

## **Report on the 11th International Yoga Day Celebration**

**Organized by:** [BERHAMPORE COLLEGE]

**Date:** 21st June 2025

**Venue:** [ Auditorium, NAJRUL M ANCHA]

### **Introduction:**

The 11th **International Yoga Day** was celebrated with great enthusiasm and spirit at Berhampore college on 21st June 2025. In alignment with the global observance initiated by the United Nations in 2015, the event aimed to raise awareness about the benefits of Yoga for physical, mental, and emotional well-being. This year's theme, "Yoga for One Earth, One Health", emphasized the role of Yoga in personal development as well as in fostering collective harmony and health.

### **Objective:**

The primary objective of the program was to promote the practice of Yoga among students, faculty, and staff and to spread awareness about its holistic benefits. The celebration also aimed to instill the value of traditional wellness practices in modern life.

### **Program Schedule:**

The event commenced at 12.30 p.m. with the arrival of participants, followed by the formal **inauguration ceremony**. The program was graced by the presence of the **Teacher-In-Charge, faculty members, guest Yoga instructors, and over 100 students**.

### **Highlights of the Celebration:**

#### **1. Common Yoga Protocol (CYP) Session:**

A guided Yoga session based on the **Common Yoga Protocol**, developed by the Ministry of AYUSH, was conducted under the supervision of a certified Yoga instructor. Participants performed Asanas, Pranayama, and Dhyana with proper techniques.

#### **2. Inaugural Speech:**

The Teacher-In-Charge, (Dr. Santanu Bhaduri) addressed the gathering and emphasized the importance of incorporating Yoga into daily life. The speech highlighted how Yoga enhances concentration, reduces stress, and improves overall lifestyle. Then Prof. Babulal Tudu (TCS) and Prof. Parimal Chandra Paul delivered their speech on 11<sup>th</sup> International Yoga Day.

#### **3. Guest Lecture:**

A special lecture was delivered by **Rupam Saha**, a renowned Yoga expert, who discussed the science behind Yoga, its relevance in contemporary society, and how it contributes to both individual health and social well-being.

#### **4. Interactive Workshop:**

A short workshop was conducted focusing on stress-relief techniques, mindfulness, and simple Yoga postures suitable for students and working professionals.

#### **5. Participation: 83 students and 21 teachers was presented in the Yoga day.**

However, the program witnessed active participation from students across all departments, teaching and non-teaching staff, and members from nearby communities. Special attention was given to inclusivity, ensuring everyone could participate regardless of prior Yoga experience.

**Conclusion:**

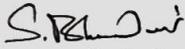
The 11th International Yoga Day celebration at Berhampore College was a resounding success. It served as a powerful reminder of India's rich heritage and the universal relevance of Yoga in today's fast-paced world. The program not only educated participants about the technical aspects of Yoga but also inspired them to embrace it as a way of life.

**Prepared by:**

Yoga Committee

23/06/2025

**Approved by:**

  
Dr. Santanu Bhaduri 23.06.25

Teacher-In-Charge

(Berhampore College)

**Teacher-in-Charge**  
**Berhampore College**  
Berhampore, Murshidabad  
742101



## Berhampore College.

Attendance Sheet of the Students present in the  
 "11th International Yoga Day" held on 21st June, 2025.  
 Place:- "Najrul Mancha". Time:- 12:30 pm.

Sl. No.	Name of the Student	Department	Semester	Signature of the Student
1	Sneha Das	English (Hons)	6th	Sneha Das
2	Majida Khatun	"	"	Majida Khatun
3	Anchal Mishra	Political Science	2nd Sem.	Anchal Mishra
4	Rima Sanyal	"	2nd sem	Rima Sanyal
5	Rinku Karmakar	Political Science	4th Sem.	Rinku Karmakar
6	Mistu Mondal	(Bengali)	4th Sem.	Mistu Mondal
7	Anuska Basu	English	2nd sem	Anuska Basu
8	Kabira Khatun	Program B.A	6th sem	Kabira Khatun
9	Sanyasmeen	Accountancy (B.com)	2nd Sem.	Sanyasmeen
10	Neha Karmakar	Bengali (Hons)	2nd Sem.	Neha Karmakar
11	Sneha Saha	Bengali	2nd Sem.	Sneha Saha
12	Anuska Mukherjee.	Bengali	2nd Sem.	Anuska Mukherjee
13	Mehedi Hasan	HISTORY	4th sem	Mehedi Hasan
14	Sanyas Sultana	Philosophy	4th sem	Sultana
15	Debalina Datta	philosophy	2nd sem	Debalina Datta
16	Somnati Sanyal	Philosophy	2nd sem	Somnati Sanyal
17	Riya Das	Philosophy	2nd Sem.	Riya Das
18	Anisa Mondal	Bengali	2nd sem	Anisa Mondal
19	Monisha Mondal	Bengali	2nd sem	Monisha Mondal
20	Neha Das	B.COM	4th sem	Neha Das

	Ananta Hazra	History	2nd sem	Ananta Hazra
1	Bipasa Hazra	History	2nd sem	Bipasa Hazra
8	Mabina Khatun	History	2nd sem	Mabina Khatun
9	Barsha Mondal	English	2nd sem	Barsha Mondal
30	Dipika Mondal	Bengali	2nd sem	Dipika Mondal
31	Disha Hazra	Bengali	2nd Sem	Disha Hazra
32	Amrita Roy	English	4th Sem	Amrita Roy
33	Kojel Mondal	Bengali	4th Sem	Kojel Mondal
34	Ankita Mondal	Bengali	4th sem	Ankita Mondal
35	Kojel Biswas	Political	4th sem	Kojel Biswas
36	Aoindam Dey	Commerce	4th Sem	Aoindam Dey
37	Sayanika Paul	Commerce	4th Sem	Sayanika Paul
38	Kojel Bhattacharya	English	4th Sem	Kojel Bhattacharya
39	Moumita Pal	English	4th Sem	Moumita Pal
40	Nargina Begum	English	4th Sem	Nargina Begum
41	Kojel Biswas	English	4th Sem	Kojel Biswas
42	Resma Khatun	History	4th sem	Resma Khatun
43	Rishika Hazra	History	4th Sem	Rishika Hazra
44	Ayub Sk	Political	2th sem	Ayub Sk
45	Rikta Ghosh	Bengali	4th sem	Rikta Ghosh
46	Susmita Sankar	Bengali	4th Sem	Susmita Sankar
47	Kojel Pradhan	Bengali	4th Sem	Kojel Pradhan
48	Bhumerup Paul	Accounting	2nd sem	Bhumerup Paul
49	Lisha Mondal	B. Com	2nd sem	Lisha Mondal
50	Sambit Sankar	B. Com	2nd Sem	Sambit Sankar
51	Soham Akter	B. Com	2nd Sem	Soham Akter
52	Nami Alam	B. POCI	6. Sem	Nami Alam
53	Ricea Parvin	B. POCI	6. Sem	Ricea Parvin
54	Sabina Sultana	B. POCI	6 Sem	Sabina Sultana
55	Nojita Khatun	B POCI	6 sem	Nojita Khatun
56				
57				

S.No.	Name of the Student	Department	Semester	Signature of the Student
58	Md Mustak Ahammed	Political Science	2nd sem	Md Mustak Ahammed
59	Jasmin Khatun	Bangla	4th sem	Rejwanul Hoque
60	Khairunnesa	History	4th sem	Md. Samsul Alam
61	Mehnaz Nasrin	History	4th sem	Boduzzaman
62	Mohima Khatun	Geography	2th sem	Mohima Khatun
63	Maksura Khatun	Mathematics	2th sem	Maksura Khatun
64	Sabna Parvin	Geography	2th sem	Sabna Parvin
65	Bhaskar Saha	Bengal	2th sem	Bhaskar Saha
66	Arijan Debn	Philosophy	2th sem	Arijan
67	Nigamashikha Das	Geography	4th sem	Nigamashikha Das
68	Neha Saha	Political	2nd sem	Neha Saha
69	Saehi Das	B.A General	6th sem	Saehi Das
70	Debarati Sarkar	B.A General	6th sem	Debarati Sarkar
71	Jayesta Ghosh	POL SC	2nd	Jayesta Ghosh
72	Anish Choudhury	B.Com	4th	Anish Choudhury
73	Quint Chatterjee	B.Com (H)	4th	Quint Chatterjee
74	Doovik Sarkar	B.Com	4th	Doovik Sarkar
75	Angshuman Dawn	B.Com	4th	Angshuman Dawn
76	Hareet Umar	BSC	6th	Hareet Umar
77	Md Samim Sa	B.A	4th	Md Samim Sa
78	Kojel Khan	B.A	4th	Kojel Khan
79	Sujan Mandal	B.A	2th	Sujan Mandal
80	Bikram Mandal	B.A	2th	Bikram Mandal
81	Kubir Akash	B.A	2nd	Kubir Akash
82	Deep Misra	B.A	4th sem	Deep Misra
83	Suman Halder	B.A	4th sem	Suman Halder

Attendance Sheet of the Teacher present in the  
 11th International Yoga Day held on 21st June, 2025  
 Place: - Najrul Mancha, Time: - 12:30 Pm.

Sl. NO.	Name of the Teacher	Signature of the Teacher
1.	<del>Seeranda Mondal</del>	
1.	Seeranda Mondal	S. Mondal
2.	Agnasoo Pal	Pal
3.	Sarekula Basu	Ba
4.	Ramanand Deo	Deo
5.	Amalendu Mondal	Amalendu. 21.06.25
6.	Nirjhar Mukherjee	Nirjhar Muly 21/6/25
7.	Parimal Ch. Paul	P. C. Paul
8.	Babulal Tudu	B. Tudu 21.06.25
9.	SUMNATH CHODHURY	Sumnath 21/6/25
10.	Sarifuddin	Sarifuddin 21/6/25
11.	Drupankam Karmakar, Mathuranga College	D. Karmakar 21/6/25
12.	Ariful Islam	A. Islam 21/06/25
13.	Choromjit Deo	Choromjit 21.6.25
14.	Shashi Preya Kama	S. Preya 21st June 25
15.	Maumita Ghosh	M. Ghosh 21/6/25
16.	Satyabrata Ganguly	S. Ganguly 21.6.25
17.	Rahul Mondal	R. Mondal 21.6.25
18.	Bidhyut Mondal	B. Mondal 21.6.25
19.	Chayan Mondal	C. Mondal 21.06.25
20.	Bikash Khutun	B. Khutun 21.06.25
21.	Gaulam Roy	G. Roy 21/6/25

	Majidha Khatun			Majidha Khatun
3	Anchal Mishra	Political Science	2nd Sem	Anchal Mishra
4	Rima Sanyal	"	2nd sem	Rima Sanyal
5	Rinku Karmakar	Political Science	4th Sem	Rinku Karmakar
6	Mistu Nandi	(Bengali)	4th Sem	Mistu Nandi
7	Anuska Basu	English	2nd sem	Anuska Basu
8	Kabira Khatun	Program B.A	6th sem	Kabira Khatun
9	Sanayasmee	Accountancy (B.com)	2nd Sem	Sanayasmee
10	Neha Karmakar	Bengali (Hons)	2nd Sem	Neha Karmakar
11	Sneha Saha	Bengali	2nd Sem	Sneha Saha
12	Anuska Mukherjee	Bengali	2nd Sem	Anuska Mukherjee
13	Mehedi Hasan	HISTORY	4th sem	Mehedi Hasan
14	Samia Sultana	Philosophy	4th sem	Sultana
15	Debalina Datta	philosophy	2nd sem	Debalina Datta
16	Samapti Sanyal	philosophy	2nd sem	Samapti Sanyal
17	Riya Das	Philosophy	2nd Sem	Riya Das
18	Anisa Mondal	Bengali	2nd sem	Anisa Mondal
19	Monisha Mondal	Bengali	2nd sem	Monisha Mondal
20	Neha Das	B.COM	4th sem	Neha Das
21	Sayoni Chatterjee	B.COM	4th sem	Sayoni Chatterjee
22	Ritika Trivedy	B.com	4th Sem	Ritika Trivedy
23	Moazli Mandal	History	2nd Sem	Moazli Mandal
24	Suparna Mondal	History	2nd Sem	Suparna Mondal
25	Sathi Hazra	History	2nd sem	Sathi Hazra