

INTERNATIONAL YOGA DAY

Date: 21.6.2023

Time: 11:00 AM

Venue: Department of Physical Education

Patrasayer Mahavidyalaya

International Yoga Day is observed to outspread the awareness of yoga and to celebrate the physical and spiritual competence that yoga offers to humankind. Yoga is one of the most ancient practices of India which plays a very significant role in the relaxation of the mind and body and in the process stimulate the immune system of human beings.

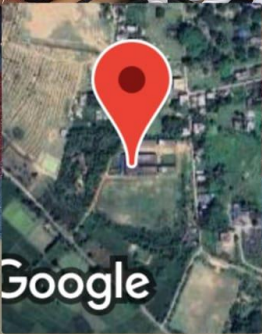
On 21st June, 2023 the International Yoga Day was celebrated by the NSS unit of Patrasayer Mahavidyalaya in collaboration with the Department of Physical Education. The program began at 11:30 am at the Department of Physical Education where the students found great motivation in the presence of the NSS program officer of Patrasayer Mahavidyalaya, Mr. Kousik Nandi and the faculty members of the department, Mr. Atanu Ghar and Mr. Prasanta Dolui. The other academic staff members such as Mr. Achintya Kundu, Mr. Tapas Samui, Mr. Kartick Chandra Bari, Mr. Barun Ghosh also participated in the program quite enthusiastically.

The Head of the Department of Physical Education, Mr. Atanu Ghar began the event with a brief introduction on Yoga Day. After that, his fellow colleague, Mr. Prasanta Dolui organized the students in small groups and they beautifully displayed several yoga exercises. At first, warm up exercises were taken and then the students practiced and performed various sitting and standing asanas while describing the importance of each of them simultaneously. The celebration was concluded by a short speech by the NSS program officer, Mr. Kousik Nandi who congratulated the students and the faculty members heartily for their contribution in making the International Yoga Day a genuinely successful event.




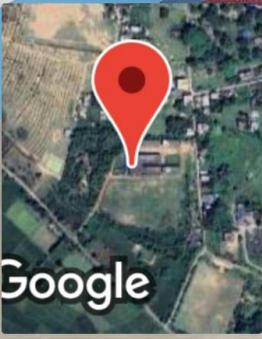
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722206, India
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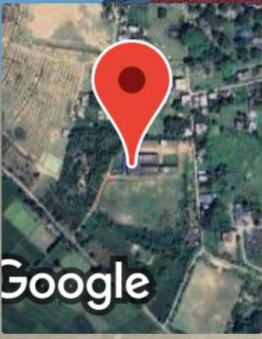
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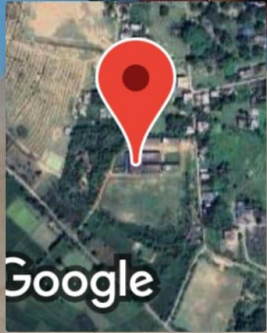
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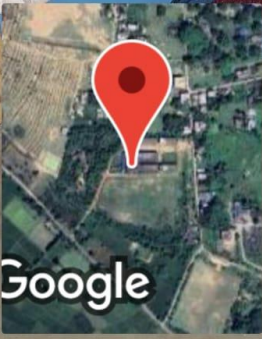
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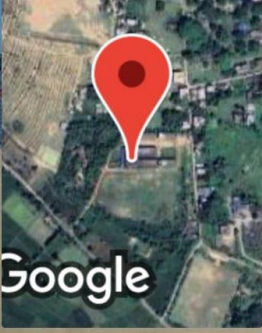
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