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# GOBINDA PRASAD MAHAVIDYALAYA

P.O.- Amarkanan ♦ Dist- Bankura ♦ Pin-722133 ♦ (W.B.)



## NATIONAL SERVICE SCHEME -UNIT I & II

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Ref. No. ....

Date 14-05-2023

### Notice

The undersigned is pleased to inform you that the NSS Unit I & II of Gobinda Prasad Mahavidyalaya is going to observe Celebration of International Yoga Day in our college. In this connection a programme will be held at 11.30 am to 12.30 pm on 21<sup>st</sup> June, 2023 in the Seminar Hall. All Teaching, Nonteaching staff and students are here by cordially invited to attend the said programme.



Principal

Gobinda Prasad Mahavidyalaya

Amarkanan, Bankura, 722133

Principal

Gobinda Prasad Mahavidyalaya

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Ref. No. ....

Date 21-06-2023

### Report of the Celebration of International Yoga Day 2023

**Name of Activity:** Celebration of International Yoga Day

**Organizing Committee:** NSS Unit I & II of Gobinda Prasad Mahavidyalaya,  
Amarkanen, Bankura, 722133.

**Date:** 21.06.2023

**Duration:** One hours.

**Time:** 11.30 am-12.30pm

**Venue:** College Campus.

**Name of the Faculties:** Prof. Amit Koley, NSS programme officer Unit-I &  
Dr. Sathi Mukherjee, NSS programme officer Unit-II, Mr. Argha Nayak, Dr.  
Chandan Pai, Mr. Sanatan Sahoo.

#### Participants list:

SL.NO.	NAME OF STUDENTS	NSS UNIT (I/II)
1	RANADIP MAJI	NSS UNIT I
2	SUMANTA GHOSH	NSS UNIT I
3	TANIYA CHAKRABARTY	NSS UNIT I
4	SUMAN ROY	NSS UNIT I
5	SUBRATA BAURI	NSS UNIT I
6	CHAITALI BAURI	NSS UNIT I
7	SANGRAM SINHA	NSS UNIT I
8	MANISH HAZRA	NSS UNIT I
9	PAMPA MANDAL	NSS UNIT I
10	PIYALI GHOSH	NSS UNIT I
11	PALLABI SINGHA	NSS UNIT II
12	SUDIPA SAINI	NSS UNIT II
13	BARSHA GARAI	NSS UNIT II
14	ARPITA BANERJEE	NSS UNIT II
15	ANIRUDDHA BAURI	NSS UNIT II
16	RANA PATAR	NSS UNIT II
17	NABIN MALLIK	NSS UNIT II
18	PRIYA DAS	NSS UNIT II
19	ANANDA BHATTACHARYA	NSS UNIT II
20	PRASANTA KUMAR	NSS UNIT II
21	MANAB BAURI	NSS UNIT II



### Description of the activity:


9th International Yoga day was celebrated by the students and the teachers of Gobinda Prasad Mahavidyalaya on 21st June 2023 with great enthusiasm. The function began with a brief introduction of Yoga Day by Dr. Sathi Mukherjee, she explained the importance of Yoga Day in the life of Youngsters. She explained that regular practice of Yoga will help the students achieve better mental and physical health. It helps the students understand how to maintain harmony between body and mind. A group of students performed several asana. They also performed standing and sitting asanas and meditation. The function ended with a vote of thanks by Prof. Amit Koley (NSS, Programme Officer, Unit-I). More than 21 participants from all over attended the programme. The function was organized by all the professors, office staffs and students who put in a lot of effort to make the function a success.

### Outcomes of the Celebration Day of Yoga 2023:

International Yoga Day aims to develop the habit of meditation among youngsters so that they can enjoy more peace of mind and self-awareness, which is essential for a stress-free existence. Yoga helps them to deal with their stress and bring back some peace of mind. Those who regularly practice yoga not only report lower levels of stress and anxiety and subsequently improved academic performance.

### Photograph:



  
Principal

Gobinda Prasad Mahavidyalaya  
Amarkananda, Bankura, 722133