

Report of Yoga Day held on 21.6.2022***Poster Presentation and Video on Yoga*****Organized by****Alumni Anandadhara, Department of Education****In collaboration with Department of Education****Organized by report presented by Sumita Chatterjee****INTRODUCTION AND ORGANIZATION**

The Alumni Anandadhara in collaboration with Department of Education of Bamanpukur Humayun Kabir Mahavidyalaya organised Poster on Yoga Awareness and Video Awareness of Yoga on 21 st June 2022 at 10.00-.00 11.am. The Department of Education along with Alumni Conducted several meetings (meeting link To join the meeting on Google Meet, click this link: <https://meet.google.com/qew-okxg-wur> Or open Meet and enter this code: qew-okxg-wur meeting for yoga day 11.6.2022) and proposed date for the seminar was settled. The requisite permission was sought from the Principal of the college for the same, and the allotment of time and date was confirmed Notice and programme brochure were circulated to the students and the teachers accordingly. Resource Person Sayani Das accepted the proposal and confirmed her presence.

The seminar Session

The welcome address was given by Dr S.Biswas , principal BHKM ,then Prof Madhu Sriwastav invited the speaker for the dais .The video was inaugurated by Sayani Das .Alumni Anandadhara and Sumita Chatterjee HOD Department of Education felicitated her .

GLIMPSES OF THE SEMINAR



Our Alumni Anandadhara

Our Guest Sayoni Das

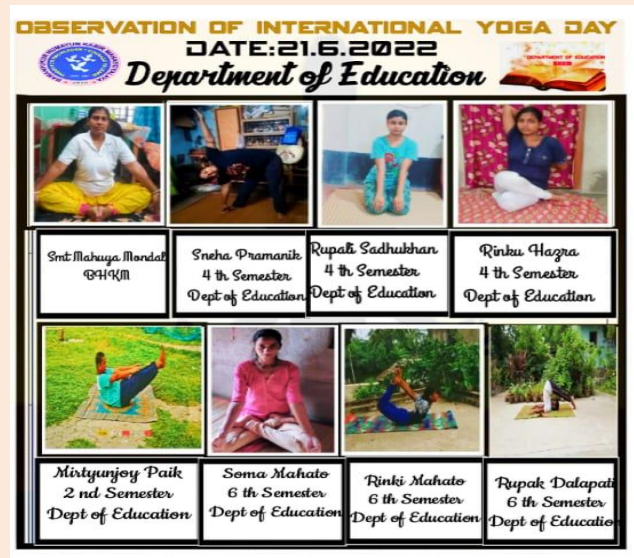
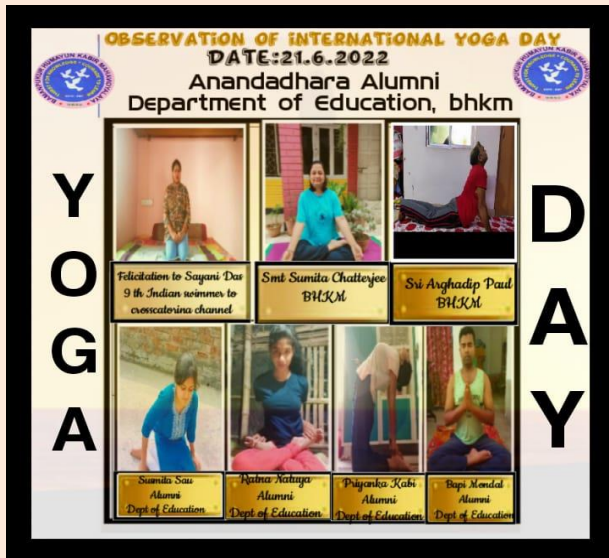


OC Minakhan and Director Honcho Tech


Felicitatation of Sayani Das



PREPARATION AND MAKING OF VIDEOS AND PUBLICATION



ANNEXTURE 1 : LETTER OF SAYANI DAS**ANEXTURE : BROCHURE****ANNEXTURE :3 YOGA PARTICIPATION CERTIFICATE OF STUDENTS**

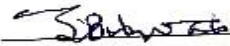



E-mail : bhkm2007@gmail.com
 sbiswas2k@gmail.com
 Website : www.bhkm.org

BAMANPUKUR HUMAYUN KABIR MAHAVIDYALAYA
 (Affiliated to the West Bengal State University and Recognised under section 2(f) and 12B of the UGC Act)
 ESTD. – 2007
BAMANPUKUR • NORTH 24 PARGANAS • PIN-743425 • (W. B.)
(NAAC ACCREDITED)

Memo No. Date
 To 14.06.2022
 Sayani Das
 International Swimmer

Sub; Invitation to participate in a programme on 21st June 2022.
 Madam,
 We sincerely thank you to cross the Molokai Channel, USA, as an Indian swimmer.
 I on behalf of the Department of Education and that of Anandadhara, the Alumni of the department of education cordially invite you to inaugurate the video and poster on Yoga on 21st June 2022 to be held at the college Seminar Hall at 11.30 a.m.
 Your presence and inauguration of the programme will be an encouraging event for our students.
 Thanking you,
Sumita Chatterjee
 [Sumita Chatterjee]
 HoD, Deptt. Of Education
 Convenor, Equal Opportunity Cell
 BHK Mahavidyalaya


 [Dr. S. Biswas, Principal]
 Principal
 B.H.K. Mahavidyalaya
 Bamanpukur, 24 Pp.



received
Sayani Das
 21.06.22



BAMANPUKUR HUMAYUNKABIR MAHAVIDYALAYA

BAMANPUKUR . NORTH 24 PARGANAS . PIN – 743425 . WB

Ph- 03217-260816 / (M) 9830362656 .email : bhkm2007@gmail.com , sbiswas2k@gmail.com

Affiliated to West Bengal State University and sanctioned under 2(f) and 12(B) of the UGC Act. Estd. – 2007



Concept Note: Yoga is an ancient ascetic practice originated in India that combines physical, mental and spiritual pursuits to achieve harmony of the body and mind. There is numerous benefits of practicing yoga regularly and so United Nations General Assembly in December 2014 decided to celebrated International Day of Yoga. International Day of Yoga is celebrated worldwide on 21st June since 2015 following declaration of 21st June as International Yoga Day by United Nations General Assembly in December, 2014.



Celebration of International Yoga Day (IDY), 2022 as per the UGC Letter No. 16/2021 dated 5th May, 2022

By

Anandadhara Alumni Department of Education

In collaboration with

DEPARTMENT OF EDUCATION

Time 10 am – 12 noon

Organized by Sumita Chatterjee

Assistant Prof and HOD Department of Education

PROGRAMME SCHEDULE

21.6.2022

VENUE SEMINAR HALL

TIME 11.45 AM TO 12 NOON

10 - 10.30 AM -

Preparation of Yoga Poster Online

10.30 am - 11am -

Preparation of Yoga Video On- line

11.45 am to 11.50

Inaugral Speech -

Dr S Biswas Principal BHKM

Felicitation of Sayani Das by Anandadhara Alumni

Department of Education

11.45 am TO 12 noon

INAUGURATION OF YOGA VIDEO BY SAYANI DAS

(INTERNATIONAL OPEN WATER SWIMMER

ENGLISH CHANNEL, ROTHNEST CHANNEL ,CATALINA CHANNEL USA

USA 2ND INDIAN WOMEN

MELOKAI CHANNEL USA, FIRST ASIAN WON)

