



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 PROGRAMME

Date: 21 June 2026

Time: 6:30 A.M.

Venue: Berhampore College and Barrack Square, Berhampore

Occasion: International Yoga Day 2026

No. of participants: 25

Aims

1. To promote awareness of the importance of yoga for a healthy and balanced lifestyle.
2. To encourage regular practice of yoga among students and the community.
3. To foster physical fitness, mental wellness, and emotional stability.
4. To celebrate International Yoga Day through collective participation and public engagement.
5. To strengthen community awareness regarding holistic health and well-being.

Objectives

1. To demonstrate various yoga postures (asanas) and breathing exercises (pranayama).
2. To educate participants about the preventive and therapeutic benefits of yoga.
3. To encourage healthy habits and stress-management practices among students and citizens.
4. To create opportunities for collective participation in wellness-oriented activities.
5. To extend the message of “Yoga for Self and Society” through simultaneous demonstrations at multiple venues.
6. To develop discipline, concentration, and self-awareness among participants.

Outcomes

1. A large number of students and community members actively participated in the yoga sessions at both Berhampore College and Barrack Square.
2. Participants gained practical knowledge of yoga techniques and their health benefits.
3. Increased awareness was created regarding the role of yoga in maintaining physical fitness and mental health.
4. The programme motivated participants to adopt yoga as a regular part of their daily routine.
5. The simultaneous demonstrations enhanced community outreach and promoted collective responsibility towards health and wellness.
6. The event fostered a sense of unity, discipline, and social harmony among participants.
7. Positive feedback from attendees reflected a growing interest in yoga and healthy living practices.

Discussion:

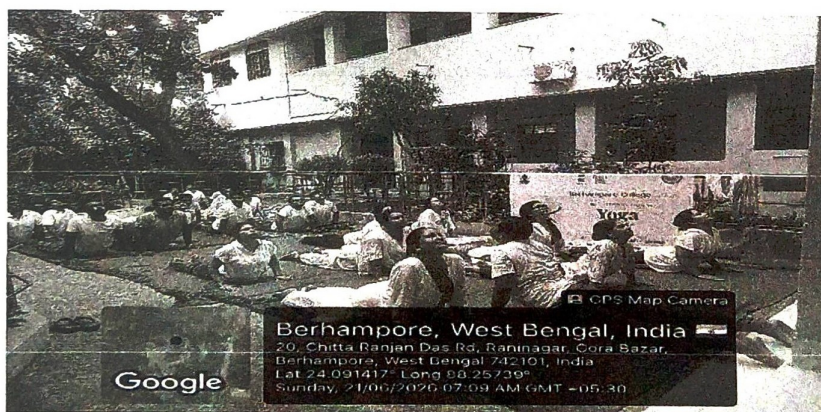
A Yoga Demonstration Programme was successfully organized on 21 June 2026 at 6:30 a.m. simultaneously at Berhampore College and Barrack Square in observance of International Yoga Day. The programme was conducted in accordance with the notice and guidelines issued by the Murshidabad District Administration.

The event witnessed enthusiastic participation from students, teachers, government officials, NSS volunteers, and members of the local community. The programme aimed to promote awareness about the importance of yoga in maintaining physical health, mental well-being, and a balanced lifestyle.

The session began with a brief introduction highlighting the significance of International Yoga Day and the benefits of regular yoga practice. Qualified yoga instructors then demonstrated various yoga postures (asanas), breathing exercises (pranayama), and meditation techniques. Participants actively followed the demonstrations and performed the exercises with great interest and discipline.

At both venues, the atmosphere was vibrant and inspiring as people from different age groups came together to celebrate the spirit of yoga. The instructors emphasized the role of yoga in reducing stress, improving concentration, enhancing flexibility, and fostering overall wellness.

The programme concluded with a message encouraging everyone to incorporate yoga into their daily lives. The event was highly successful in spreading awareness about the value of yoga



17/7/26
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