



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

Prior selection for participation in the Yoga Day performance at Red Road, Kolkata.

A Report :

No. of participants: 02

Date: 7 th July

Venue: Sports Authority of India (SAI)

Aims:

1. To create awareness about the benefits of yoga among citizens.
2. To encourage the adoption of yoga as a healthy lifestyle practice.
3. To promote physical fitness, mental wellness, and stress management.
4. To strengthen community participation and social harmony through collective yoga practice.

Objectives:

1. To organize a mass yoga demonstration involving participants from diverse backgrounds.
2. To educate people about various yoga postures and breathing techniques.
3. To highlight the role of yoga in preventing lifestyle-related diseases.
4. To inspire regular practice of yoga for overall health and well-being.
5. To support the national and global movement promoting yoga as a holistic health practice.

Outcomes:

1. Increased public awareness regarding the physical and mental health benefits of yoga.
2. Enhanced community participation and enthusiasm for wellness activities.
3. Encouragement of regular yoga practice among participants.

4. Improved understanding of stress management and healthy lifestyle habits.
5. Strengthened the message of unity, discipline, and holistic health among citizens.

Discussion:

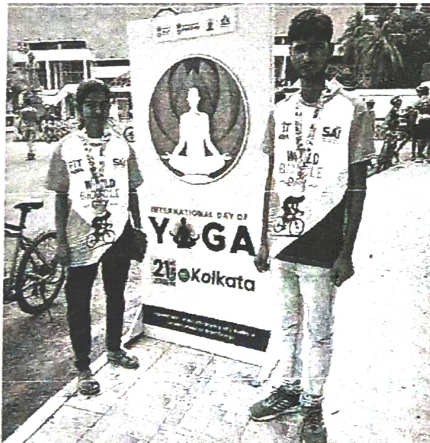
On 21 June 2026, the International Day of Yoga was celebrated with great enthusiasm at Red Road, Kolkata. The event was organized on a grand scale and was graced by the presence of the Hon'ble Prime Minister of India, Shri Narendra Modi.

Prior to the main event, a screening and selection process was conducted to identify deserving students who would participate in the mass yoga demonstration before the Prime Minister. Among the selected participants were Ms. Ritwika Kar and Mr. Rahul Mandal, who successfully qualified through the screening test and earned the opportunity to represent their institution (Berhampore College) at this prestigious event.

Both students demonstrated dedication, discipline, and proficiency in various yoga practices during the selection process. Their participation brought pride and recognition to the institution.

On the day of the event, the selected students joined thousands of participants at Red Road and performed various yoga asanas under the guidance of trained instructors. The program highlighted the importance of yoga in promoting physical fitness, mental well-being, and a healthy lifestyle.

The successful participation of Ms. Ritwika Kar and Mr. Rahul Mondal in the International Day of Yoga celebration remains a matter of great pride and serves as an inspiration for other students to embrace yoga and healthy living.



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17.7.26

Berhampore College

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Principal

Berhampore College

Berhampore, Murshidabad

Berhampore College