

Murshidabad Adarsha Mahavidyalaya

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Islampur
Murshidabad
Pin- 742304 (W.B.)

Memo No: MAM / /

Date: ___/___/___

Report on World Yoga Day

As per the meeting held on 18/5/22 at the room no 27, The “World Yoga Day” has been celebrated on 21/06/2022

1. **Proramme Name:** International World Yoga Day.
2. **Programme Participation:** 30 teaching staff & students from various department (See the attendance register)
3. **Programme Venue:** Seminar Hall Room No.19
4. **Programme Date:** 21.06.22
5. **Programme Time:** 2pm-4pm.
6. **Programme Officer:** Papia Biswas
7. **Resource Person of the programme:** Md. Yusuf Ali, SACT of Physical Education Department (Domkal College).

Introduction:

Yoga is an ancient practice that promotes physical, mental, and spiritual well-being. Murshidabad Adarsha Mahavidyalaya recognizes the importance of incorporating yoga into the holistic development of its students. This report provides an overview of the one day yoga programme, and competition organized by NSS Unit, Murshidabad Adarsha Mahavidyalaya, which emphasizes the promotion of health and fitness activities among students.

Benefits and Impact:

The session started with some warm-up exercises, Surya namaskar, pranayam, and other yoga. The inclusion of one day yoga class, program, and competition at Murshidabad Adarsha Mahavidyalaya has several positive effects on students. Firstly, regular practice of yoga improves physical fitness, flexibility, and overall well-being. It helps students manage stress, improve concentration, and enhance mental clarity, which ultimately contributes to their academic performance. Secondly, the yoga program and competition create a sense of discipline, teamwork, and healthy competition among students, fostering personal growth and character development. It helps the students to understand the purpose of life and how to survive in the changing environment.

Indra Kumar Mistry

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Conclusion:

NSS Unit, Murshidabad Adarsha Mahavidyalaya's efforts in organizing one day yoga class, programme, and competition, which emphasizes the promotion of health and fitness activities among students. By providing opportunities for students to engage in yoga, the college encourages their holistic development and well-being. The regular yoga classes, comprehensive programme, and annual competition contribute to the physical, mental, and emotional growth of the students, making them well-rounded individuals capable of facing the challenges of life with resilience and inner balance.

IMAGES OF THE PROGRAM



Fig: Delivering a Lecture on Yoga by Resource Person of Yoga



Fig: NSS Volunteers Practices

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