



BERHAMPORE COLLEGE

ESTD. : 1963

NAAC Accredited College

20, C.R. Das Road ● Berhampore ● Murshidabad ● W.B. ● PIN - 742101

No. B.C / / 20

Dated, Berhampore, the 20

REPORT ON YOGA DEMONSTRATION AT BERHAMPORE COLLEGE

Date: 19 June 2026

Time: 8:30 A.M.

Venue: Berhampore College, Murshidabad

No. of Participants :22

Aims

1. To promote awareness about the importance of yoga in daily life.
2. To encourage a healthy and balanced lifestyle among students and staff.
3. To develop physical fitness, mental concentration, and emotional well-being.
4. To foster a culture of holistic health and wellness within the college community.

Objectives

1. To familiarize participants with basic yoga postures and breathing techniques.
2. To educate students about the benefits of regular yoga practice.
3. To reduce stress and improve mental health through yoga.
4. To motivate participants to incorporate yoga into their daily routine.
5. To celebrate International Yoga Day and spread the message of health and harmony.

Outcomes

1. Participants gained practical knowledge of various yoga asanas and pranayama techniques.
2. Increased awareness regarding the role of yoga in maintaining physical and mental health.
3. Enhanced enthusiasm among students and staff for regular yoga practice.

4. Improved understanding of stress management and healthy lifestyle habits.
5. Strengthened the spirit of discipline, self-awareness, and community participation.

Discussion:

A Yoga Presentation Programme was organized at Berhampore College on 19 June 2026 at 8:30 a.m. in observance of International Yoga Day. The programme was conducted in accordance with the notice issued by the Murshidabad District Administration and the instructions circulated by the college authorities.

The event commenced with a brief inaugural session highlighting the importance of yoga in maintaining physical fitness, mental well-being, and emotional balance. Principal, Teachers, students, NSS volunteers, and non-teaching staff actively participated in the programme.

Trained instructors, Dr. Naibedeya Prasun Pal and Biswajit Mondal (Librarian) demonstrated various yoga postures (asanas), breathing exercises (pranayama), and meditation techniques. Participants performed the yoga practices with enthusiasm and discipline. The instructors explained the health benefits of regular yoga practice and encouraged everyone to adopt yoga as a part of their daily routine.

The Principal of Berhampore College addressed the gathering and emphasized the significance of yoga in promoting a healthy lifestyle among students. The programme reflected the theme of International Yoga Day 2026, "Yoga for Healthy Ageing," and created awareness about the role of yoga in achieving physical and mental wellness.

The event concluded with a vote of thanks to the organizers, instructors, and participants for their active cooperation and support. The programme was a grand success and contributed to spreading the message of health, harmony, and holistic development through yoga.



IQAC

17.7.26

IQAC

Berhampore College

Principal

17.7.26

Principal
 Berhampore College
 Berhampore, Murshidabad
 742001