



# SWARNAMOYEE JOGENDRANATH MAHAVIDYALAYA

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

## ONE WEEK FREE YOGA TRAINING CAMP

ORGANISED BY

NSS UNIT-I

In collaboration with Kathi Yoga Pranayam Samiti

Date: 21<sup>st</sup> May, 2022 to 30 May, 2022

Time-8 AM everyday

Venue: Amdabad Madhyapally





Phone: 7501133806

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Ref.no- 48/A/22

Date-14.05.2022

## Notice

This is to notify that the NSS unit of Swarnamoyee Jogendranath Mahavidyalaya is going to organize **One Week Free Yoga Training Camp** on 21<sup>th</sup> May, 2022 to 30 May, 2022 at 8 am in collaboration with Kanthi Yoga Pranayam Samiti. We request all students, NSS members, staff to actively participate in this programme.

*Band*  
14.05.2022

Principal

Swarnamoyee Jogendranath Mahavidyalaya

*Principal*

Swarnamoyee Jogendranath Mahavidyalaya  
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Ref.no- 48/A/22

Date-16.05.2022

To  
The President,  
Kanthi Yoga Pranayam Samity,  
Village: Kishorenagar, PO+PS: Contai,  
Purba Medinipur



Subject: Request for Collaboration in Organizing a One-Week Free Yoga Training Camp

Dear Sir,

On behalf of the NSS unit of Swarnamoyee Jogendranath Mahavidyalaya, I am writing to extend an invitation to collaborate in organizing a one-week free yoga training camp. The camp is scheduled to be held from May 21, 2022, to May 30, 2022, at Amdabad Madhyapally.

The objective of this camp is to promote the practice of yoga and its benefits among the community members. We know that the Kanthi Yoga Pranayam Samity has esteemed reputation in the field of yoga and physical wellness. We believe that your collaboration would significantly enhance the impact of this initiative.

We would be honored to have your experienced instructors lead the sessions, providing expert guidance to the participants.

We look forward to the possibility of working together to promote health and well-being in our community.

Thanking you,

*Received and agreed.  
Contai  
16.05.2022.  
Kanthi Yoga Pranayam Samity,  
Kishorenagar, Contai, Purba Medinipur*

Your sincerely,

*Bandu 16.05.2022*

Principal

Swarnamoyee Jogendranath Mahavidyalaya

**Principal,**

**Swarnamoyee Jogendranath Mahavidyalaya  
Amdabad, P.S.: Nandigram, Dist.: Medinipur, Pin-721650**





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Date- 30.05.2022

## Report of One Week Free Yoga Training Camp

A yoga training workshop was jointly organized by NSS Unit-I, Department of Physical Education, and IQAC of Swarnamoyee Jogendranath Mahavidyalaya, from 21st May to 30th May, 2022 at 8 am every day at Amdabad Madhyapally, in collaboration with Kanthi Yoga Pranayam Samiti. 20 students (12 male, 8 female) registered themselves for this workshop. As a countdown to the International Day of Yoga on June 21, the workshop taught students various yoga asanas, pranayams. The workshop was inaugurated jointly by the President of the college, Dr. Anindya Kishor Bhowmick and Principal of the college, Dr. Ratan Kumar Samant. President of the college told the students about the importance of Pranayama and The Principal of the college did some Pranayama and encourages the students. Amrita Ranjan Acharya, Member of the Management Committee was present as a special guest, he shed light on Ashtanga Yoga. NSS Programme Officer Dr. Parimal Mandal was present. He spoke about the history of Yoga Sutra, Hatha Yoga Pradipika, Gheranda Samhita etc. On the first day, yoga instructor Sanjay Samantha gave training in subtle exercises, some asanas, Surya Pranayama, Kapalavati and Anulom Biloma, Agnisara, Mantra Dhyana. From 22nd May to 29th May various subtle exercises, asanas, pranayama and meditation are taught. On the last day of May 30, Asana Pranayama and Vipassana Anapan meditation were first performed. A representative from Kanthi Yoga Pranayam Samiti was present every day. At last students were given a book on Yoga by the college.

### Outcome:

- I. Interest of participants increased towards Yoga.
- II. Participants experience improvements in physical fitness, flexibility, and strength.
- III. Participants gained knowledge of yoga asanas, pranayama.

*Ratan Kumar Samant*  
Principal 30.05.2022

Swarnamoyee Jogendranath Mahavidyalaya

Principal  
Swarnamoyee Jogendranath Mahavidyalaya  
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## Photo



**Event: One Week Free Yoga Training Camp**  
**Venue: Amdabad Madhyapally**  
**Date: 21<sup>st</sup> May,2022 to 30<sup>th</sup> May,2022**

*Banda*  
30.05.22

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



# 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. :..08/KYPS/22..



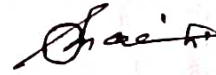
Date :..31.05.2022

## Certificate of Appreciation

This certificate is awarded to NSS unit of Swarnamoyee Jogendranath Mahavidyalaya for their outstanding effort and dedication in organizing the One Week Free Yoga Training Camp held from 21st May 2022 to 30th May 2022 in collaboration with our organization. This event was successfully organized by the NSS unit of Swarnamoyee Jogendranath.

Your contribution has significantly enhanced the well-being and mindfulness of all participants. We extend our sincere gratitude for organizing the programme in a collaborative way.

Thank you for your exemplary service and commitment to promoting health and wellness through yoga.

 31.05.2022

President

Kanthi Yoga Pranayam Samity  
President,

Kanthi Yoga Pranayam Samity  
Kishorenagar, Contai, Purba Medinipur