

Documentation for International Yoga Day Held on 21st June 2021



Raniganj Girls' College

celebrates

International Yoga Day

On 21st June 2021, Monday

at 8.00 am (IST)



Organized by

***Department of Physical Education,
Raniganj Girls' College***

In Collaboration with

IQAC, Raniganj Girls' College

Google Meet Link: <https://meet.google.com/vvq-zurw-nof>

Chief Patron

Dr Chhabi De

Principal, Raniganj Girls' College

Convenor

Dr Anita Mishra

IQAC Coordinator, Raniganj Girls' College

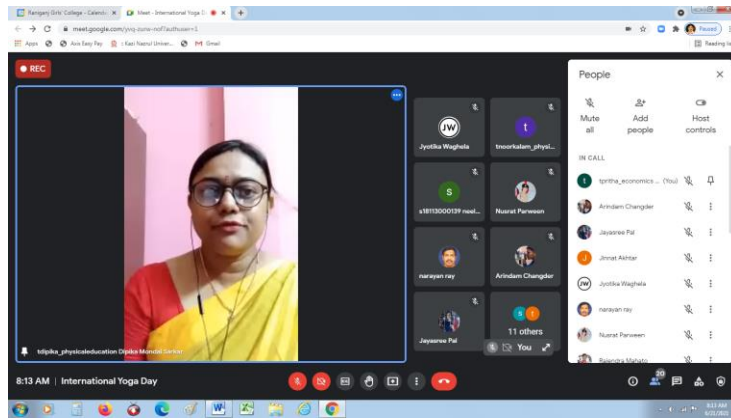
Organizers

*Ms Dipika Mandal Sarkar
SACT, Department of Physical Education
Raniganj Girls' College*

*Mr Noorkalam Sekh
SACT, Department of Physical Education
Raniganj Girls' College*

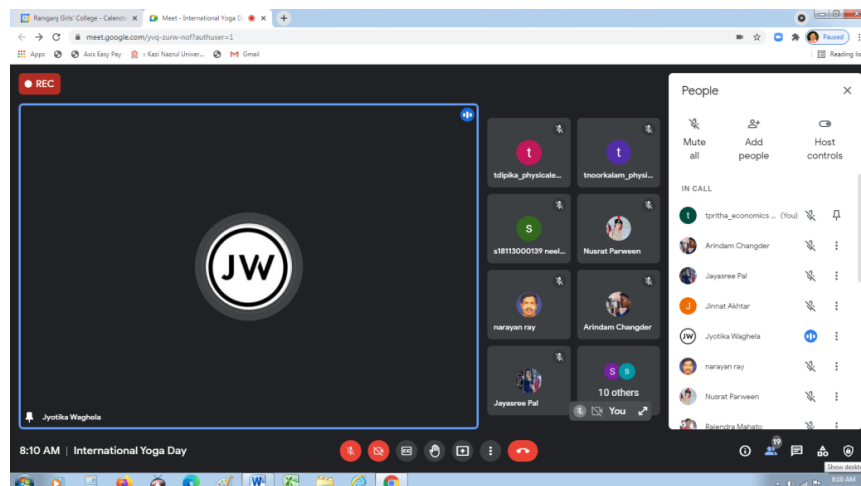
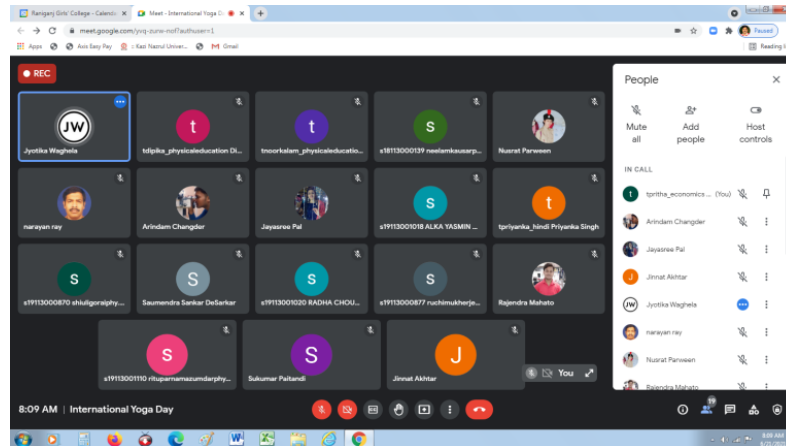
Programme Schedule for International Yoga Day

- Programme is commenced by Ms Dipika Mandal Sarkar, SACT, Department of Physical Education
- Inaugural Speech by Ms Jyotika Waghela, Associate Professor, Department of History, Raniganj Girls' College
- Presentation on Yoga by Mr Noor Kalam Sekh, SACT, Department of Physical Education
- Yoga Mantra
- Warm up session
- Thought for the Day
- Yoga Activities
- Cooling Down
- Benefits of Yoga
- Vote of Thanks by Ms Dipika Mandal Sarkar, SACT, Department of Physical Education, Raniganj Girls' College



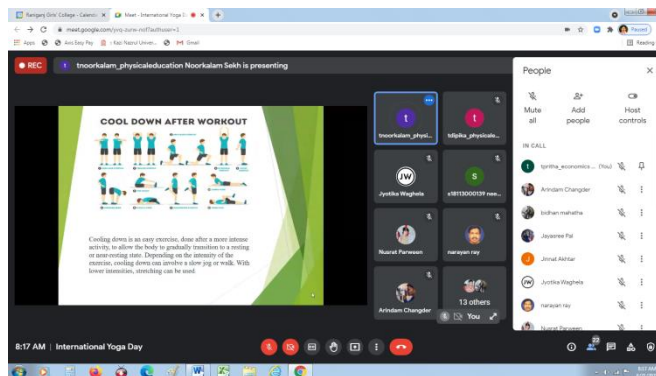
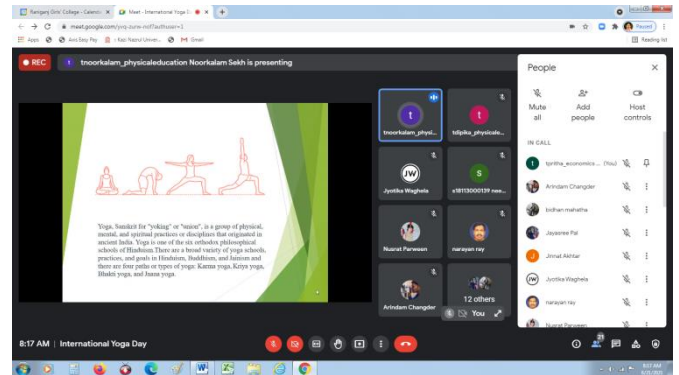
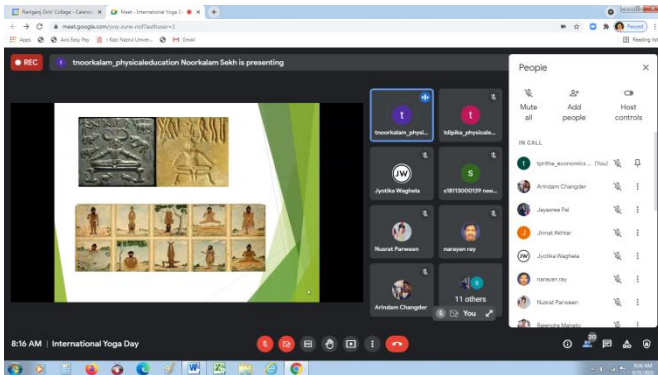
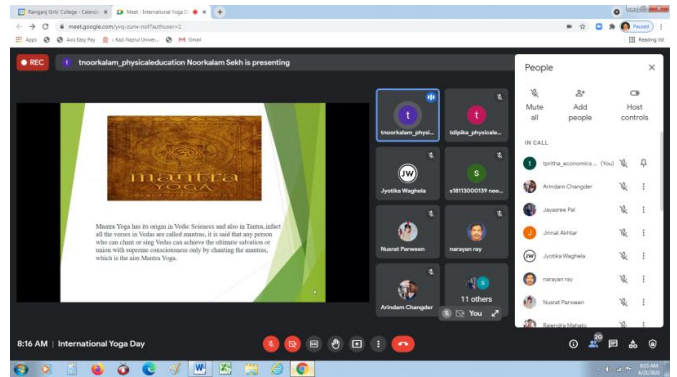
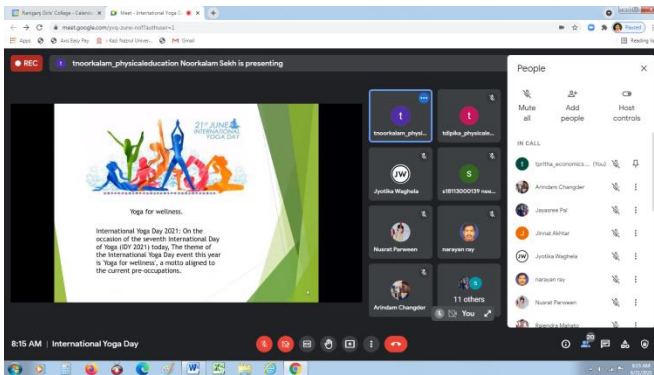
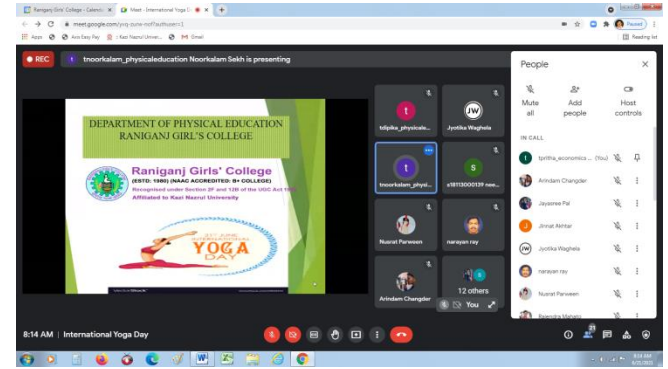
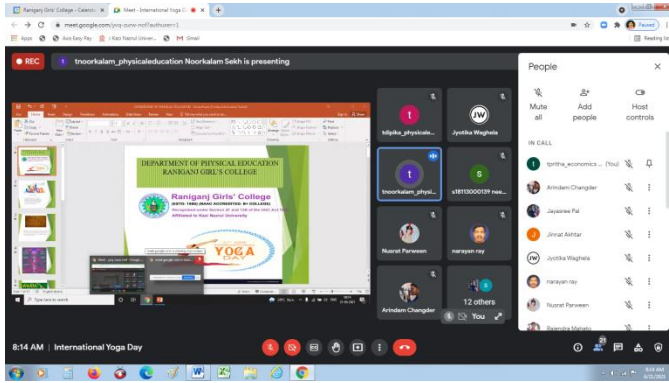
Commencement of the Programme by Ms Dipika Mandal Sarkar, SACT, Department of Physical Education, Raniganj Girls' College

INAUGURAL SPEECH

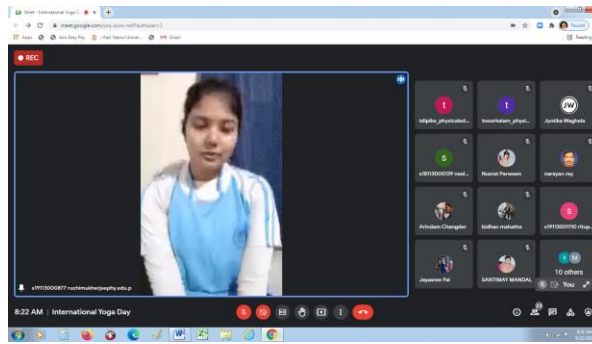


Inaugural Speech by Ms Jyotika Waghela, Associate Professor, Department of History, Raniganj Girls' College

POWER POINT PRESENTATION ON “YOGA”

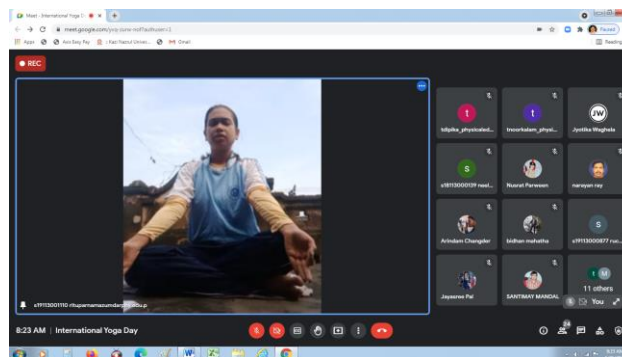


Power Point Presentation on Yoga by Mr Noor Kalam Sekh, SACT, Department of Physical Education



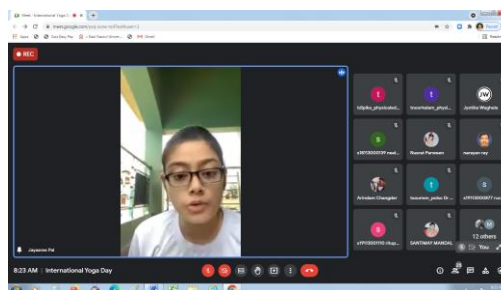
Handing over the microphone to Ruchi Mukherjee, Student, Department of Physical Education for anchoring

YOGA MANTRA

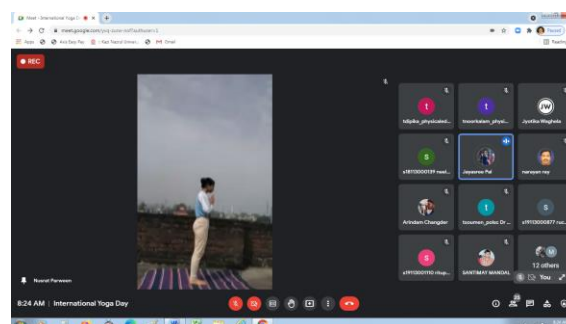


Yoga Mantra by Rituparna Mazumdar, Student, Department of Physical Education

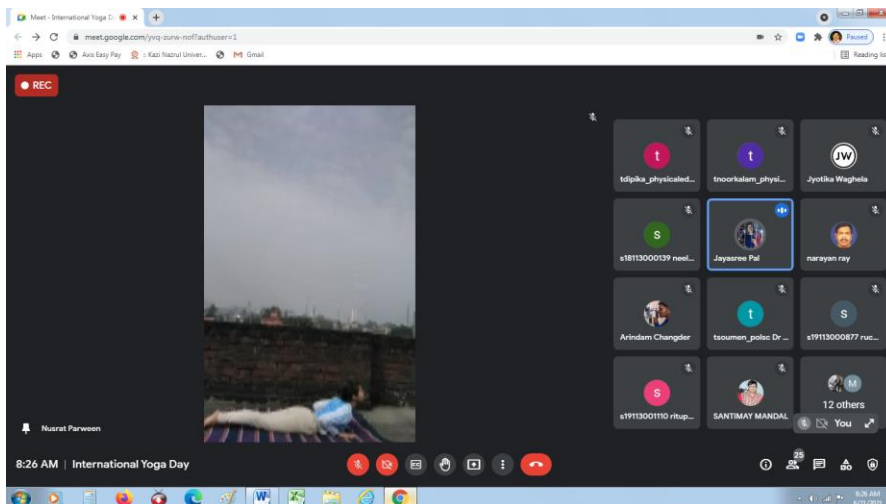
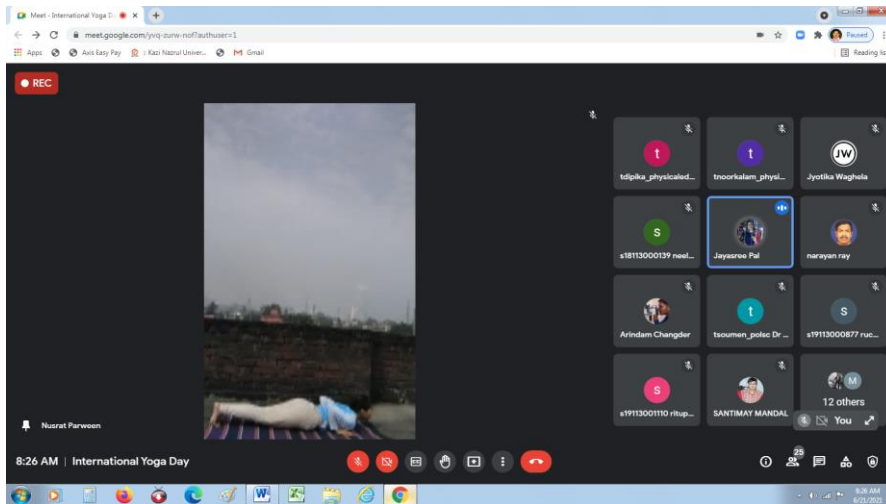
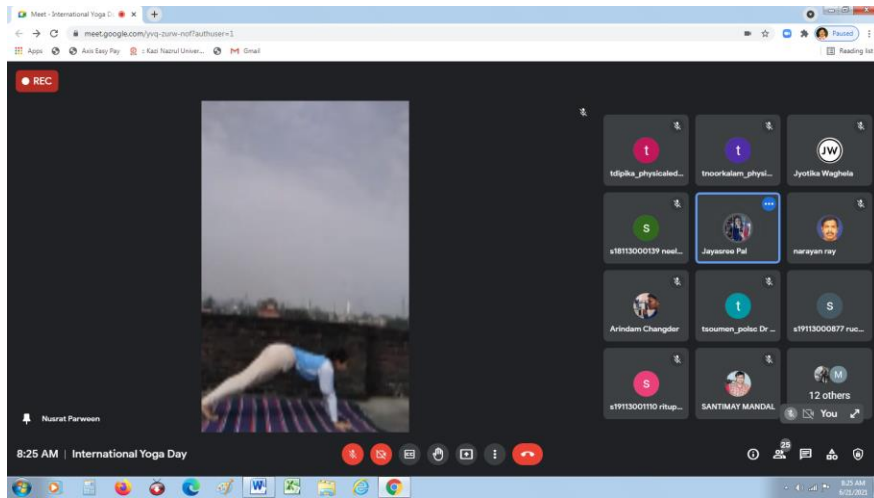
WARMING UP



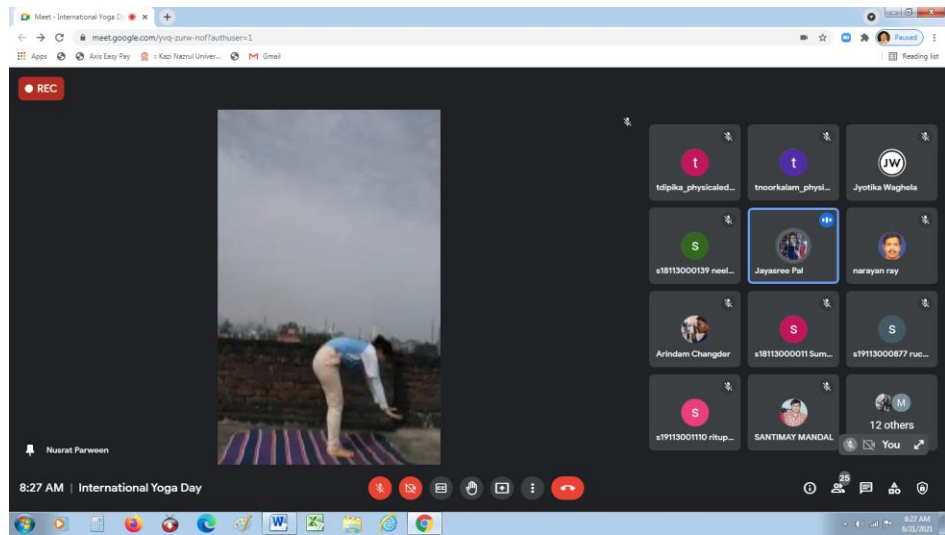
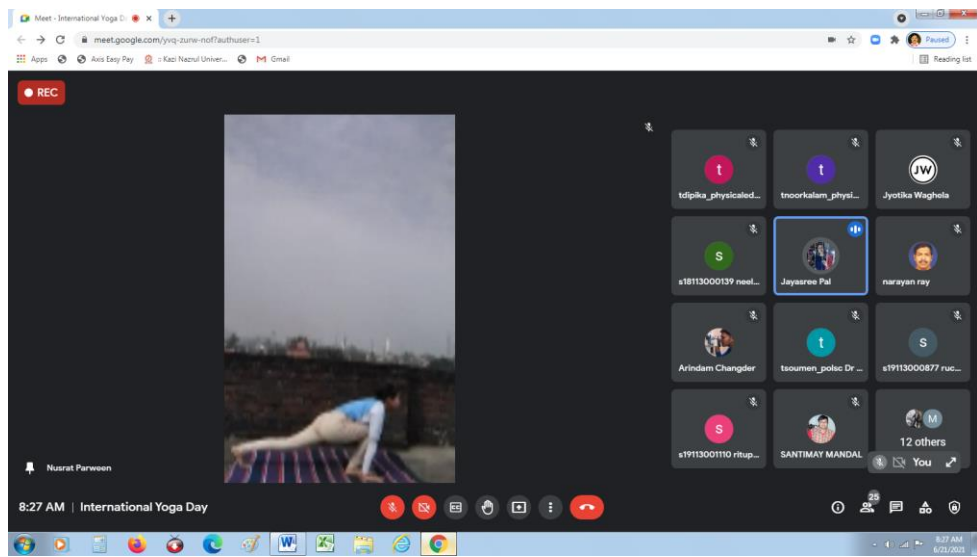
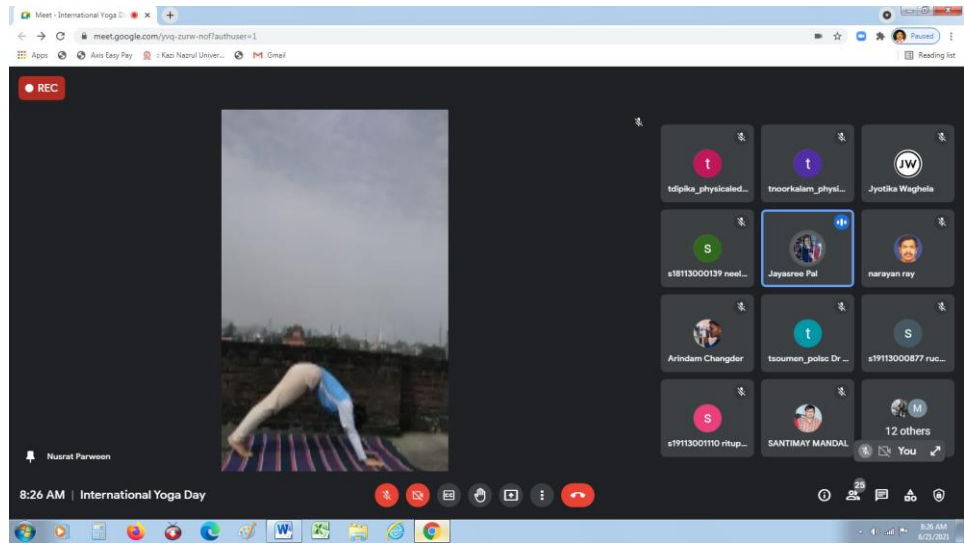
Narration with Warming Up by Jayasree Pal, Student, Department of Physical Education



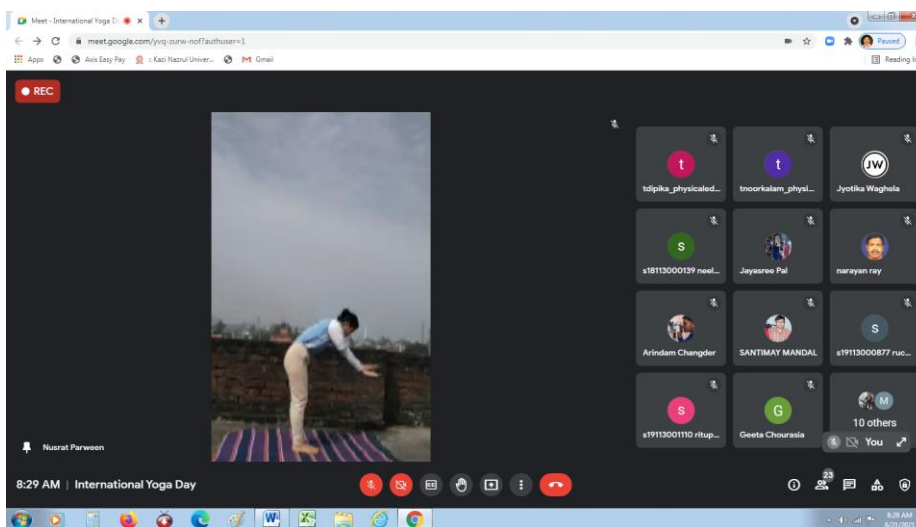
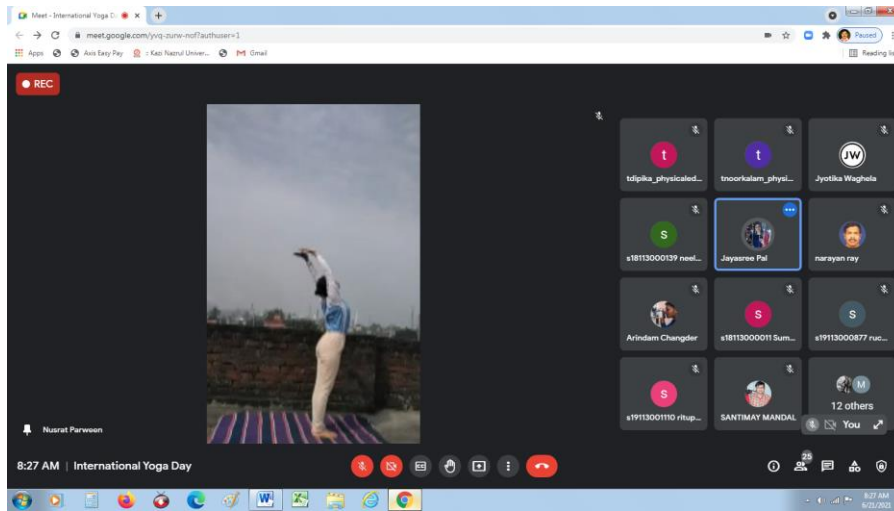
Surya Namaskar by Nusrat Parveen, Student, Department of Physical Education



Performance by Nusrat Parween, Student, Department of Physical Education

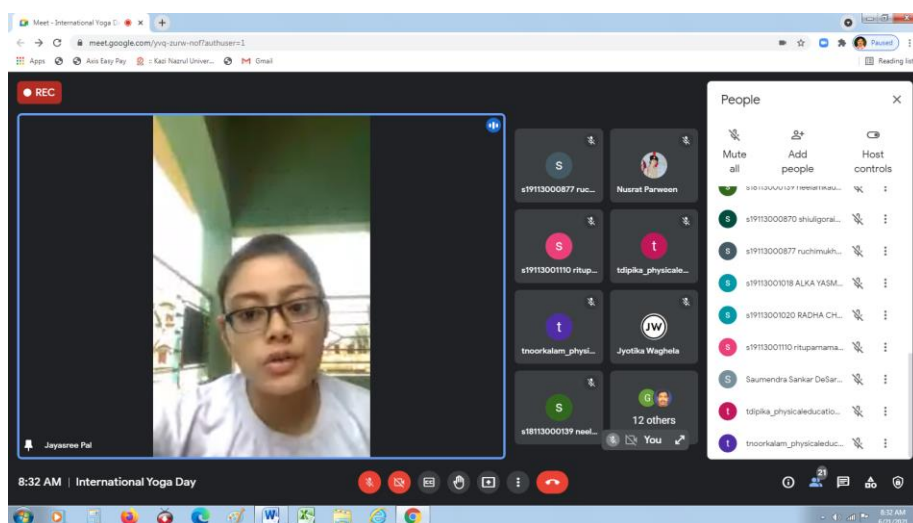


Performance by Nusrat Parween, Student, Department of Physical Education



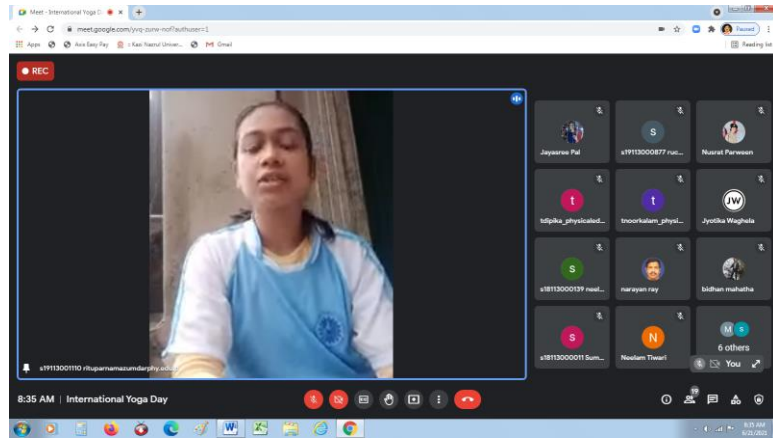
Performance of asanas by Nusrat Parween, Student, Department of Physical Education

THOUGHT FOR THE DAY

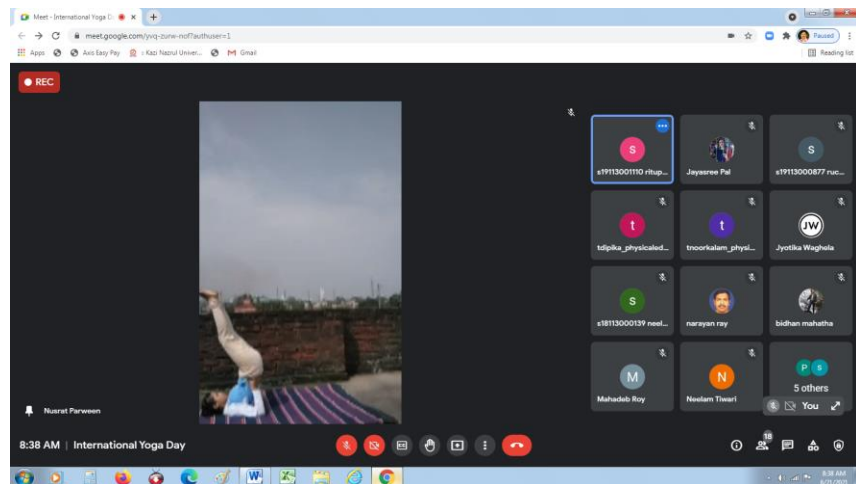
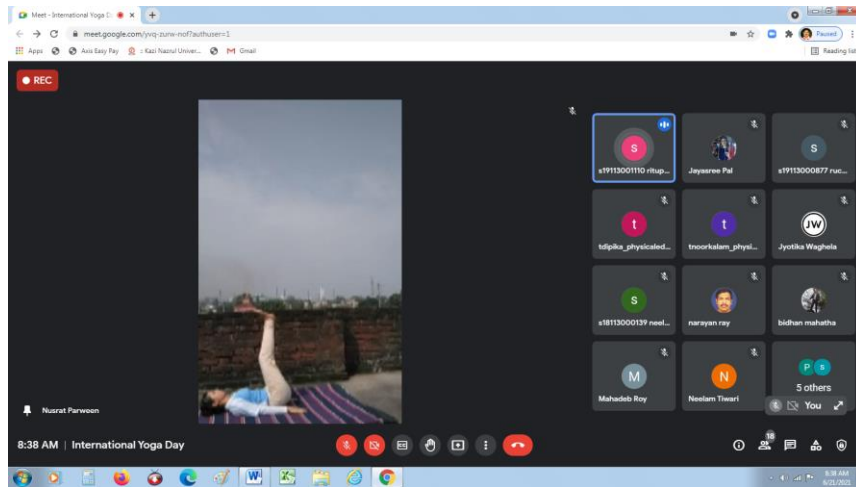


Thought for the Day read out by Jayasree Pal, Student, Department of Physical Education

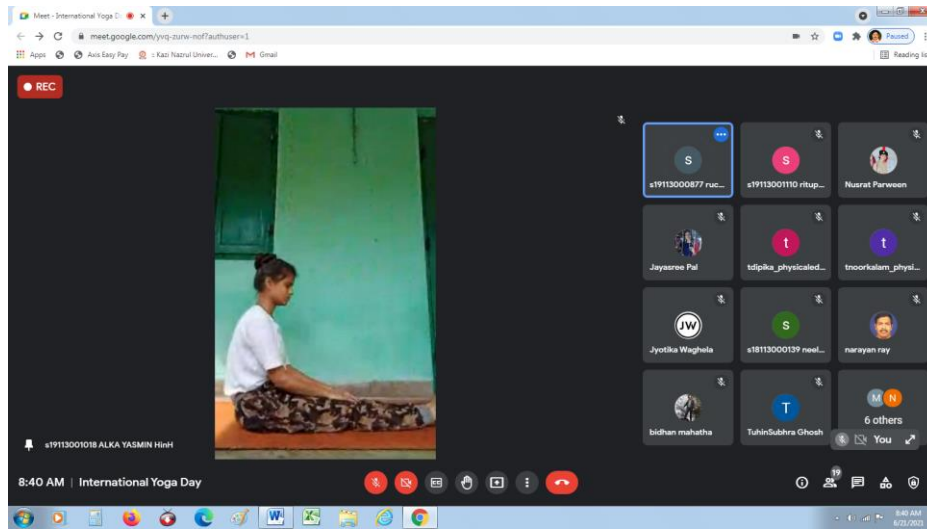
YOGA ACTIVITIES



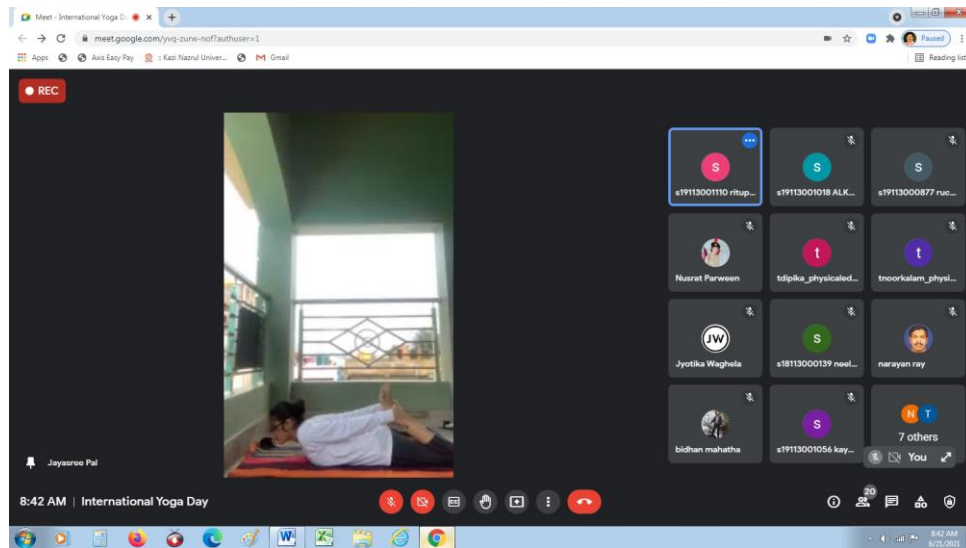
Narration on Yoga Steps with Yoga Activities by Rituparna Mazumdar, Student, Department of Physical Education



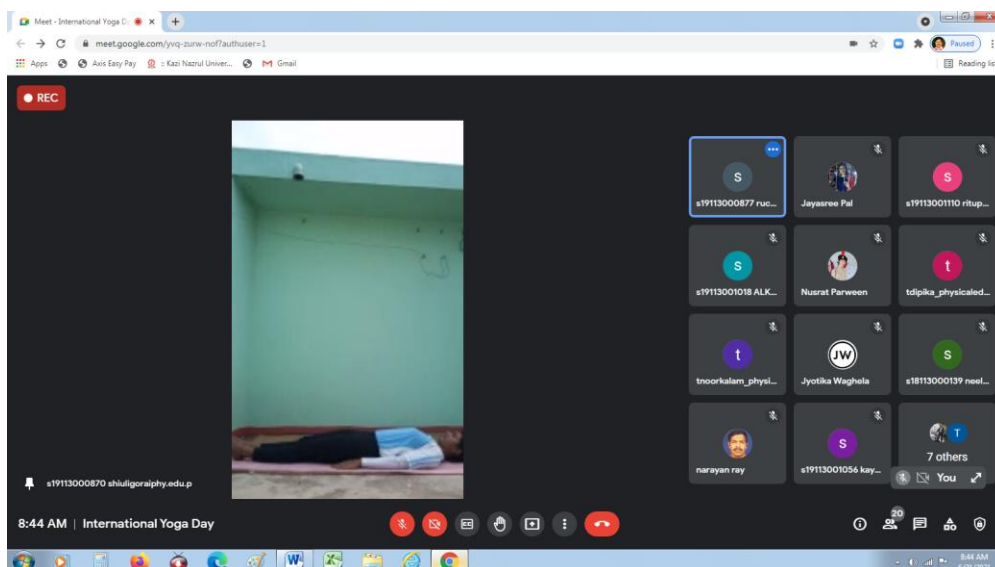
Performance of asana by Nusrat Parveen, Student, Department of Physical Education

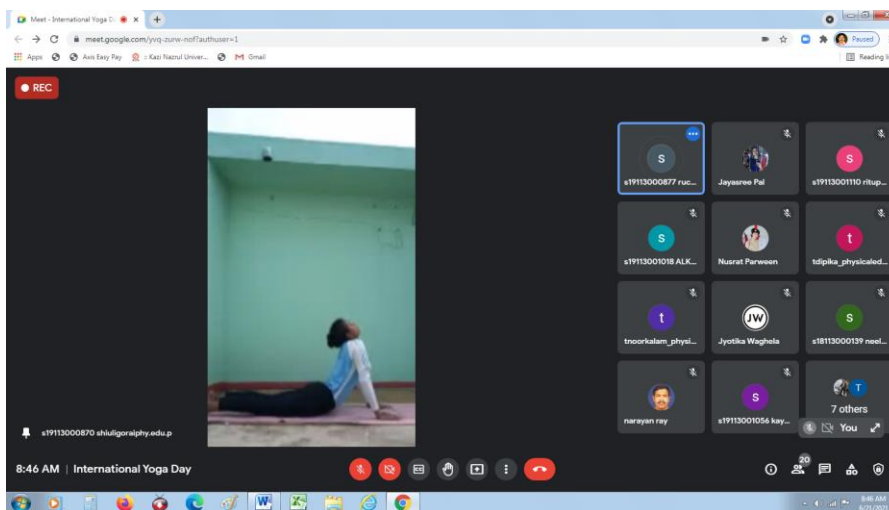
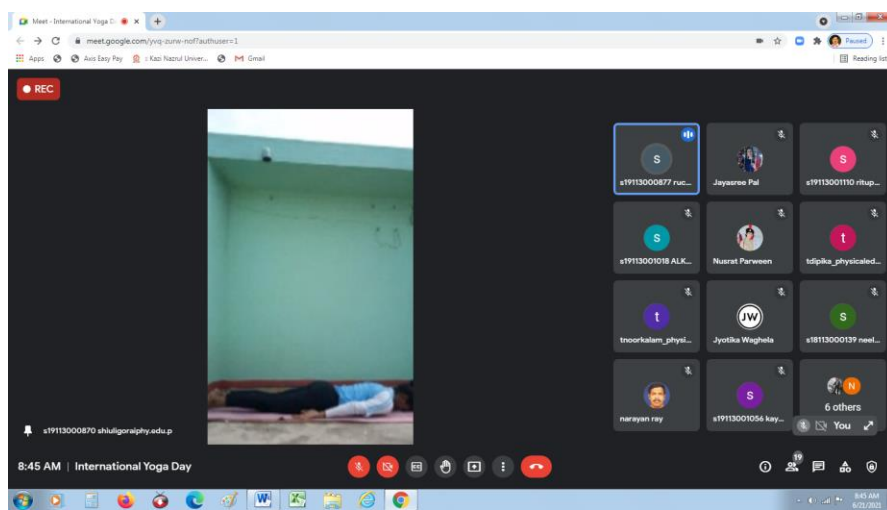
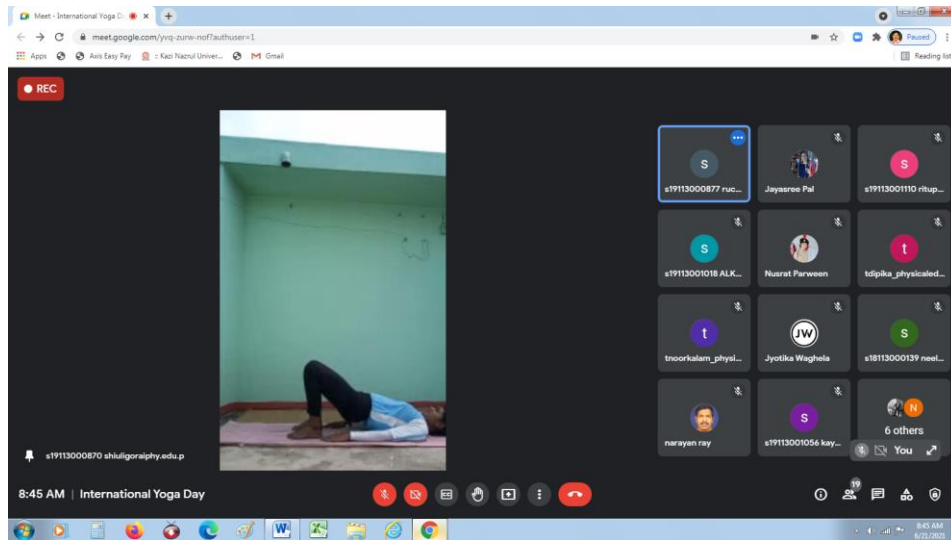


Performance of yoga activity by Alka Yasmin, student, Department of Hindi

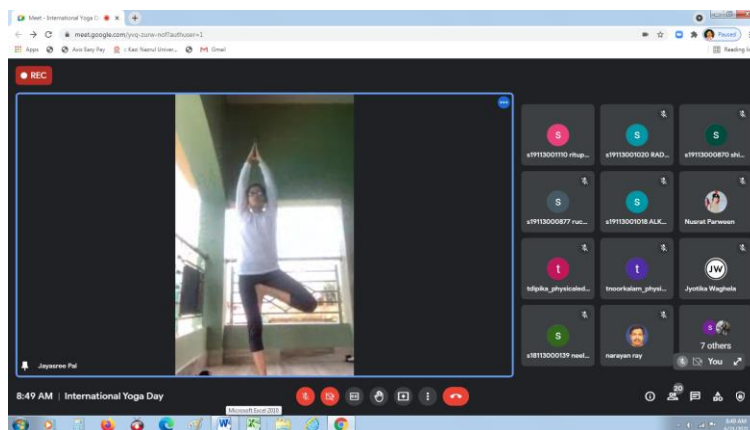
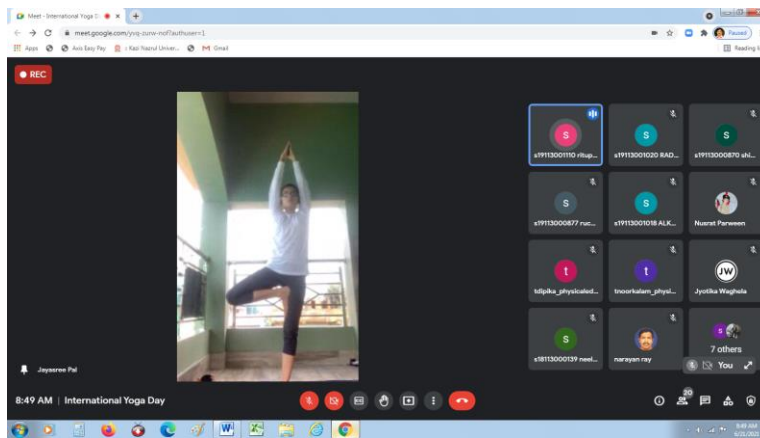
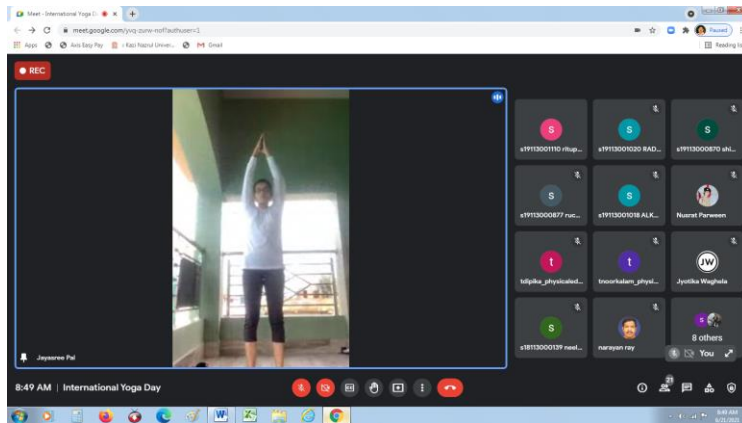
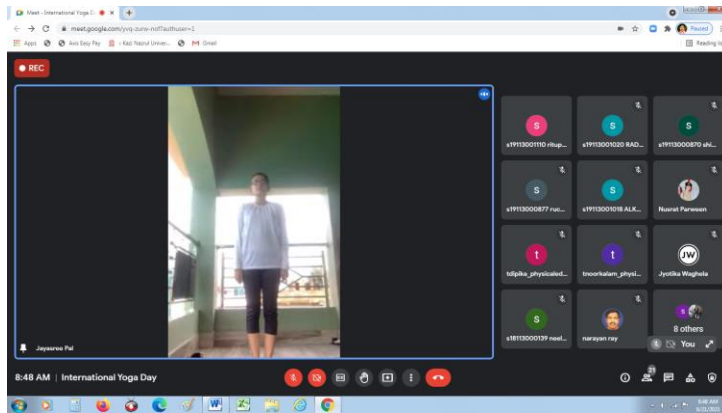


Performance of asana by Jayasree Pal, Student, Department of Physical Education

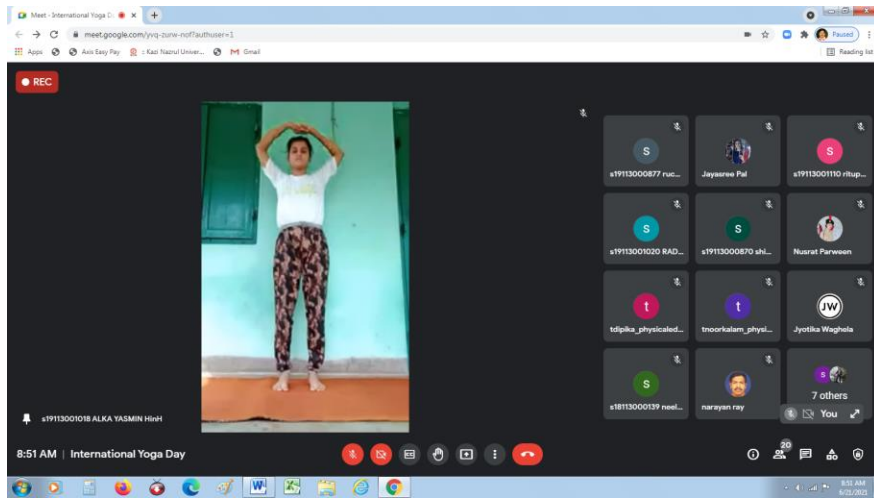
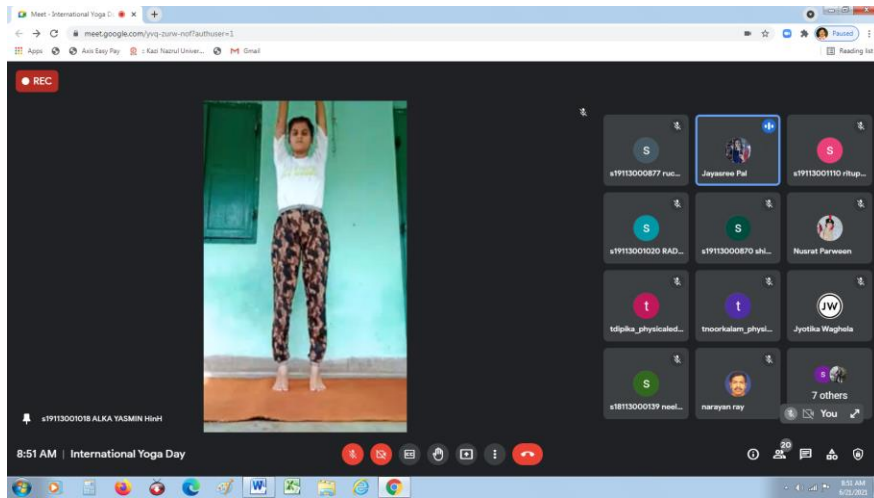




Performance of Yoga Activity by Shiuli Gorai, Student, Department of Physical Education

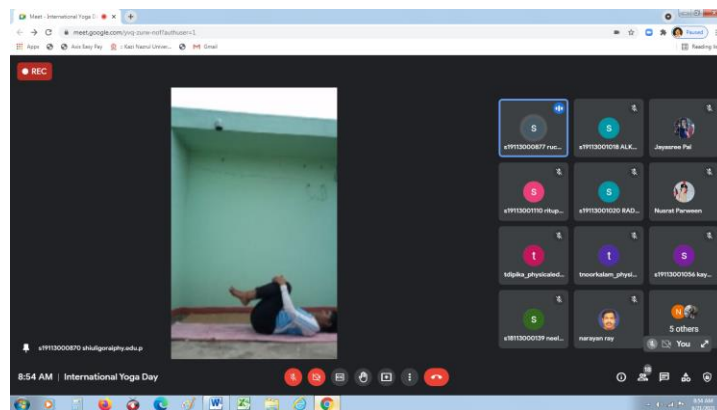
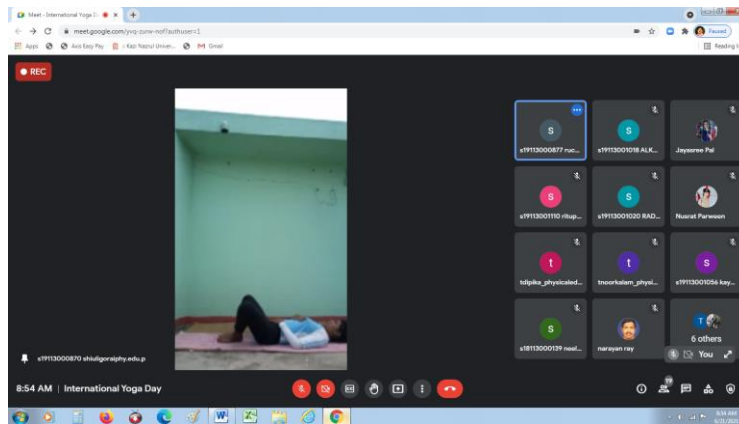
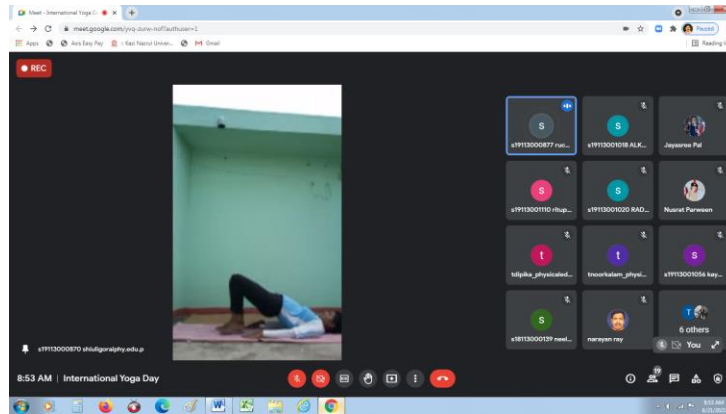
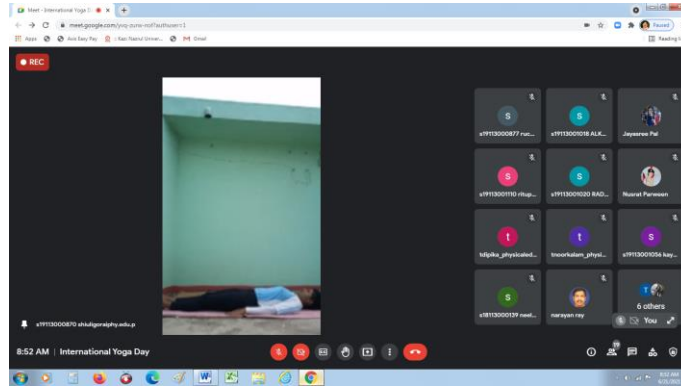


Performance of Yoga Activity by Jayasree Pal, Student, Department of Physical Education

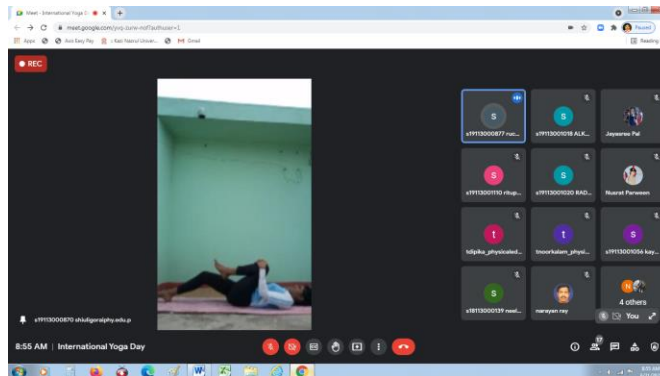
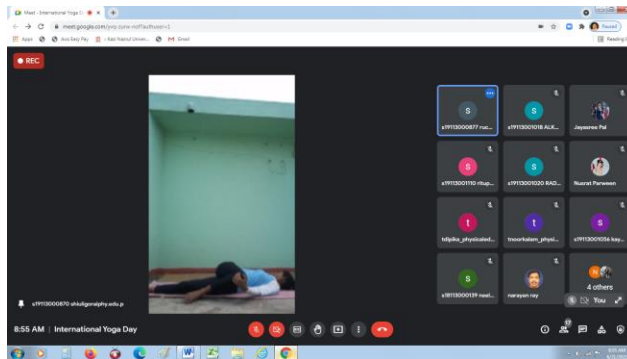
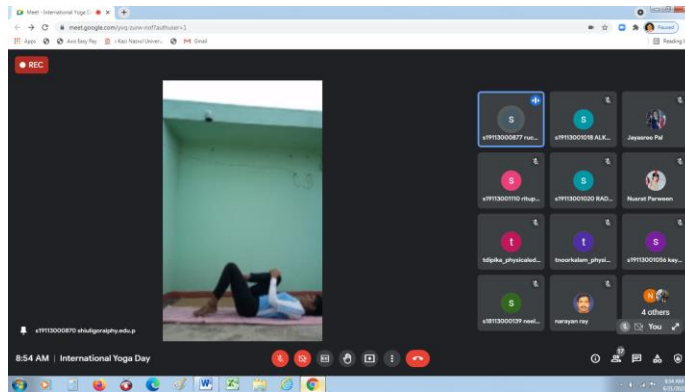


Performance of Yoga Activity by Alka Yasmin, Student, Department of Hindi

COOLING DOWN AFTER YOGA

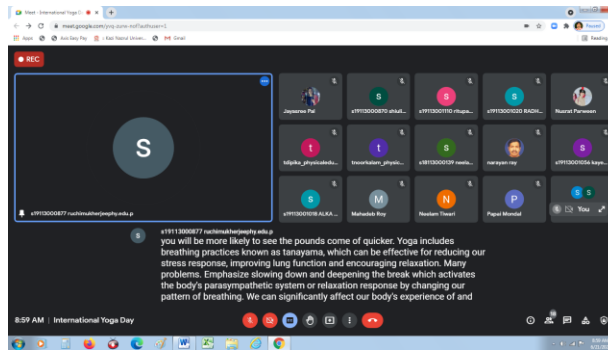
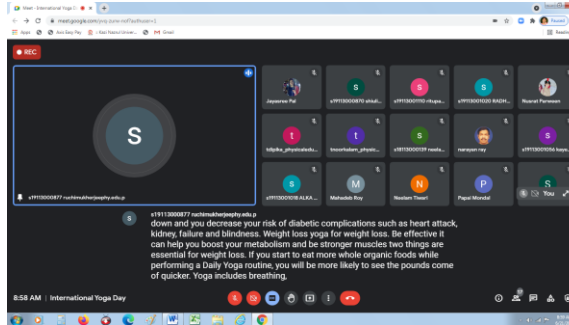
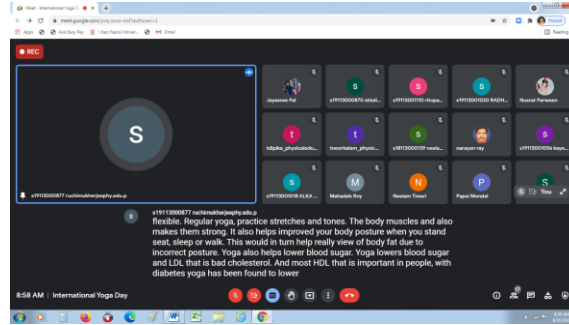
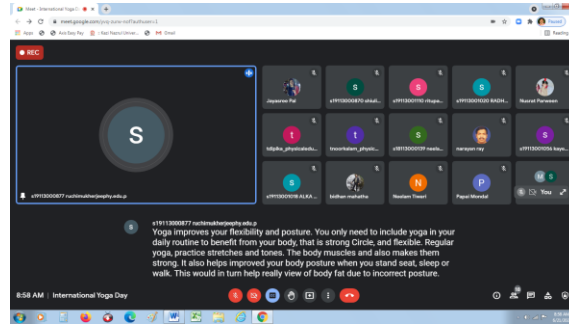


Yoga procedures during Cooling Down by Shiuli Gorai, Student, Department of Physical Education



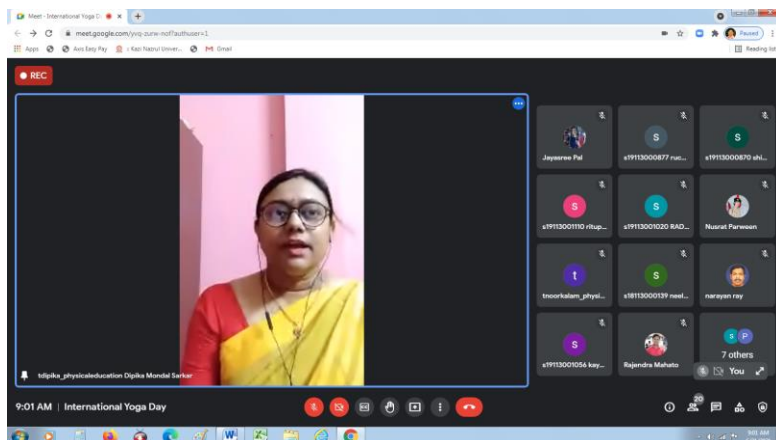
Yoga procedures during Cooling Down by Shiuli Gorai, Student, Department of Physical Education

BENEFITS OF YOGA



Ruchi Mukherjee, Student, Department of Physical Education speaking on Benefits of Yoga

VOTE OF THANKS



Vote of Thanks by Ms Dipika Mandal Sarkar, SACT, Department of Physical Education, Raniganj Girls' College

Participation Details

Total Participants: 25

Total Teachers: 14

Total Students: 11