11	Arjun Mondal	4th SEM	2034		
12	Arjun Mondal	4th SEM	2034		
13	Arjun Mondal	4th SEM	2034		
14	Arjun Mondal	4th SEM	2034		
15	Arjun Mondal	4th SEM	2034		
16	Arjun Mondal	4th SEM	2034		
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34	Arjun Mondal	4th SEM	2034		
35	Arjun Mondal	4th SEM	2034		

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**6th SEM**

SL. NO.	NAME	SEMESTER	ROLL NO.	REG. NO.	SIGNATURE
1	Ravi Biswas	6th	41		
2	Arjun Das	6th	41		
3	Arjun Das	6th	41		
4	Arjun Das	6th	41		
5	Arjun Das	6th	41		
6	Arjun Das	6th	41		
7	Arjun Das	6th	41		
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32	Arjun Das	6th	41		
33	Arjun Das	6th	41		
34	Arjun Das	6th	41		
35	Arjun Das	6th	41		

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Report Prepared By: HOD

Department of Physical Education

Srikrishna College, Bagula, Nadia