



NIKHIL BANGA SIKSHAN MAHAVIDYALAYA

(Govt. Aided B. Ed. & B. P. Ed. College)

NCTE Recognized : NAAC Accredited: BSAEU Affiliated

P.O. Bishnupur : Dist- Bankura, PIN-722122

Phone – 9434202242 : Website - nbsmahavidyalaya.org

Date –27.06.2023

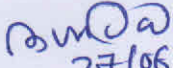
Report on Celebration of International Yoga Day on 21.06.23

Introduction:

India is the country where yoga first emerged as a physical, mental, and spiritual discipline. The Sanskrit word "yoga," which means "to join or to unite," represents the fusion of the physical body and the mental consciousness. Yoga is a physical, mental, and spiritual discipline. To enhance general health, it makes use of physical postures, breathing techniques, and meditation. Many years ago, the spiritual discipline of yoga was first formed. Most Westerners who practice yoga now do it to unwind or to combat stress.

Yoga is a priceless gift from our ancient culture, according to Prime Minister **Narendra Modi**, who first presented the idea in his address at the beginning of the 69th session of the General Assembly on **December 11, 2014**. Yoga is a holistic method that is beneficial to our health and well-being since it embodies the harmony of mind and body, thinking and action. Yoga is a way to find your sense of oneness with the world, the natural world, and yourself. It's not only about exercising. 175 member states agreed to the plan. Following that, on December 11, 2014, the UN proclaimed June 21 to be International Yoga Day. Yoga Day raises awareness of the value of yoga and its psychological benefits.

The NSS unit of Nikhil Banga Sikshan Mahavidyalaya organized the celebration of International Yoga Day. All of the B.P.Ed. Professors and students participated in the celebration of this momentous day. A total of roughly 80 B.P.Ed. Students from the first and second years participated in the course while taking the necessary safeguards and procedures. The programme began with the **Suriya Namaskar**, which was led by second-year students **Ramij Mallick**, **Apurba Kumar Khan**, and **Saimum Reja Mallick** (a specialist in yoga and gymnastics). Each student received individualized yoga instruction while participating in class. Suryanamaskaram was performed at the beginning of the programme, which was then followed by birkshasana, also known as the tree pose, Tikon asana, paschimatasana, sarbangasana, Ustrasana, bhujangasana, salvasana, dhanurasana, and ardhakurmasana


27/06/23
Principal
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All Faculties, Staff and students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga and also exhibited yoga postures and promised to introduce this activity in their daily lives. The celebrations ended with a huge success under the supervision of the respected B.P.Ed teachers **Dr. Susanta Jana , Dr.Sumanta Sarkar** and NSS Co-Ordinator **Mr. Sanjay Bhunia**.

PRINCIPAL

Susanta
27/06/23

Principal
Nikhil Banga Sikshan Mahavidyalaya
Bishnupur, Bankura

