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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 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.

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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

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Fig. Faculty practices of Yoga



Fig. NSS Volunteer practices of Yoga

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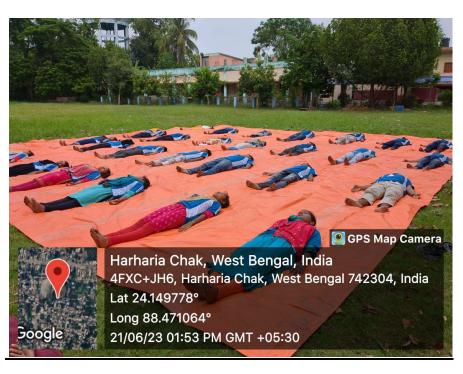


Fig. NSS Volunteer practices of Yoga



Fig. NSS Volunteer practices of Yoga

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Notice
This is to inform notify that a Diss com meeting of NSS committee will be held on 13-06-2023 at 4.pm at Room No-24. 9 Cardially invite all concern member of 1328 committee to attend the meeting Agenda: Framing of World Yoga Day 2023 Papia Biseas 12-06-2023 Programme Officer NSS-UNIT-1 Muschidabad Adarsha Mahavidyalaya
Resolution Taken
Date: 13-06-2023 Venue: Room No-7 Present Members 1. Papla Biswas 2- Tarun Samui 5. 3 Thomany of Moh Do
In this meeting all the signatory members are unanimously presolve that, world yoga day will be cole brate at 21-06-2023 at 12:00 noon at college play goround. Mr. Md. Yusuf Ali will be conduct (Department of Physical Education will be conduct the programme. All NSS valunteers, and college tearher and non-teaching staffs are prequested to present on the Arme
Papia Biswas 13-06-2023 Programme Officer

Indra kuman Mistri

Murshidabad Adarsha Mahavidyalaya Islampur, Mushidabad

> Principal Murshidabad Adarsha Mahavidyalaya P.O.-Islampur, Dist.-Murshidabad West Bengal

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

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 organisedays 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

Officer-in-charge, NSS Unit, MAM.

(B) (3, 6.23

- *Enclosed documents are:
- 1. The meeting resolution,
- 2. Programme Schedule
- 3. Tentative budget

Indra kuman Mistri

Principal Murshidabad Adarsha Mahavidyalaya P.O.-Islampur, Dist.-Murshidabad West Bengal

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