

Murshidabad Adarsha Mahavidyalaya

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www.murshidabadadarshamahavidyalaya.in



Islampur
Murshidabad
Pin- 742304 (W.B.)

Memo No: MAM / /

Date: ___/___/___

Report on World Yoga Day

As per the meeting held on 13/06/23 at the Room no: 27, International World Yoga Day has been celebrated on 21/06/23.

1. **Programme Name:** International World Yoga Day.
2. **Programme Participation:** 27 Active NSS volunteers & Teaching Staff (See the attendance register).
3. **Programme Venue:** Room no-05 & College Campus.
4. **Programme Date:** 21/06/23.
5. **Programme Time:** 12:00 pm.
6. **Programme Officer:** Papia Biswas.
7. **Programme In-charge:** Tarun Samui.
8. **Resource Person:** Md. Yusuf Ali, SACT of Physical Education Dept.(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 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 amend how to survive in the changing environment.

Indra Kumar Mishra

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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 Programme



Fig. Delivering a Lecture on Yoga by Resource Person

Indra Kumar Mistry

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Fig. Faculty practices of Yoga



Fig. NSS Volunteer practices of Yoga

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Fig. NSS Volunteer practices of Yoga



Fig. NSS Volunteer practices of Yoga

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NOTICE

This is to inform notify that a NSS com meeting of NSS committee will be held on 13-06-2023 at 4 pm at Room No-24. I cordially invite all concern member of NSS committee to attend the meeting

Agenda: Framing of World Yoga Day 2023

T. Samui
12.06.23

12.06.2023

12/06/23

Papia Biswas

12-06-2023

Programme Officer

NSS - UNIT - 1

Murshidabad Adarsha Mahavidyalaya
Islampur, Murshidabad

Resolution Taken

Date: 13-06-2023

Venue: Room No-7

Time: 4.00 p.m

Present Members

1. Papia Biswas
2. Tarun Samui
3. Dhonuryoj Moha
4. Bishnu dev Das
- 5.

In this meeting all the signatory members are unanimously resolve that, world yoga day will be celebrate at 21-06-2023 at 12.00 noon at college play ground. Mr. Md. Yusuf Ali will be conduct (Department of Physical Education will be conduct the programme. All NSS volunteers, and college teacher and non-teaching staffs are requested to present on the time

Papia Biswas

13-06-2023

Programme Officer

NSS - UNIT - 1

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To,
The teachers-in-charge,
Murshidabad Adarsha Mahavidyalaya,
Islampur, Murshidabad, WB - 742304

Sub: Seeking approval for organizing Special Camp/Routine programme by the college NSS unit on or from 21/06/23 to.....

Dear sir,

With reference to the NSS committee meeting dated 13/06/23. (Copy of the meeting resolution are attached herewith), we the NSS Unit of your respective college is going to organise World Yoga Daydays special/routine programme/camp for the awareness of the college & adjacent society to build a healthy and high morality of Nation.

We have also framed the tentative programme schedule and budget for the same that has also been attached herewith. Please verify the programme schedule and budget & allow us to organize the said programme.

Your positive concern will be highly acknowledge.

Thank you.

Regards.

Papia Biswas

19/06/23

Officer-in-charge, NSS Unit, MAM.

(B) 19.6.23

*Enclosed documents are:

1. The meeting resolution,
2. Programme Schedule
3. Tentative budget

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On occasion of World Yoga Day

Dated: 21.06.2023

Time: 12.00

Venue: Room No-5

1. Resource Person:

Md. Yusuf Ali

2. Present Member

Papia Biswas

Tarun Samui

3. Present active volunteers:-

Sl.	Name	Mob.	Sig.	Sam
1.	Souvik Sarkar	8001162035	Souvik Sarkar	2nd
2.	Nilu Mondal	9907780124	Nilu Mondal	2nd
2.	Tripti Mondal	6297538859	Tripti Mondal	2nd.
3.	Payel Mandal	7908628789	Payel Mandal	2nd.
4.	Manira Khatun	9083740945	Manira Khatun	2nd
5.	Sayma Khatun	9883956973	Sayma Khatun	2nd
6.	Sourik Mondal	9735324784	Sourik Mondal	2nd
7.	Md. Hasanujjaman Mandal	7029262591	Md. Hasanujjaman Mandal	4th.
8.	Humayun Mondal	8535992057	Humayun Mondal	4th
9.	Mahinur Khatun	8293681700	Mahinur Khatun	2nd
10.	Sougata Roy	8649852150	Sougata Roy	2nd
11.	Suparna Guin	8710034386	Suparna Guin	2nd
12.	Sojeb Akter	7810827245	Sojeb Akter	2nd
13.	Said Anowar Mandal	8348768397	Said Anowar Mandal	2nd
14.	Sadiya Khatun	7864817213	Sadiya Khatun	2nd
15.	Md. Mehedi Hasan	9749555646	Md. Mehedi Hasan	2nd.
16.	Sabbir Hossain	8768464622	Sabbir Hossain	2nd.
17.	Amib Hamja	8293029635	Amib Hamja	2nd.
18.	Masud Rana	8389852464	Masud Rana	6th
19.	Habibul Islam	6297972338	Habibul Islam	5th
20.	Monia Nazrin	7468977040	Monia Nazrin	2nd
21.	Bristi Khatun	8496882108	Bristi Khatun	2nd
22.	Lal @hanif Buleen	9083271690	Lal @hanif Buleen	

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