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SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014

P.O.: Amdabad, P.S.: Nandigram, Dist.: Purba Medinipur, PIN 721650

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Report of Webinar on Observation of International Yoga Day, 2020

Introduction

On the 21st of June 2020, the NSS unit of Swarnamoyee Jogendranath Mahavidyalaya organized a webinar to observe International Yoga Day. The event aimed to promote the benefits of yoga and encourage its practice among participants from different parts of West Bengal. Conducted on the Google Meet platform, the webinar featured insightful lectures from distinguished speakers and included an interactive session for participants to engage with the experts.

Objectives

The primary objectives of the webinar were:

- To raise awareness about the physical, mental, and spiritual benefits of yoga.
- To educate participants about different yoga practices and their positive impact on health and well-being.
- To encourage the adoption of yoga as a daily practice for a balanced and healthy lifestyle.
- To provide a platform for participants to interact with yoga experts and clarify their doubts.

Event Details

Date and Platform

- **Date:** 21st June 2020
- **Time:** 8:00 AM
- **Platform:** Google Meet

Participants

- **Total Attendees:** 86 participants from different parts of West Bengal
- **Webinar Co-ordinator:** Mr. Aparesh Mondal, Assistant Professor, Dept. of Geography

Speakers



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- **Dr. Tapan Kumar De:** NSS Co-ordinator, Vidyasagar University
- **Dr. Anil Pratap Giri:** Associate Professor, Mahatma Gandhi Central University
- **Mr. Parimal Mandal:** NSS Programme Officer

Programme Outline

Inaugural Session

The webinar commenced with an inaugural session where Mr. Aparesh Mondal, the webinar coordinator, welcomed all participants and introduced the speakers. He emphasized the significance of observing International Yoga Day and the role of yoga in promoting holistic health.

Main Lectures

Lecture by Dr. Tapan Kumar De:

Dr. Tapan Kumar De, NSS Co-ordinator at Vidyasagar University, delivered the first lecture. Key points from his lecture included:

- **History and Philosophy of Yoga:** Dr. De provided an overview of the origins and development of yoga, tracing its roots back to ancient India.
- **Types of Yoga:** He elaborated on different types of yoga practices, including Hatha Yoga, Raja Yoga, Karma Yoga, and Bhakti Yoga, explaining their unique benefits.
- **Scientific Benefits of Yoga:** Dr. De discussed various scientific studies highlighting the health benefits of yoga, such as improved flexibility, strength, mental clarity, and stress reduction.

Lecture by Dr. Anil Pratap Giri:

Dr. Anil Pratap Giri, Associate Professor at Mahatma Gandhi Central University, delivered the second lecture. Key points from his lecture included:

- **Yoga and Mental Health:** Dr. Giri focused on the mental health benefits of yoga, emphasizing its role in managing anxiety, depression, and stress.



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- **Yoga Practices for Daily Life:** He demonstrated simple yoga practices that can be easily integrated into daily routines to enhance overall well-being.
- **Importance of Consistency:** Dr. Giri highlighted the importance of consistency in yoga practice and provided tips for maintaining a regular yoga schedule.

Lecture by Mr. Parimal Mandal:

Mr. Parimal Mandal, NSS Programme Officer, delivered the final lecture. Key points from his lecture included:

- **Practical Yoga Demonstrations:** Mr. Mandal conducted practical demonstrations of various yoga poses (asanas) and breathing techniques (pranayama), guiding participants through each step.
- **Yoga for All Ages:** He emphasized that yoga is suitable for individuals of all ages and fitness levels, encouraging everyone to participate.
- **Community Yoga Initiatives:** Mr. Mandal shared information about community yoga initiatives and encouraged participants to join local yoga groups to stay motivated.

Interactive Session

Following the lectures, an interactive session was conducted where participants had the opportunity to ask questions and seek clarifications from the speakers. This session facilitated an engaging dialogue between participants and the experts, allowing for in-depth discussion on various aspects of yoga practice and its benefits. Participants actively participated, raising pertinent queries about specific yoga techniques, mental health benefits, and ways to integrate yoga into their daily lives.

Feedback and Conclusion

At the end of the webinar, feedback forms were distributed to gather participants' opinions and suggestions. The feedback was overwhelmingly positive, with many participants expressing gratitude for the comprehensive information and practical demonstrations provided. They felt more inspired and equipped to incorporate yoga into their daily routines.



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Mr. Aparesh Mondal concluded the event by thanking the speakers and participants for their active involvement. He reiterated the importance of yoga in promoting health and well-being and encouraged everyone to continue practicing yoga regularly.

Outcomes

The webinar for the observation of International Yoga Day successfully achieved its objectives. Key outcomes included:

- Enhanced awareness among participants about the physical, mental, and spiritual benefits of yoga.
- Increased motivation to adopt yoga as a daily practice.
- Strengthened interaction between participants and yoga experts, providing a platform for knowledge sharing.
- Promotion of a holistic approach to health and well-being through yoga.

Acknowledgements

The NSS unit of Swarnamoyee Jogendranath Mahavidyalaya extends heartfelt thanks to all the speakers, participants, and volunteers who contributed to the success of this event. Special thanks to Dr. Tapan Kumar De, Dr. Anil Pratap Giri, Mr. Parimal Mandal, and Mr. Aparesh Mondal for their insightful contributions and coordination.

Date: 22/06/2020



Amondal

Teacher-in-Charge

SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA
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E-Certificate for Participation

THIS IS TO CERTIFY THAT *DR. SANJIT KUMAR SHIL SHARMA* HAS ENTHUSIASTICALLY PARTICIPATED IN THE INTERNATIONAL YOGA DAY CELEBRATION ORGANIZED BY NSS UNIT OF SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA, NANDIGRAM, PURBA MEDINIPUR, WEST BENGAL, INDIA ON 21ST JUNE, 2020.

Dr. Durba Basu

Assistant Professor of English, SJM
Webinar Organizing Committee

Mr. Aparesh Mondal

Assistant Professor of Geography, SJM
Webinar Organizing Committee

Dr. Parimal Mandal

Teacher-in-charge
NSS Programme Officer, SJM



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E-Certificate for Participation

THIS IS TO CERTIFY THAT *RAJU MANDAL* HAS ENTHUSIASTICALLY PARTICIPATED IN THE INTERNATIONAL YOGA DAY CELEBRATION ORGANIZED BY NSS UNIT OF SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA, NANDIGRAM, PURBA MEDINIPUR, WEST BENGAL, INDIA ON 21ST JUNE, 2020.

Dr. Durba Basu

Assistant Professor of English, SJM
Webinar Organizing Committee

Mr. Aparesh Mondal

Assistant Professor of Geography, SJM
Webinar Organizing Committee

Dr. Parimal Mandal

Teacher-in-charge
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THIS IS TO CERTIFY THAT *SANTOSH KUMAR* HAS ENTHUSIASTICALLY PARTICIPATED IN THE INTERNATIONAL YOGA DAY CELEBRATION ORGANIZED BY NSS UNIT OF SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA, NANDIGRAM, PURBA MEDINIPUR, WEST BENGAL, INDIA ON 21ST JUNE, 2020.

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Webinar Organizing Committee

Mr. Aparesh Mondal

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Dr. Parimal Mandal

Teacher-in-charge
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