



# SRIKRISHNA COLLEGE



Bagula ○ Nadia ○ W. B. ○ India

ESTD. : 1950 ○ Govt Sponsored

Affiliated to the University of Kalyani

Re-accredited by NAAC, Grade-B+ (Cycle-III)

Ref. No.: SC/ADM-150/2026

Date: 23.06.2026

## Report on 12<sup>th</sup> International Day of Yoga – 2026

**Date:** 21<sup>st</sup> June 2026

**Venue:** Srikrishna College Campus

**Time:** 6:30 A.M.–7:45 A.M.

### Objectives

- To promote health consciousness and holistic development among the college community.
- To create awareness regarding the importance of yoga for physical, mental, emotional and spiritual well-being.
- To encourage students and staff to adopt yoga as a part of their daily lifestyle.
- To strengthen the values of discipline, harmony and healthy living.

### Programme Summary

The Department of Physical Education on behalf of Srikrishna College, Bagula, Nadia organized the **12th International Day of Yoga** on **21st June 2026** in the College Basketball Court. The programme commenced at **6:30 A.M.** with **Mantra Chanting** performed by **Mr. Sajal Modak** and **Miss. Snigdha Poddar** creating a peaceful and spiritual environment.

The inaugural address was delivered by **Dr. Sukdeb Ghosh, Principal, Srikrishna College**, who highlighted the significance of yoga in maintaining physical fitness, mental health and emotional balance. He encouraged all participants to make yoga a regular part of their daily routine.

The practical yoga session began with **12 Steps of Surya Namaskar** as the warm-up exercise. Thereafter, participants practiced a series of yogic postures under expert guidance including standing, sitting, supine and prone asanas such as **Vrikshasana, Trikonasana, Tadasana, Ardhakurmasana, Gomukhasana, Ustrasana, Setu Bandhasana, Uttanpadasana, Pawan Muktasana, Bhujangasana, Salabhasana** and **Dhanurasana**.

Following the asanas, participants actively performed various **Pranayama** techniques including **Kapalbhati, Anulom-Vilom** and **Bhramari Pranayama**, which helped promote respiratory efficiency, concentration and mental relaxation.



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One of the major attractions of the programme was the **Advanced Yoga Demonstration** presented by **Mr. Sajal Modak**, who demonstrated advanced yogic postures such as **Matsyasana, Mayurasana, Shirsasana and Bhagrasana**. The impressive demonstration inspired the participants and highlighted the benefits of regular yoga practice. Total 46 students and staff were actively participated in the International Yoga Day.

The programme concluded with the chanting of the **Shanti Mantra**, spreading a message of universal peace and harmony. Finally, the **Vote of Thanks** was delivered by **Dr. Md. Imran Hossain, Head, Department of Physical Education**, who expressed his sincere gratitude to the Principal, faculty members, participants, volunteers, yoga instructors and all those who contributed to the successful organization of the event.

The celebration witnessed enthusiastic participation from the college community and successfully fulfilled its objective of creating awareness about the importance of yoga for physical fitness, mental peace and holistic well-being. The programme concluded with a renewed commitment among the participants to adopt yoga as an integral part of their daily lives.

**12<sup>th</sup> International Day of Yoga- 2026**  
**Organized By- Srikrishna College**  
**Bagula, Nadia**  
**Date-21<sup>st</sup> June(Sunday), 2026**  
**Time: 6:30 AM.-7:45 AM.**  
**Venue- Srikrishna College Campus.**

### Programme Schedule

Session	Duration & Time	Yogic Exercises
<b>Inaugural Session:</b> Mantra Chanting by Mr. Sajal Modak Miss. Snigdha Poddar Mr. Rajib Ali Biswas	2 Minute. (6:30 am- 6:32 am)	Mantra Chanting
Inaugural Speech- 3 Minute. (6:32 am- 6:35 am)	Given by Dr. Sukdeb Ghosh, Principal, Srikrishna College, Bagula, Nadia	
<b>2<sup>nd</sup> Session:</b> (Warm- Up Session)	10 Minute. (6:35 am- 6:45 am)	12 Steps of Sun Salutation (Surya Namaskar)
<b>3<sup>rd</sup> Session:</b> Asanas	32 Minute. (6:45 am- 7:17 am)	
A. (Standing Posture Asana)	8 Minute.	1. Vrikhsasana 2. Trikonasana 3. Tadasana
B. (Sitting Posture Asana)	8 Minute.	1. Ardhakurmasana 2. Gomukhasana 3. Ustrasana
C. (Supine Posture Asana)	8 Minute.	1. Setu Bandhasana 2. Uttanpadasana 3. Pawanuktasana
D. Prone Posture Asana	8 Minute.	1. Bhujangasana 2. Salvasana 3. Dhanurasana
<b>4<sup>th</sup> Session:</b> Pranayama	13 minute. (7:17 am- 7:30 am)	1. Kapalbhati Pranayama 2. Anulom-Vilom Pranayama 3. Bhamri Pranayama
<b>5<sup>th</sup> Session:</b> Advanced Yoga Demonstration By- Mr. Sajal Modak	10 Minute (7:30 am- 7:40 am)	1. Matsyasana 2. Mayurasana 3. Shirsasana 4. Bhagrasana
<b>Last Session</b>	2 Minute (7:40 am- 7:42 am)	Shanti Mantra
<b>Vote of Thanks- 3 Minute (7:42 am- 7:45 am)</b>	Given by Dr. Md. Imran Hossain, HOD, Department of Physical Education, Srikrishna College, Bagula, Nadia	



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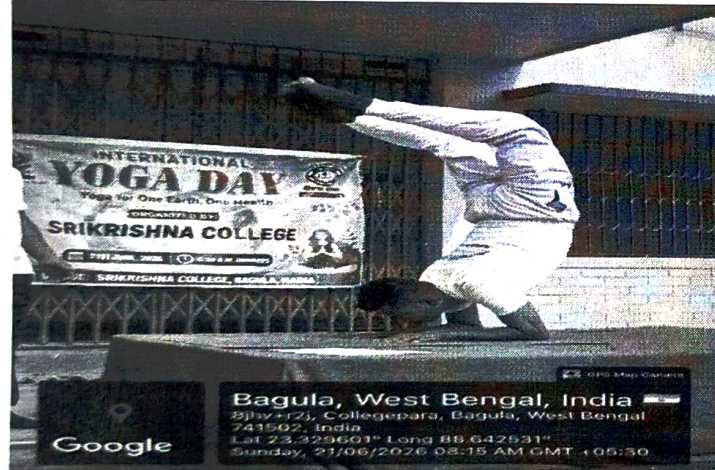
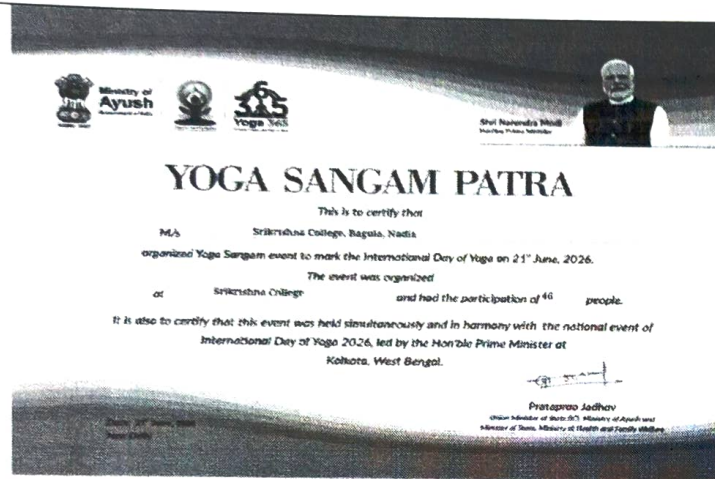
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Organized By- Srikrishna College  
Bagula, Nadia  
Date-21<sup>st</sup> June(Sunday), 2026  
Time: 6:30 AM.-7:45 AM.  
Venue- Srikrishna College Campus.

**Teaching & Non-Teaching Staff Attendance Sheet**

No.	Name	Designation	Ph. No.	Signature
1	Sukdeb Ghosh	Principal	7433874155	[Signature]
2	Ramkrishna Ghosh	Asst. Prof.	878274350	[Signature]
3	Ramkrishna Ghosh	Asst. Prof.	7125173717	[Signature]
4	Milind Kumar	Asst. Prof.	247121242	[Signature]
5	ABHIJIT CHAKRABORTY	Asst. Prof.	247121242	[Signature]
6	ABHIJIT CHAKRABORTY	Asst. Prof.	247121242	[Signature]
7	Abhinav Ghosh	Asst. Prof.	2013211232	[Signature]
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9	Souvik Ghosh	Asst. Prof.	2013211232	[Signature]
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**Student Attendance Sheet**

No.	Name	Department	Roll No.	Ph. No.
1	Sukdeb Ghosh	Principal	2ND	7433874155
2	Ramkrishna Ghosh	Asst. Prof.	2ND	878274350
3	Ramkrishna Ghosh	Asst. Prof.	2ND	7125173717
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Prepared By

*[Signature]* 23.06.26

Dr. Md. Imran Hossain  
Head, Department of Physical Education

*[Signature]* 23.6.2026

Dr. Sukdeb Ghosh  
Principal

Dr. Sukdeb Ghosh  
Principal  
Srikrishna College  
Bagula, Nadia