



SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014
At+P.O.: Amdabad, P.S.: Nandigram, Dist.: PurbaMedinipur, PIN 721650
www.sjmahavidyalaya.in | Email: sjmahavidyalaya@gmail.com

ONE DAY WEBINAR ON THE OCCASION OF INTERNATIONAL YOGA DAY CELEBRATION

Organized By

Nss Unit-I

Date & Time

21st June 2020 at 7:00 A.M.

Venue: Online (Zoom)

Amdabad, Purba Medinipur, West Bengal





SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014

At+P.O.: Amdabad, P.S.: Nandigram, Dist.: PurbaMedinipur, PIN 721650

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

Date-21.07.2020

Report Of One Day Webinar On The Occasion Of International Yoga Day Celebration

NSS unit 1 of Swarnamayee Jogendranath Mahavidyalaya celebrated International Yoga Day with an webinar on June 21, 2020, starting at 7 am. divided into two parts, the event commenced with a practical yoga session led by instructors Arka Banerjee and Prantik Kole, followed by insightful speeches from eminent personalities. Dr. Anil Pratap Giri highlighted the necessity and effectiveness of yoga, emphasizing its pivotal role in stress management, overall well-being, and physical health enhancement. Dr. Tapan Kumar Dey, in his keynote address, further enriched the discussion on the importance of yoga. Despite initial technical glitches, Dr. Giri's informative presentation resonated with all participants, emphasizing yoga's ability to reduce stress, improve mood, and enhance physical fitness. The webinar drew 227 students from various colleges and universities nationwide, encouraging widespread engagement in yoga practices and principles. This event significantly raised awareness among participants about the benefits of yoga in managing stress and promoting overall well-being.

Prantik 21.07.2020
Principal/TIC

Swarnamoyee Jogendranath Mahavidyalaya

Teacher-in-Charge

SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA
Amdabad, Purba Medinipur Pin-721650



SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014

At+P.O.: Amdabad, P.S.: Nandigram, Dist.: PurbaMedinipur, PIN 721650

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

Participants Attendance Sheet

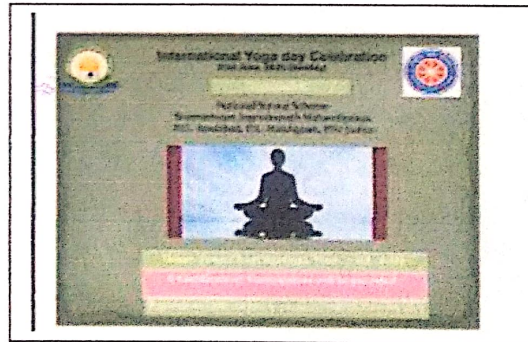
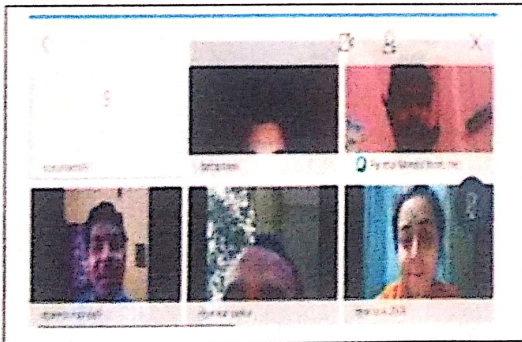
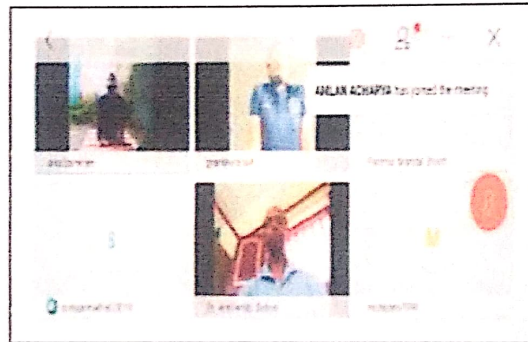
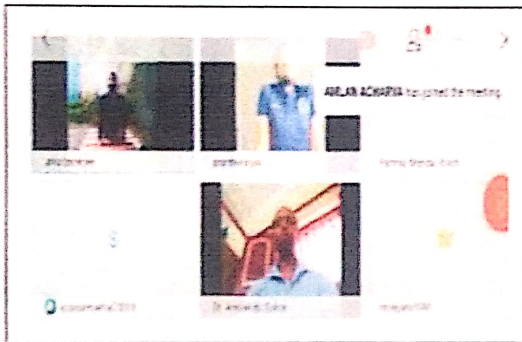
1. Si No	Name	Designation	Institution Name
2.	Aparesh Mondal	Faculty(Assistant Professor)	Swarnamoyee Jogendranath Mahavidyalaya
3.	Pradip Das	4th Semester	Swarnamoyee Jogendranath Mahavidyalaya
4.	Manabendra Das		Kandra Radha Kanta Kundu Mahavidyalaya
5.	Sukumar Mondal	M.Ed	Visva-Bharati
6.	Sutapa Khatua	4th Sem	S.J.Mahavidyalaya
7.	Susmita Mandal		South Calcutta Girls' College
8.	Kuheli Banerjee	Geography Honours 4th Sem	South Calcutta Girl's College
9.	Dr.Amalendu Sahoo	Assistant Professor	Tamralipta Mahavidyalaya
10.	Debanwita Mukherjee	4th Semester	South Calcutta Girls'college
11.	Madhubanti Mukherjee	4th Semester	South Calcutta Girls' College
12.	Shrabanti Das	4th Semester	South Calcutta Girls College
13.	Riya Naskar	4th Semester	South Calcutta Girls College
14.	Madhubanti Mukherjee	4th Semester 2nd Year	South Calcutta Girl's College
15.	Tuhin Giri	4 Semester	Swarnamoyee Jogendranath Mahavidyalaya
16.	Tuhin Giri	4 Semester	Swarnamoyee Jogendranath Mahavidyalaya
17.	Tuhin Giri	4 Semester	Swarnamoyee Jogendranath Mahavidyalaya
18.	Nayan Kumar Patra	Office Assistant	Vidyasagar University
19.	Tamal Jana	Gaptt & Nss Program Officer	Sankrail A B S Mahavidyalaya
20.	Bapan Mandal	...	Jadavpur University
21.	Bibhas Banik	Assistant Teachet	Nasra High School
22.	Joygopal Singha	Assistant Professor Of History	Gazole Mahavidyalaya
23.	Amlan Acharya	M.A. In Sanskrit	Pondicherry University
24.	Ajay Kumar Kar	Research Scholar (Ph.D)	Central Sanskriti University, Janakpuri, New Delhi
25.	Basudha Pramanik	M.Phil(2019)	Shri Jagannath Sanskrit Vishvavidyalaya, Shri Vihar, Puri
26.	Puja Acharya	Research Scholar	Shri Jagannath Sanskrit Vishvavidyalaya
27.	Debashis Mishra	Phd Research Scholar	Pondicherry University, Puducherry
28.	Sanjitnbu@Gmail.Com	Assistant Professor	Santal Bidroha Sardha Satabarshiki Mahavidyalaya
29.	Amitakm1985@Gmail.Com	Nss Programme Officer	9153639169



SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

Govt. Aided General Degree College | Estd.: 2014
At+P.O.: Amdabad, P.S.: Nandigram, Dist.: PurbaMedinipur, PIN 721650
www.simahavidyalaya.in Email: simahavidyalaya@gmail.com

PHOTO



Event: Webinar on Necessity and Effectiveness of Yoga
Venue: ZOOM(Online)
Date: 21.06.2020

Amdad

Teacher-in-Charge
SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA
Amdabad, Purba Medinipur Pin-721650