



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

**In collaboration with Kanthi Yoga Pranayam
Samiti**

Date & Time

21st June 2021 At 7:00 A.M.

Venue: Online (Zoom)

Amdabad, Purba Medinipur, West Bengal





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99328734, 94758113806, e-mail - sjmahavidyalaya@gmail.com

Notice no: 30/21

Date: 19.06.2021



NOTICE

The NSS Unit-I of Swarnamoyee Jogendranath Mahavidyalaya is organizing a programme to observe International Yoga Day virtually 7 am onwards on 21.06.2021. The Google meet link will be shared on the official Whatsapp groups and teachers are requested to share the link in their respective departmental groups.

All staff and students are requested to be present in the programme.

Banar

Principal 19.06.2021

Swarnamoyee Jogendranath Mahavidyalaya
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Ref.no- 30/A/21

Date- 19.06.2021

To
The Secretary
Kanthi Yoga Pranayama Samiti
Kanthi, Purba Medinipur

Subject: Request for Collaboration in Yoga Webinar to be held on 21.06.21

Dear Sir/Madam

I am writing to you on behalf of NSS Unit of Swarnamoyee Jogendranath Mahavidyalaya with a request for collaboration to organize a webinar on yoga, scheduled for June 21, 2021 at 7 PM, in celebration of International Yoga Day.

As advocates for promoting holistic well-being through yoga practices, we believe that a collaborative effort between our organizations could greatly benefit the community. By joining forces, we can create a more impactful and insightful webinar that educates and inspires individuals to incorporate yoga into their daily lives. We believe that your input and expertise would be invaluable in shaping the webinar and ensuring its success.

We eagerly await your response and the opportunity to collaborate on this exciting initiative.

Thank you for considering our proposal. We look forward to the possibility of working together to celebrate International Yoga Day and spread the transformative power of yoga to a wider audience.

Warm regards,

Your sincerely

Principal/TIC 19.06.2021

Swarnamoyee Jogendranath Mahavidyalaya

Principal

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



Phone: 7501133806

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Date- 19.06.2021



To
The President,
Kanthi Yoga Pranayama Samiti
Kanthi, Purba Medinipur

Subject: Request for Collaboration in Yoga Webinar to be held on 21.06.21

Dear Sir,

I am writing to you on behalf of NSS Unit of Swarnamoyee Jogendranath Mahavidyalaya with a request for collaboration to organize a webinar on yoga, scheduled to be held on June 21, 2021 at 7 PM, in celebration of International Yoga Day.

We believe that the collaboration between the two organizations could greatly benefit the community in terms of wellbeing. We believe that your input and expertise would be invaluable in shaping the webinar and ensuring its success.

We eagerly await your response and the opportunity to collaborate on this exciting initiative.

We look forward to the possibility of working together to celebrate International Yoga Day and spread the transformative power of yoga to a wider audience.

Warm regards,

Yours sincerely,

Bananda 19.06.2021

Principal

Swarnamoyee Jogendranath Mahavidyalaya

Principal,

Swarnamoyee Jogendranath Mahavidyalaya
Amdabad, P.S.- Nandigram, Purba Medinipur, Pin- 721650

Received and agreed.
Anita
19.06.2021
President,
Kanthi Yoga Pranayama Samiti,
Kantorenagar, Contai, Purba Medinipur

Kanthi Yoga Pranayam Samity



Vill- Kishorenagar ♦P.O.+P.S.-Contai ♦Dist- Purba Medinipur

Regd.No. :- S/IL/85906 of 2011-2012

Estd-2011



Ref. No. : 05/KYPS/21.

Date : 23.06.2021

Certificate of Appreciation

This is to certify that NSS unit of Swarnamoyee Jogendranath Mahavidyalaya has been awarded this certificate in recognition of their outstanding contribution to the successful organization of a webinar on Yoga on 21.06.21, in collaboration with our organization.

Your dedication to promoting the principles and practice of Yoga, and your commitment to fostering health and well-being within the community are commendable. Your efforts have significantly enriched the lives of those who participated, and your leadership has been instrumental in creating a memorable and impactful event.



Shri 23.06.2021
President

Kanthi Yoga Pranayama Samity

~~President,~~
Kanthi Yoga Pranayam Samity,
Kishorenagar, Contai, Purba Medinipur



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Date-21.06.2021

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

7th International Yoga Day was organised virtually by the NSS Unit of Swarnamoyee Jogendranath Mahavidyalaya, in collaboration with Kanthi Yoga Pranayam Samiti on 21/06/2021 through a Webinar on Yoga for physical and mental well-being. The program began at 7:00 a.m. on Google meet platform, and was simultaneously broadcast on YouTube.

The Principal, Dr. Ratan Kumar Samanta delivered the welcome address and Dr. Parimal Mandal, Asst. Prof. and HOD, Dept. of Sanskrit. and the NSS programme officer of the college gave the keynote address.

The programme was graced by the presence of distinguished speakers and dignitaries: Dr. Anindya Kishor Bhaumik, President and founder of the college; Ex-Professor Gourhari Giri, Dept. of Botany, PK College, Contai and President, Kanthi Yoga Pranayam Samiti and Athilagori Yoga Culture Association, and Dr. Tapan Kumar De, NSS Coordinator and the HOD of Dept. of Philosophy, Vidyasagar University.

Assistant Professors Aparesh Mondal (HOD, Department of Geography) and Hiya Chatterjee (assistant Professor, Department of English) were the moderators of this programme.

The speakers elaborated yoga's benefit on physical and mental health during the COVID 19. Around 45 participants including 10 people of the adjacent area of SJ Mahavidyalaya were present in this session. Speakers demonstrated several techniques. The program was concluded by the vote of thanks. After the program participants were given certificates.

The webinar on yoga organized by the NSS unit was a resounding success, drawing participants from diverse backgrounds. Speakers shared insights on yoga's benefits for physical and mental well-being, emphasizing its role in stress reduction and overall health enhancement. Interactive sessions fostered learning and engagement. It encouraged participants to integrate yoga into their daily lives for better physical and mental health.

Date-21.06.2021

B. Samanta
21-06-21

Principal/TIC

Swarnamoyee Jogendranath Mahavidyalaya

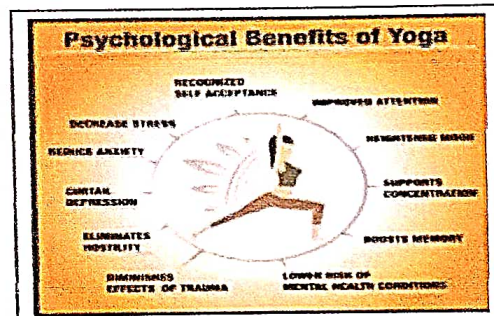
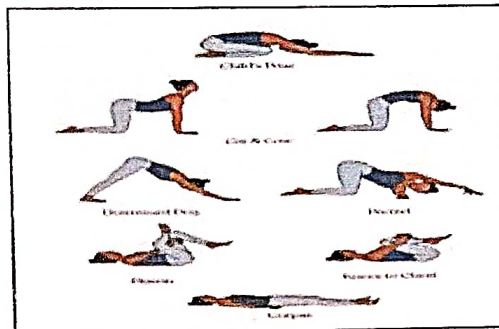
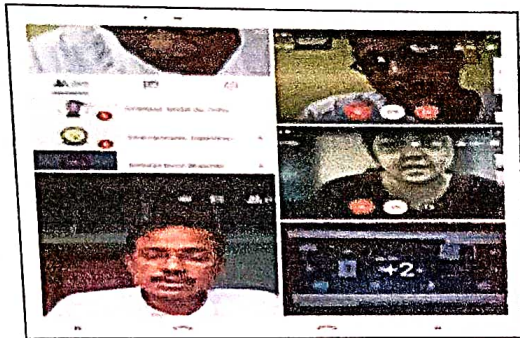
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PHOTO



Event: Webinar On The Occasion Of International Yoga Day Celebration

Venue: Google Meet

Date: 21.06.2021

Bandyopadhyay
21.06.2021

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