



# **RAJA PEARY MOHAN COLLEGE**

**ESTD: 1887**

**UTTARPARA, HOOGHLY, WEST BENGAL PIN- 712 258**

ISO 21001:2018

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**5.1.2**

**Capacity Development and Skill Enhancement Activities**

**Life Skill: Yoga**

### 5.1.2.3: Life Skills: Yoga

The Health Unit of the College organises workshops and seminars on Yoga from time to time throughout the year. Yoga experts inspire, teach and interact with participants in these programmes to enhance moral and physical fitness. The instructors demonstrate and help the participants to enable them to learn and practice various *asana* that calm the mind and the body during the workshops from which they benefit in their lives.

Year	Name of the capacity development and skills enhancement program	"Period (from date - to date) "	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2019-2020	Yoga workshop : Importance of Yoga for Wellbeing in Modern Lifestyle	14.03.2020	84	Expert: Mr.Soumenranath, Visiting lecturer, Dept. of Sports and Yoga, Belur Math, Ramkrishna Mission and Vivekananda Educational and Research Institute  Health Unit, RPMC in collaboration with IQAC
2019-2020	Webinar: Yoga for Wellbeing	21.04.2020	111	Sri MrinmoyMaharaj, Ram Kroshna Mission, Belur Math
2019-2020	Video Tutorial: Yoga for Mental and Physical Well Being	24.04.2020	All Students of RPMC	Prof. Soumendranath Manna, Provat Kumar Mahavidyalaya and visiting faculty at Dept of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute




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				Health Unit, RPMC
2020-2021	Video Upload: Celebration of International Yoga Day	21.06.2021	All Students, Teaching and Non-teaching Staff of RPMC	<a href="https://www.youtube.com/watch?v=vH2395lvDXI">https://www.youtube.com/watch?v=vH2395lvDXI</a>
2021-2022	Workshop: Yoga Training Programme	09.04.2022	26	Prof. Soumendranath Manna, Visiting Faculty, Dept. o Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute
2021-2022	Celebration of International Yoga Day (IDY 2022)	21.06.2022	45	Ms. Puja Chatterjee, Yoga Instructor
2022-2023	Workshop on Fitness	16.12.2022	161	Ms. Puja Chatterjee
2022-2023	Celebration of International Yoga Day	21.06.2023	Community work with orphan children	Health Unit, RPMC at Sivashram, Uttarpara



**14<sup>th</sup> March 2020**

A yoga workshop was arranged in association with IQAC in the college premises on 14<sup>th</sup> March 2020, at 1.30 pm in Boy's Common room. The workshop was conducted by our resource person Mr.Soumenranath, Visiting lecturer, Dept. of Sports and Yoga, Belur Math, Ramkrishnamission. The programme was inaugurated by our Assistant IQAC Coordinator Dr.KrishnankaSekharGayen by his motivational speech regarding the necessity of the programme. The resource person was introduced by Dr.Swagata Pal, Coordinator of Health Unit, RPMC. After that the workshop was initiated by an important deliberation of Mr. Manna followed by several stretching exercises and asanas. After the exercise they practiced meditation to relax their body and mind. The one-day workshop was successfully completed with about 84 students.

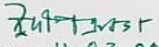
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Tel No. : 033-2663-0881/2663-0191, Fax No. : 033-2663-4155 E-mail : rajapearymohancollege@gmail.com  
১, আচার্য্য ধ্রুব পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৮,  
দূরভাষ : ০৩৩-২৬৬৩-০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

Ref. No. /সূচক সংখ্যা \_\_\_\_\_ Date /তারিখ \_\_\_\_\_

**NOTICE**

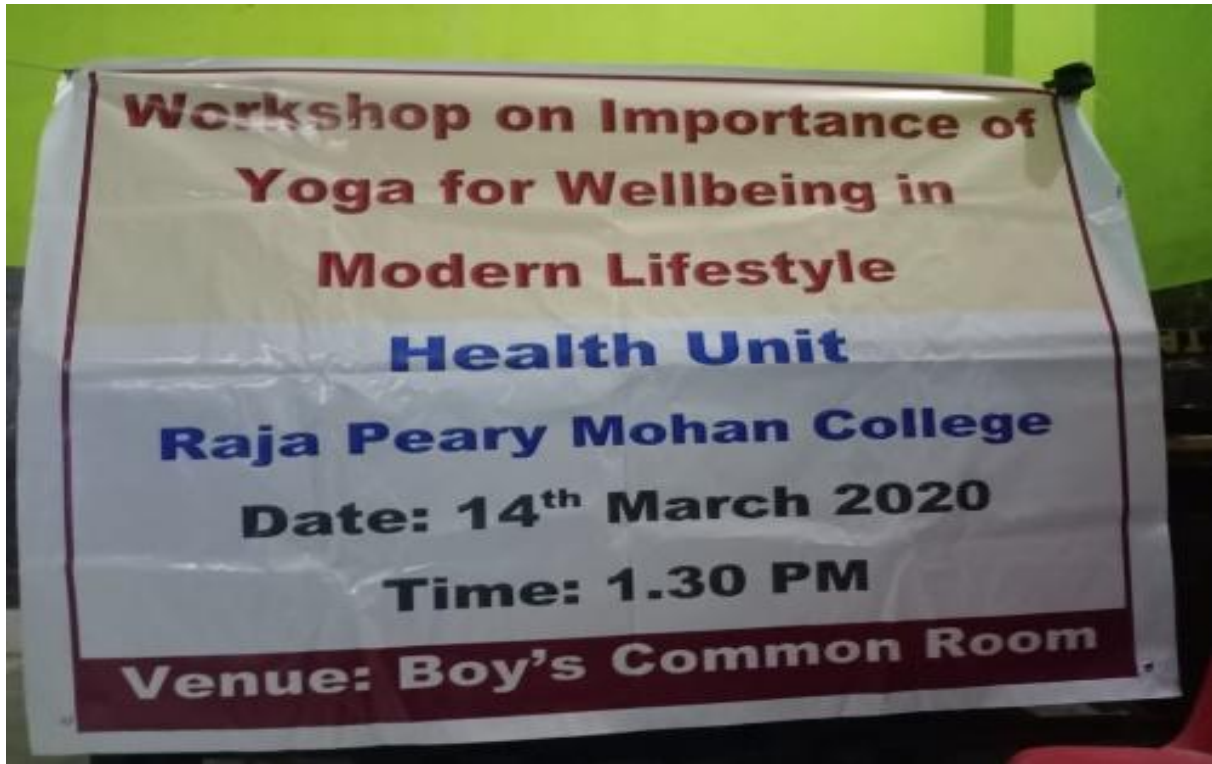
A workshop on "Importance of Yoga for wellbeing in modern lifestyle" and inauguration of Yoga training programme arranged by Health Unit, RPMC will be held on 14<sup>th</sup> March Saturday at 1.30 PM in the boy's common room. Students, faculties and non-teaching staffs of the college are cordially invited to participate in the workshop.

Students, faculties and non-teaching staffs willing to join the two-month training programme are requested to register their names and those who have already registered are requested to collect their registration cards on that day.

  
Principal 11.03.2020  
Raja Peary Mohan College  
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Uttarpara, Hooghly



  
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UTTARPARA, HOOGHLY



Flyer of Yoga Workshop held on 14<sup>th</sup> March 2020



Snapshot of participation of students in Yoga Workshop





**Instructions by the expert during the session**



**Meditation at the end of the session**

**24<sup>th</sup> April 2020**

To combat with the stressful situation of lockdown period for the students a video tutorial by Mr.Soumenranath Manna Visiting lecturer, Dept. of Sports and Yoga, Belur Math, Ramkrishnamission on yoga practices entitled "Yoga for mental and physical health" was uploaded by the Health Unit, RPMC in the college website.



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Ref. No. /সূচক সংখ্যা \_\_\_\_\_

Date /তারিখ \_\_\_\_\_

## NOTICE

All of us are going through a stressful situation during this period of lockdown due to COVID-19. A video on yogasanas which would help us combat both physical and mental stress has been produced by Prof. Soumendranath Manna of Provat Kumar Mahavidyalaya, East Midnapore and visiting faculty of Dept. of Sports Science and Yoga, Ramkrishna Mission, Belur Math, on the request of the Health Unit, Raja Peary Mohan College. This video is being uploaded in the college website. Students along with all the teaching and nonteaching staffs of the college are hereby requested to watch this video. We hope that all of us would benefit from this.

Date: 24.04.2020

By Order

Principal



Snapshots of the video tutorial



Instructions provided by the expert





Some Asanas in the video tutorial

**21<sup>st</sup> June, 2020**

On the occasion of International Yoga Day, a webinar entitled "Yoga for wellbeing" was arranged by the Health Unit and IQAC of Raja Peary Mohan College in association with Belur Math Ramkrishna Mission. The webinar started by the inauguration speech of Dr.LabanyaMandal. Then the speaker first briefly described the necessity of daily yoga practice and its important role in our day-to-day activity, our personality development and the role yoga on physical as well as mental wellbeing. The programme was ended by the vote of thanks by the Coordinator of IQAC, Dr.ShantanuRana. About 145 students participated in the programme.

The link is attached here  
:<https://www.youtube.com/watch?v=UpCvM8gWEqI>



## **Raja Peary Mohan College**

NAAC accredited with B grade (2.7); ISO 9001:2015

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Dated: 17-06-2020

### **NOTICE**

**This is for information of all students and staff that a Webinar “[Yoga for Wellbeing](#)” would be held on 21-06-2020 at 11 AM to mark the International Day of Yoga 2020 Organized in collaboration with Department of Sports Science & Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute, Belur Math. All students and teachers are requested to join his deliberation on the World Environment Day, 05-06-2020 at 12 Noon by clicking below.**

**[Yoga for Wellbeing](#)**

**By Order  
Principal**



  
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UTTARPARA, HOOGHLY



**Raja Peary Mohan College, Uttarpara Hooghly**

HEALTH UNIT in collaboration with IQAC presents a



**Webinar on**

*Yoga for Wellbeing*

**Conducted by**

**Department of Sports Science & Yoga**



**Ramakrishna Mission Vivekananda Educational and Research  
Institute, Belur Math**



**National Level Webinar**

**for celebration of International Yoga Day**

organised by Health Unit and IQAC, Raja Peary Mohan College, Hooghly



*Certificate of Participation*

This is to certify that .....of Raja Peary Mohan College has participated in the Webinar entitled Yoga for Wellbeing conducted by Department of Sports Science & Yoga Ramakrishna Mission Vivekananda Educational and Research Institute, Belur Math on 21<sup>st</sup> June, 2020.

Swagata Pal.

Co-ordinator

Convenor

Joint Convenor

Principal

IQAC

Health Unit

Health Unit

Raja Peary Mohan College





# RAJA PEARY MOHAN COLLEGE

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UTTARPARA, HOOGHLY



**Session: 2020-21**

Sl No	Programme on Yoga	Date	No. of participant
1	Online question answer session "Alochonachakra 1" on COVID 19	23 <sup>rd</sup> July, 2020	136
2	Online question answer session "Alochonachakra 2" titled 'Humour in the time of Corona'	8 <sup>th</sup> August, 2020	All students of RPMC
3	Online question answer session "Alochonachakra 3" entitled "Sanitization in maintenance of health"	16 <sup>th</sup> January, 2021	184
4	Regular work during pandemic for fighting against COVID 19	20 <sup>th</sup> January to 30 <sup>th</sup> March	All students of RPMC
5	Celebration of International Yoga Day by uploaded a short video of students and faculties of their daily yoga practice	21 <sup>st</sup> June, 2021	All students of RPMC
6	Online survey followed by an online awareness programme titled "An awareness programme on personal hygiene"	30 <sup>th</sup> June, 2021	All students of RPMC



*Principals*  
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UTTARAKHAND, INDIA

**21<sup>st</sup> June, 2021**

A short video yoga exercise done by our students and faculty was prepared and uploaded by the Health Unit with IQAC and Event management cell, RPMC to celebrate international Yoga day in collaboration. The purpose of the video was to encourage the other students to do yoga on regular basis to make them fit both physically and mentally.

The link is attached here: <https://www.youtube.com/watch?v=vH2395lvDXI>



*Raja Peary Mohan*  
PRINCIPAL  
RAJA PEARY MOHAN COLLEGE  
UTTARAKA, HOOGHLY

**9<sup>th</sup> April, 2022**

A Yoga training programme was arranged by the Health Unit, Raja Peary Mohan College, which was started on 9<sup>th</sup> April, 2022. The training programme was conducted for about two months with students of SEM 4 and SEM 6. The classes were held on every Saturday with both lecture and practice sessions. In the first day, students were introduced by the resource person Prof. SoumendraNath Manna, Visiting Faculty, Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute and the programme was started with a welcome address by the IQAC Coordinator of the college followed by Health Unit Coordinator Dr.LabonyaMandal and Dr.Swagata Pal. Then an introductory speech was delivered by Mr. Manna about yoga and common yoga protocol. The lecture session was continued by the practice session with some of the stretching exercise by the students. About 6 classes were conducted with several exercise and Asanas in different postures like standing, sitting and supine. Students also done several Asanas in the yoga protocol such as Vajrāsana, Bhadrāsana, Trikonāsana, ArdhaCakrāsana, Pāda-Hastāsana, Vrkṣāsana etc. After the exercise they were practices meditation to relax their body and mind. The session was also covered techniques for increasing concentration and decreasing anxiety which leads to stronger academic performance. Breathing exercises and healthy fitness activities will also be taught. About 30 students were enlisted in the programme.



*Dr. Swagata Pal*  
PRINCIPAL  
RAJA PEARY MOHAN COLLEGE  
UTTARPARA, HOOGHLY



# YOGA TRAINING PROGRAMME

Organized by

Health Unit in collaboration with IQAC, Raja Peary Mohan College

**Chief Patron:**  
**Dr. Sudip Kumar Chakraborty**  
(Principal)



**Convenor HU:**  
Dr. Swagata Pal

**Jt. Convenor HU:**  
Dr. Labonya Mandal

Date of commencement: 9<sup>th</sup> April 2022

Duration: Two months

Venue: Raja Peary Mohan College

Time: Saturday (2.30 pm to 4.30 pm)







# RAJA PEARY MOHAN COLLEGE

## রাজা প্যারীমোহন কলেজ

1, ACHARYA DHRUBA PAL ROAD, UTTARPARA, HOOGHLY, WEST BENGAL, PIN - 712 258  
TEL NO. : 033-2663-0881/2663-0191, FAX NO. : 033-2663-4155

১, আচার্য ধ্রুব পাল রোড উত্তরপাড়া, হুগলী, পশ্চিমবঙ্গ, পিন - ৭১২২৫৮,  
দূরভাষ : ০৩৩-২৬৬৩-০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

Ref. No. /সূচক সংখ্যা \_\_\_\_\_

Date /তারিখ \_\_\_\_\_

### Notice

The Health Unit is going to organize a Yoga training programme in the college for students (SEM 4 and 6) and staff members in collaboration with IQAC, Raja Peary Mohan College. The training would tentatively commence on the 1<sup>st</sup> week of April. Interested students (SEM 4 and 6) and staff members are requested to register in the programme by clicking on the following links:

Students register by clicking on the link: [Registration for Students](#).

Staff members of the college register by clicking on the link: [Registration for staff members](#).

The last date of registration is 30<sup>th</sup> March 2022.

**Date: 21.03.22**

Principal  
Raja Peary Mohan College

Swagata Pal. Labonya Mandal

Convenor

Jt. Convenor

Health Unit

Health Unit







# RAJA PEARY MOHAN COLLEGE

## রাজা প্যারীমোহন কলেজ

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Ref. No. /সূচক সংখ্যা \_\_\_\_\_

Date /তারিখ \_\_\_\_\_

### LIST OF REGISTERED PARTICIPANTS OF YOGA TRAINING PROGRAMME

Sl. No.	Name	Students		9.4.22	
		Sem	Subject	Roll No.	Phn No
1)	Sakshi Kumar Panerjee	6	B.Sc(Bio)Gen	0220	7003491504
2)	Pratima Dutta	6	B.Sc(Bio)Gen	0019	9749717226
3)	Moumita Mondal	6	B.Sc(Bio)Gen	0148	6289700920
4)	Kritanta Saha	6	B.Sc(Bio)Gen	0142	9163841795
5)	Sanjay Kumar Puhon	6	B.Sc(Bio)Gen	0050	7890146143
6)	Smrita Biswas	6	B.Sc(H)Physiol	0135	6290674353
7)	Parasi Gharg	2	B.Sc(H)Physiol	0271	9933605624
8)	Abitya Pal	6th	B.Sc(H)Physiol	0271	9748540812
9)	Bhaskar Pal	6th	B.Sc(H)Physiol	0271	9330304632
10)	Prity Koley	2nd	B.Sc(Bio)Gen	0111	9749561942
11)	Anindita Gope	2nd	B.Sc(H)PhyA	0042	6291115165
12)	Madhusaina Pal	2nd	B.Sc(Bio)Gen	0153	8100176071
13)	Shampada Debnath	4th	B.Sc(Bio)Gen	0177	8910320670
14)	Polgami Sharma	4th	B.Sc(Bio)Gen	0178	6290819148
15)	Pudom Das	4th	B.Sc(Bio)Gen	0094	7875331782
16)	Boudipti Ghosh	4th	B.Sc(H)	0272	7003779360
17)	Joy Khan	4th	B.Sc(H)	0063	6291127297
18)	Rakti Malik	4th	B.Sc(H)	0167	6291653379
19)	Subhiti Das	4th	B.Sc(H)	0273	6291993459
20)	Rahul Bhadna	4th	B.Sc(H)	0252	9007565066
21)	Trisha Mondal	2nd	B.Sc(H)PhyA	0274	7063060522
22)	Romisha Khatoon	2nd	B.Sc(H)PhyA	0298	8100293681
23)	Shreyasi Sadhukhan	2nd	B.Sc(H)PhyA	0304	9330219349
24)	Samona Das	2nd	B.Sc(H)PhyA	0178	7439323020
25)	Chandrima Barua	2nd	B.Sc(H)	0219	7674337421
26)	Rik Muzum	4th	B.Sc(H)	0139	6290303072

Principal

Raja Peary Mohan College  
Uttarpara, Hooghly





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দূরভাষ : ০৩৩-২৬৬৩-০৮৮১/২৬৬৩-০১৯১, ফ্যাক্স : ০৩৩-২৬৬৩-৪১৫৫

Ref. No. /সূচক সংখ্যা \_\_\_\_\_

Date /তারিখ \_\_\_\_\_

### LIST OF REGISTERED PARTICIPANTS OF YOGA TRAINING PROGRAMME

No.	Name	Department
1. 9-4-22	Krishnanka Shekhar Gayen	Chemistry
2. 9-4-22	Sandhan Sarkar	History
3. 9-4-22	Janusree Choudhury	Mathematics
4. 9-4-22	Sujan Barman	Political Science
5. 09.04.2022	Aradhana Choudhury	Zoology
6. 9.04.22	Anindita Banerjee	Physiology
7. 9.4.22	Lubanga Mandal	Physiology
8. 9.4.22	Sonali Dapsi	central Library
9. 23.4.22	Sonali Dapsi	central Library
10. 23.4.22	Lubanga Mandal	Physiology
11. 23.4.22	Swagata Pal	Physiology
12.		

Principal

Raja Peary Mohan College

Uttarpara, Hooghly



**21<sup>st</sup> June 2022**

Yoga is an invaluable gift of India's ancient tradition. On 21<sup>st</sup> June 2022 the Health Unit, Raja Peary Mohan College was celebrated International Yoga Day IDY 2022 on MS Teams platform from 4.30 pm to 5.30 pm with all the faculties of our college. The programme was initiated by an introductory speech on the theme of IDY 2022 'Yoga for Humanity' by Dr.Swagata Pal, the Convenor of Health Unit. The welcome address was given by Dr.Sanjukta Bhattacharya, Coordinator of IQAC by briefly explaining the Yogdarsan. The resource person of the programme, Ms. Puja Chatterjee, a trained Yoga Instructor was introduced by Dr.LabonyaMandal, Convenor of Health Unit. After briefing the necessity of yoga practices in our daily life, as well the connection between yoga with our body and mind, the live yoga activities of participants were started with different Asanas, breathing exercise and Pranayam under the supervision of our guest Instructure. continued for about one hour and the activity session was finished with meditation. The programme was end with a recorded dance performance of our guest Instructor. The one-hour programme was concluded by the vote of thanks delivered by Dr.Swagata Pal. About 30 faculties were participated in the programme.

The link is attached here:  
<https://www.youtube.com/watch?v=jwOVtQpTdpc&t=1450s>



## **Celebration of International Day of Yoga (IDY 202**

**Organized by**

**Health Unit in collaboration with IQAC, Raja Peary Mohan College**



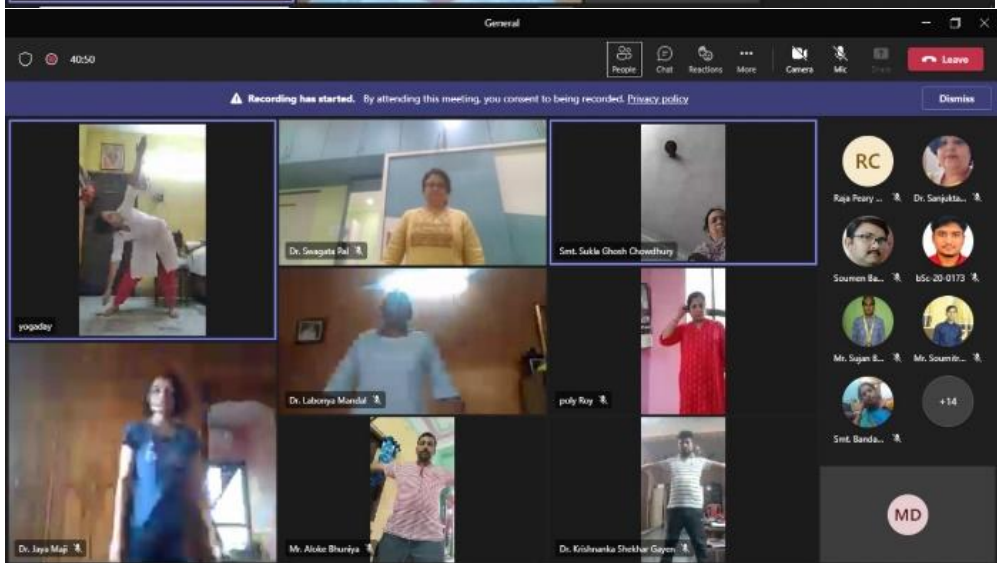
**Date: 21<sup>st</sup> June 2022**

**Time: 4.30 PM**

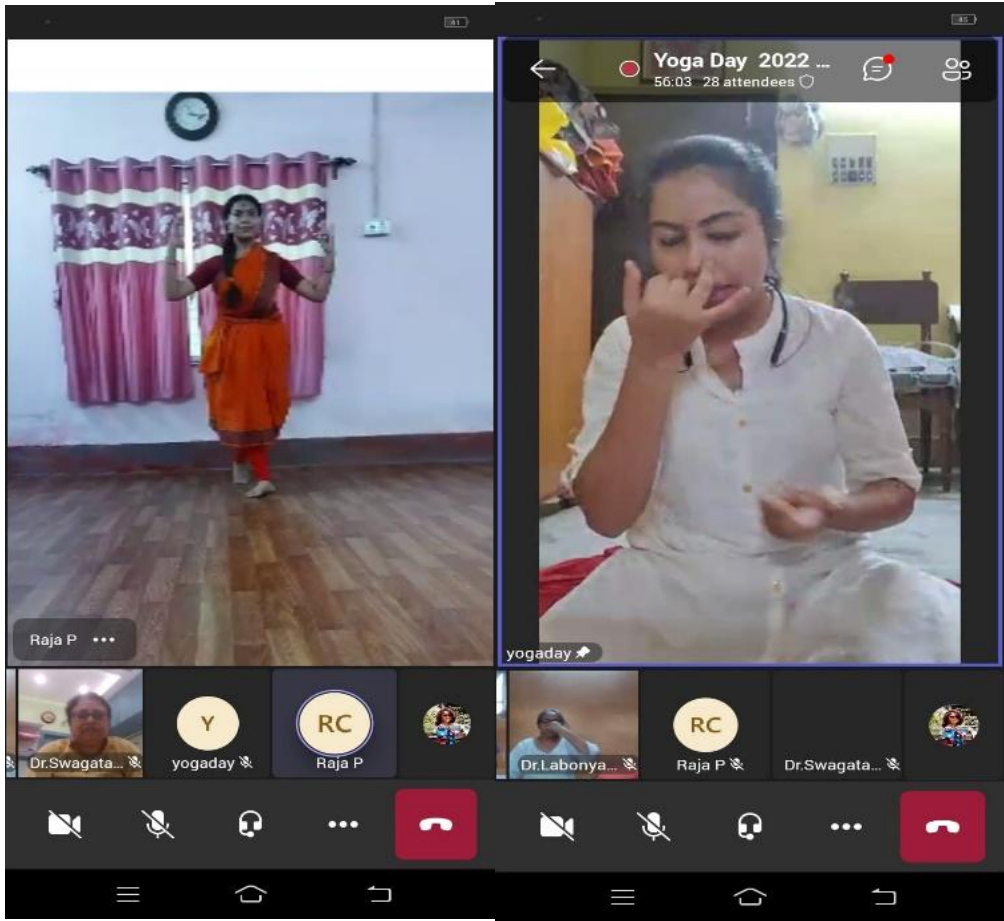
**Online Platform: MS Team**



*Dr. Swagata Pal*  
PRINCIPAL  
RAJA PEARY MOHAN COLLEGE  
UTTARAKA, HOOGLY



*Principals*  
 PRINCIPAL  
 RAJARAJ PEARY MOHAN COLLEGE  
 BYTAPANA, HOOGLY



*Raja Peary Mohan*  
PRINCIPAL  
RAJA PEARY MOHAN COLLEGE  
UTTARPARA, HOOGHLY





# RAJA PEARY MOHAN COLLEGE

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Ref. No./সূচক সংখ্যা \_\_\_\_\_

Date/তারিখ 13.8.2022

### ATTENDANCE SHEET OF ONLINE CELEBRATION OF IDY 2022

Meeting Summary  
Total Number of Participants 43  
Meeting Title  
Meeting Start Time 6/21/2022, 4:15:57 PM  
Meeting End Time 6/21/2022, 5:57:49 PM  
Meeting Id a1cc9f8f-979f-46c3-8b3e-b348f172bb78

Full Name	Join Time	Leave Time	Duration	Email	Role	Participant ID (UPN)
Dr. Swagata Pal	6/21/2022	6/21/2022	1h 41m	spal.physi	Presenter	spal.physiology@rpmcollege.edu.in
yogaday	6/21/2022	6/21/2022	1h 37m	yogaday2t	Presenter	yogaday2022@rpmcollege.edu.in
Dr. Kalapi Sen	6/21/2022	6/21/2022	1h 26m	ksen.engl	Attendee	ksen.english@rpmcollege.edu.in
Raja Peary Mohan College	6/21/2022	6/21/2022	58m 18s	admin@r	Organizer	admin@rpmcollege.onmicrosoft.com
Raja Peary Mohan College	6/21/2022	6/21/2022	30m 38s	admin@r	Organizer	admin@rpmcollege.onmicrosoft.com
Dr. Samir Roy	6/21/2022	6/21/2022	38m 48s	sroy.math	Attendee	sroy.math@rpmcollege.edu.in
Dr. Labonya Mandal	6/21/2022	6/21/2022	1h 33m	lmandal.p	Presenter	lmandal.physiology@rpmcollege.edu.in
Dr. Jaya Maji	6/21/2022	6/21/2022	1h 23m	jmaji.phy	Attendee	jmaji.physics@rpmcollege.edu.in
Mr. Ayan Das	6/21/2022	6/21/2022	1h 18m	adas.phys	Attendee	adas.physiology@rpmcollege.edu.in
Dr. Sanjukta Bhattacharyya	6/21/2022	6/21/2022	1h 28m	sbhattach	Attendee	sbhattacharya.phil@rpmcollege.edu.in
Dr. Krishnanka Shekhar Gayen	6/21/2022	6/21/2022	1h 17m	ksgayen.c	Attendee	ksgayen.chemistry@rpmcollege.edu.in
Soumen Banerjee	6/21/2022	6/21/2022	1h 18m	sbanerjee	Attendee	sbanerjee@rpmcollege.edu.in
Dr. Tanusree Choudhury	6/21/2022	6/21/2022	15m 4s	tchaudhur	Attendee	tchaudhury.math@rpmcollege.edu.in
Dr. Tanusree Choudhury	6/21/2022	6/21/2022	3m 2s	tchaudhur	Attendee	tchaudhury.math@rpmcollege.edu.in
Dr. Tanusree Choudhury	6/21/2022	6/21/2022	33m 47s	tchaudhur	Attendee	tchaudhury.math@rpmcollege.edu.in
Dr. Tanusree Choudhury	6/21/2022	6/21/2022	3m 55s	tchaudhur	Attendee	tchaudhury.math@rpmcollege.edu.in
bSc-20-0173	6/21/2022	6/21/2022	42m 36s	bSc-20-01	Attendee	bSc-20-0173@rpmcollege.edu.in
bSc-20-0173	6/21/2022	6/21/2022	28m 48s	bSc-20-01	Attendee	bSc-20-0173@rpmcollege.edu.in
Mr. Aloke Bhuniya	6/21/2022	6/21/2022	1h 16m	abhuniya	Attendee	abhuniya.phil@rpmcollege.edu.in
Mr. Sujan Barman	6/21/2022	6/21/2022	1h 15m	sbarman.f	Attendee	sbarman.polsc@rpmcollege.edu.in
Mr. Soumitra Gayen	6/21/2022	6/21/2022	51m 26s	sgayen.ec	Attendee	sgayen.eco@rpmcollege.edu.in
Smt. Bandana Mondal	6/21/2022	6/21/2022	28m 59s	bmondal.	Attendee	bmondal.eco@rpmcollege.edu.in
Dr. Pravhat Lama	6/21/2022	6/21/2022	21m 2s	plama.pol	Attendee	plama.polsc@rpmcollege.edu.in
Mr. Somnath Jana	6/21/2022	6/21/2022	48s	sjana.pols	Attendee	sjana.polsc@rpmcollege.edu.in
poly Roy	6/21/2022	6/21/2022	1h 23m		Attendee	
Dr. Chiranjit Mondal	6/21/2022	6/21/2022	2m 31s	cmondalp	Attendee	cmondalphysiology@rpmcollege.edu.in
Dr. Chiranjit Mondal	6/21/2022	6/21/2022	3m 10s	cmondalp	Attendee	cmondalphysiology@rpmcollege.edu.in
Smt. Sukla Ghosh Chowdhury	6/21/2022	6/21/2022	27m 44s	sgchowdh	Attendee	sgchowdhury.bengali@rpmcollege.edu.in
Smt. Sukla Ghosh Chowdhury	6/21/2022	6/21/2022	24m 30s	sgchowdh	Attendee	sgchowdhury.bengali@rpmcollege.edu.in
Smt. Sukla Ghosh Chowdhury	6/21/2022	6/21/2022	24m 54s	sgchowdh	Attendee	sgchowdhury.bengali@rpmcollege.edu.in
Mr. Sandipan Sarkar	6/21/2022	6/21/2022	59m 25s	ssarkar.hi	Attendee	ssarkar.history@rpmcollege.edu.in
Dr. Malabika Banerjee	6/21/2022	6/21/2022	47m 32s	mbanerje	Attendee	mbanerjee.bengali@rpmcollege.edu.in
Dr. Pankaj Kumar Shaw	6/21/2022	6/21/2022	1h 9m	pkshaw.pl	Presenter	pkshaw.physics@rpmcollege.edu.in
Ms. Debarati Das	6/21/2022	6/21/2022	1h 7m	ddas.pols	Attendee	ddas.polsc@rpmcollege.edu.in
Smt. Saumi Mukherjee	6/21/2022	6/21/2022	1h 9m	smukherj	Attendee	smukherjee.phil@rpmcollege.edu.in
Dr. Sonali Dapsi	6/21/2022	6/21/2022	23m 40s		Attendee	
Ms. Anindita Banerjee	6/21/2022	6/21/2022	11m 56s	abanerjee	Attendee	abanerjee.physiology@rpmcollege.edu.in
Mr. Animesh Mondal	6/21/2022	6/21/2022	1h 3m	amondal.	Attendee	amondal.sanskrit@rpmcollege.edu.in
Dr. Anindita Mondal Majee	6/21/2022	6/21/2022	50m 14s	ammajee.	Attendee	ammajee.physiology@rpmcollege.edu.in
Smt. Kankana Roy Bhattacharyya	6/21/2022	6/21/2022	1h 6m	krbhattach	Attendee	krbhattacharya.zoology@rpmcollege.edu.in
sarmistha nath	6/21/2022	6/21/2022	11m 55s		Attendee	
Smt. Dipa Chakraborty	6/21/2022	6/21/2022	1h	dchakrabc	Attendee	dchakraborty.math@rpmcollege.edu.in
bScPure-20-0034	6/21/2022	6/21/2022	52s	bScPure-2	Attendee	bScPure-20-0034@rpmcollege.edu.in
Mr. Jyoti Das	6/21/2022	6/21/2022	2m 54s	jdas.zoolo	Attendee	jdas.zoology@rpmcollege.edu.in
Dr. Hrishita Gupta Bakshi	6/21/2022	6/21/2022	9m 2s	hgbakshi.	Attendee	hgbakshi.bengali@rpmcollege.edu.in
Smt. Parna Banerjee	6/21/2022	6/21/2022	4m 27s	pbanerjee	Attendee	pbanerjee.commerce@rpmcollege.edu.in
Smt. Parna Banerjee	6/21/2022	6/21/2022	18m 43s	pbanerjee	Attendee	pbanerjee.commerce@rpmcollege.edu.in
Aradhana Chaudhary	6/21/2022	6/21/2022	21m 7s		Attendee	
Smt. Sudeshna Mallick	6/21/2022	6/21/2022	23m 29s	smallick.h	Attendee	smallick.history@rpmcollege.edu.in
B.Sc-21-0245	6/21/2022	6/21/2022	1m 47s	B.Sc-21-02	Attendee	B.Sc-21-0245@rpmcollege.edu.in
Dr. Monalisha Biswas	6/21/2022	6/21/2022	25m 50s	mbiswas.j	Attendee	mbiswas.phil@rpmcollege.edu.in
Dr. Sonali Dapsi	6/21/2022	6/21/2022	3m 56s		Attendee	

  
Principal

Raja Peary Mohan College  
Uttarpara, Hooghly



## Activity No: 7

### Programme Name: Celebration of International Day of Yoga

Date: 21.06.23

**Objective:** This Programme was conceptualised to spread awareness of yoga, Yogic vision of food and meditation for a healthy lifestyle among underprivileged sections of the community.

**About the Programme:** This year the theme of Yoga Day is – 'Yoga ForVasudhaivaKutumbakam' i.e. yoga for the welfare of all in the form of 'One World-One Family'. In sync with this year's theme, Health Unit celebrated the International Day of Yoga (21<sup>st</sup> June, 2023) with orphan children of Shibashram, a NGO run orphanage in Uttarpara. About 12 children (6 boys and 6 girls) of various ages (6 to 10 years) participated in the yoga session with Puja Chatterjee, the yoga instructor of the college. The programme started with beautiful group yoga poses such as lotus, aeroplane, bird etc. created by the children. The children performed different asanas such as Bajrasana, Usthrasana, Trikonasanaetc under the supervision of the instructor. The programme ended with meditation by the participants.

The yogic vision "Satvik" food was explained simply to the children by Dr LabonyaMandal and seasonal fruits and biscuits were distributed among the them.

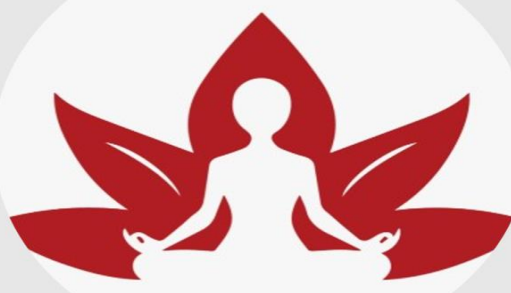
**Outcome:** Children enjoyed the session wholeheartedly. It was a wonderful and satisfying experience on part of the members of the Health unit.



## **Celebration of International Day of Yoga (IDY 202**

**Organized by**

**Health Unit in collaboration with IQAC, Raja Peary Mohan College**



**Date: 21<sup>st</sup> June 2022**

**Time: 4.30 PM**

**Online Platform: MS Team**



*Signature*  
PRINCIPAL  
RAJA PEARY MOHAN COLLEGE  
UTTARPARA, HOOGHLY

