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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

www.sjmahavidyalaya.in | Email: sjmahavidyalaya@gmail.com

Report of Webinar on Observation of International Yoga Day

Introduction:

The NSS Unit of Swarnamoyee Jogendranath Mahavidyalaya, affiliated to Vidyasagar University, organized a webinar to celebrate International Yoga Day on 21st June 2021. The event aimed to promote the physical and mental benefits of yoga among students and the community.

Detailed Proceedings:

▪ Introduction

The event began with an introduction by Aparesh Mondal, who emphasized the significance of International Yoga Day and the benefits of yoga in maintaining physical and mental well-being. He also highlighted the contributions of the NSS unit in organizing such events.

▪ Welcome Address

Dr. Ratan Kumar Samanta, the Principal of S. J. Mahavidyalaya, welcomed all participants and speakers. He appreciated the efforts of the NSS unit in promoting health and wellness through yoga, especially during the challenging times of the COVID-19 pandemic.

▪ Keynote Address

Dr. Parimal Mandal, the NSS Programme Officer, delivered the keynote address. He discussed the historical and cultural importance of yoga in India and its global influence. He also shared insights on how regular practice of yoga can lead to a balanced lifestyle.

Speeches and Presentations:

1. **Dr. Anindya Kisor Bhaumik:** As the chairperson, he presented an overview of the session and discussed the role of educational institutions in fostering holistic development through yoga.
2. **Prof. Dr. Tapan Kumar De:** The chief guest focused on the philosophical aspects of yoga and its relevance in contemporary life. He elaborated on various yoga practices and their benefits.



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3. **Prof. Gourhari Giri:** As the guest of honour, he shared his personal experiences with yoga and its impact on his life. He also demonstrated some simple yoga exercises suitable for beginners.

Vote of Thanks:

Hiya Chatterjee concluded the event with a vote of thanks, expressing gratitude to all the speakers, participants, and organizing committee members for their contributions to the successful webinar.

National Anthem:

The webinar concluded with the rendition of the national anthem, fostering a sense of unity and patriotism among the participants.

Date: 22/06/2021



Raman

Dr. Ratan Kumar Samanta

Principal

Swarnamoyee Jogendranath Mahavidyalaya
Amdabad :: Purba Medinipur :: Pin-721650



International Yoga Day Observation, 2021

Organized by

NSS Unit, Swarnamoyee Jogendranath Mahavidyalaya

A Govt. Aided General Degree College

(Affiliated to Vidyasagar University)

Amdabad, Purba Medinipur, West Bengal, India



Programme Schedule

DATE: 21ST JUNE, 2021

TIME- 7:30 A.M. ONWARDS

Technical Details

- Registration Link: <https://forms.gle/5e357G84pV8j4UZB7>
- Registration Fees: No fees will be taken from the participants.
- Participants will be given e-certificate after successful submission of Feedback Form. Feedback link will be sent to the registered E-mail address and Whatsapp Group immediate after the webinar.

Please click any one of the following links to join the Programme-

Google Meet Link: <https://meet.google.com/ndn-wmpk-zpz>

YouTube Link: https://youtu.be/_CnHECpCGa8

Session Details

- 1. Introduction: Aparesh Mondal, Assistant Professor and Head, Dept. of Geography, S. J. Mahavidyalaya**
- 2. Welcome Address: Dr. Ratan Kumar Samanta, Principal, S. J. Mahavidyalaya, Amdabad, Purba Medinipur**
- 3. Key Note Address: Dr. Parimal Mandal, Asst. Prof. & NSS Programme Officer, Dept. of Sanskrit, S. J. Mahavidyalaya**
- 4. 1st Speaker and Chairperson: Dr. Anindya Kisor Bhaumik, Ex-Principal, Bajkul Milani Mahavidyalaya, President, S. J. Mahavidyalaya, Amdabad, Purba Medinipur**
- 5. 2nd Speaker and Chief Guest: Prof. Dr. Tapan Kumar De, NSS Coordinator, HoD of Philosophy, Vidyasagar University**
- 6. 3rd Speaker and Guest of Honour: Prof. Gourhari Giri, Ex-HoD of Botany, P.K. College, Contai; President of Kanthi Yoga Pranayam Samiti and Athilagori Yoga Culture Association, Contai, Purba Medinipur**
- 7. Vote of Thanks: Hiya Chatterjee, Assistant Professor, Department of English, S. J. Mahavidyalaya**
- 8. National Anthem**

Guidelines

- ❖ Participants are requested to join the programme 10 minutes prior (7:20 A.M.) to the schedule time.
- ❖ We have two online platforms i.e. Google Meet and YouTube for the live broadcast of the programme. The participants who will join the programme through Google Meet, are requested to keep their video and audio off during the session.
- ❖ Those who will not be allowed to join through Google Meet, are requested to join through YouTube link.

Organising Committee

- + Aparesh Mondal (Convener) - Assistant Professor & Head, Dept. of Geography, S. J. Mahavidyalaya
- + Dr. Parimal Mandal- Assistant Professor & Head, Dept. of Sanskrit, S. J. Mahavidyalaya
- + Dr. Durba Basu- Assistant Professor & Head, Dept. of English, S. J. Mahavidyalaya
- + Hiya Chatterjee- Assistant Professor, Dept. of English, S. J. Mahavidyalaya
- + Prasad Ranjan Chakrabarti- Assistant Professor, Dept. of Sanskrit, S. J. Mahavidyalaya
- + Arpita Majumder- Assistant Professor, Dept. of Geography, S. J. Mahavidyalaya
- + Narugopal Das- SACT, Dept. of Sanskrit, S. J. Mahavidyalaya

Contact Details

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