



ESTD. 1985

## KALINAGAR MAHAVIDYALAYA

Government Aided College Affiliated to the West Bengal State University

P.O.: Kalinagarhat, Dist: North 24 Parganas, Pin: 743442, Phone: 9091899593

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Ref. No. :

Date: 12/06/2023

### NOTICE

It is hereby notified that department of Physical Education is going to celebrate "International Yoga Day" on 21<sup>st</sup> June, 2023 at college ground.

All are requested to present the same on or before 12 noon.

*I. Ghosh*

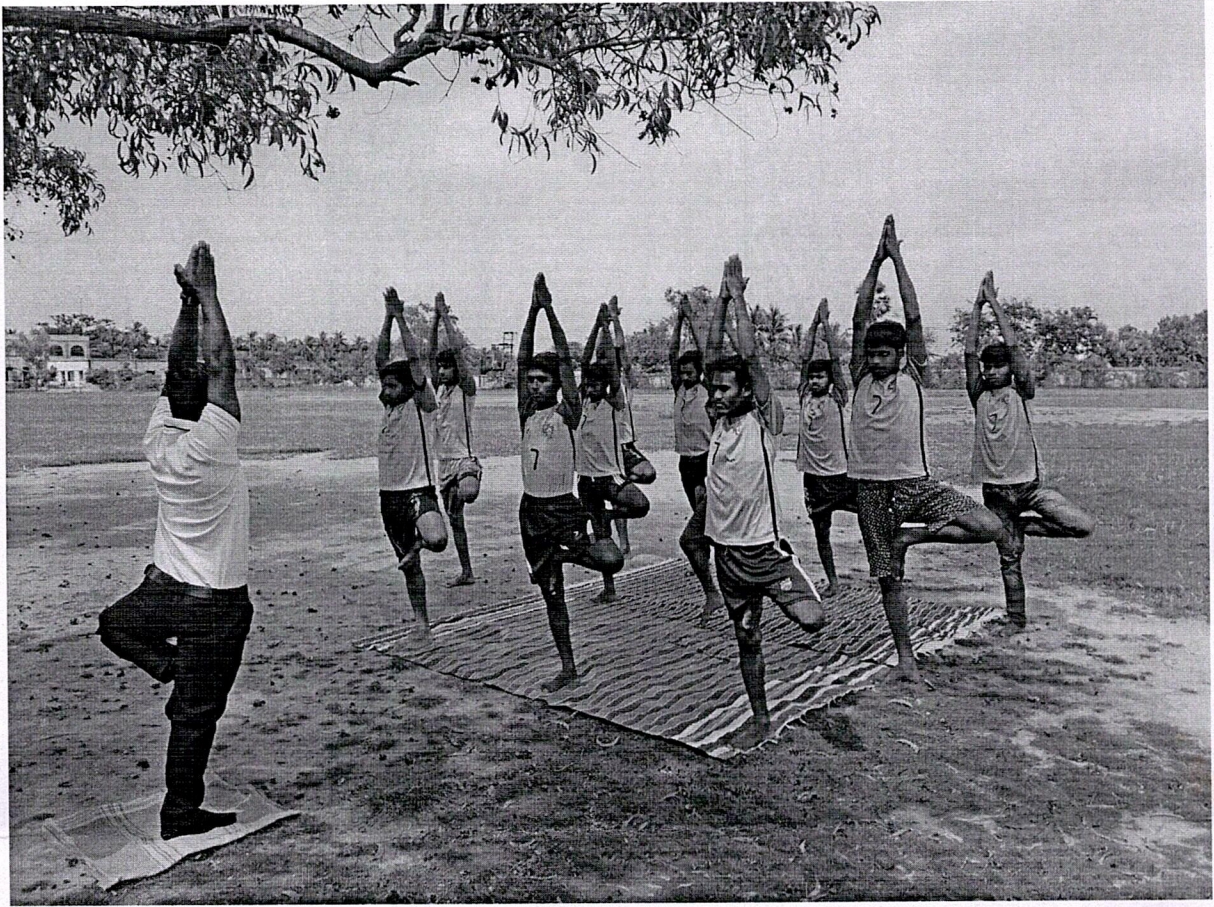
Teacher-in-charge

Kalinagar Mahavidyalaya

*Teacher-in-charge*  
Kalinagar Mahavidyalaya

## STUDENTS PARTICIPATION LIST

SL.	NAME	SEM	PHONE NO.
1.	Tapas Paul	—	9851093382
2.	Rinti Das.	5th	7797535546
3.	Arijit Barik	5th	96296357204
4.	Nilanjana Mahapatra	5th	7076625558
5.	Chanchal Adak	5th	8509859660
6.	Alokesh Das	5th	7978447577
7.	Subha Das	5th	9635305831
8.	Dip Mondal	5th	8250930083
9.	Uday Sardar	5th	7001190200
10.	Suehita Das	5th	9093979246
11.	Joydeb Das	5th	8926896961
12.	Pabitra Sardar	5th	6294776926
13.	Kalyan Das	5th	7872215647
14.	Kaust Sarkar	5th	9382384209
15.	Santanu Sardar	5th	8116713993
16.	Nivedita Halder	5th	7872767510
17.	Nandita Mondal	3th	9679239783
18.	Mudhuri Toddan	3th	97384114312
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Ref. No.

Date: 29/06/2023

## REPORT OF THE CELEBRATION OF THE INTERNATIONAL YOGA DAY-2023

Organized By:  
Department of Physical Education  
Date: 21st June, 2023

Chief Guest: Dr. Kalyan Kumar Mondal  
Venue: Kalinagar College Ground.  
Participant: Students.

The department of Physical Education Kalinagar Mahavidyalaya celebrated International Yoga Day on June 21, 2023 with great enthusiasm and vigor. The event took place at the college ground and was graced by the presence of Dr. Kalyan Kumar Mondal the esteemed chief guest, who also serves as the head of the department of Geography.

The festivities commenced with an inaugural speech delivered by Dr. Kalyan Kumar Mondal, emphasizing the importance of Yoga in promoting physical and mental well-being. He highlighted the role of yoga in maintain a healthy life style and stressed its significance in reducing stress and anxiety.

Following the chief guest's address, Mr. Tapas Paul, a faculty member from the department of Physical Education. Shared his insights on the various aspects of Yoga. He shed light on the history of Yoga, its origin in India and its evolution as a global practice. He also discussed the benefits of Yoga in enhancing flexibility, strength and mental clarity.

The event further featured practical sessions where participants engaged in various asana (yoga practice) and pranayama (breathing exercise). These activities allowed participants to experience firsthand the Physical and mental benefits of Yoga,

During the event there were discussion and demonstration of different yoga asana, focusing on their correct postures and techniques. Participants have the opportunity to actively participate and learn how to incorporate these practices into their daily routines.

The benefits of Yoga including improved Physical fitness, reduced stress, enhanced concentration, and overall well being were also highlighted throughout the celebration. The event aimed to create awareness about the holistic approaches the Yoga in promoting healthy a healthy and balance life.

In conclusion, the International Yoga Day celebration by the department of Physical Education at Kalinagar Mahavidyalaya was a resounding success. It not only educated participants about the significance of Yoga but also allowed them to experience its positive effects firsthand. The event served as a reminder of the time less wisdom of Yoga a and its relevance in to-day's fast paced world.