



NETAJI NAGAR COLLEGE

(Affiliated to the University of Calcutta)

Accredited by NAAC (B+)

170/436, Netaji Subhas Chandra Bose Road

Regent Estate, Kolkata - 700 092

e-mail : netajinagarcollege@rediffmail.com

Web : www.netajinagarcollege.in

Phone : (033) 2411-5445, 2428-6989

Ref. No. _____

Date : _____

- Name of the organizing Department(s): **NSS Unit**
- Title of the Seminar: ***Yoga Day Celebration***
- Funded by: NSS Fund of the College
- Date: 21.06.2024
- Level: College Level
- Number of participants: 38
- Details of Resource persons: Hari Sadhan Pramanik, Ex-student of Netaji Nagar College, Mob. No. 7407056052

Objective: NSS Unit celebrates Yoga Day every year. The main objective of celebrating this day is to develop the habit of meditation among the students so that they can enjoy more peace of mind and self-awareness which is essential for a stress-free existence. The theme for International Yoga Day 2024 is Yoga for Self and Society particularly emphasis is given on women empowerment

Outcome: The speaker first gives various explanations about Yoga. He clearly shows how important Yoga is in people's lives. He highlighted the importance of Yoga in order to stay physically and mentally healthy. Then show a few students how to do yoga. On the whole, this was a highly interactive, informative and enjoyable session that touched the mind and heart of the audience.



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Date : 18.06.2024

NOTICE

This is to inform all concerned that NSS Unit of Netaji Nagar College is going to celebrate **International Day of Yoga** on 21st June, 2024 at 6.00 pm in Room No. MB-8.

Accordingly, NSS volunteers, students, teaching and non-teaching staff are requested to attend the programme to make it a grand success.

Amrita Dutta
(Dr. Amrita Dutta)
Principal
Netaji Nagar College

Principal
Netaji Nagar College
Regent Estate, Kol-92



Bhajan Chandra Barman
(Dr. Bhajan Ch. Barman)
P.O., NSS Unit
Netaji Nagar College

Programme Officer
N S S (Unit)
Netaji Nagar College

International Yoga Day Celebration

Date: 21.06.2024

Sl No.	Signature	Designation	Class	Mobile No.
1.	Priya Saha	Student	2nd Sem	7890812262
2.	Sathi Debnath	Student	4th Sem	8509141641
3.	Rupsha Singh	Student	2nd Sem	7439470789
4.	Suryamath mukherjee	Student	6th Sem	8100785382
5.	Shreema Chakraborty	Student	2nd Sem	9013205579
6.	Megha Biswas	Student	2nd Sem	79180808154
7.	Sourav Banerjee	Student	6th Sem	8910560966
8.	Rabi Kumar Shaw	Student	2nd Sem	7439622370
9.	Shrutansi Das	Student	Faculty	(N.A)
10.	Poulami Roy	Faculty	—	967462442
11.	Sweta Sen	Faculty	—	8240093418
12.	Bipasha Ghosh	Faculty	—	9674625726
13.	Smriti Roy	Faculty	—	8116569344
14.	Moumita Sen	Faculty	—	8240545723
15.	Shyamlee Sanyal	Faculty	—	9477646683
16.	Dibakar Das	Faculty	—	8013645634
17.	D.K. Bhunia	Librarian	—	7908599157
18.	Sandhya Naskar	Student	6th sem	8346081609
19.	Sureshjit Kayal	"	"	6289274759
20.	Sukanya Sengupta	Faculty	—	8910738328
21.	Marula Mondal	Student	II Sem	9007630565
22.	Asha Singh	"	IV Sem	9831987222
23.	Amit Sen	"	VI Sem	8240675680
24.	Hanab Kumari	"	VI Sem	7980607785
25.	Santanu pramanik	"	IV Sem	8617749892

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(Dr. Amrita Dutta)
Principal
Netaji Nagar College
Regent Estate, Kol-92



Bhajan Ch. Barman
(Dr. Bhajan Ch. Barman)
P.O., NSS Unit
Netaji Nagar College
Programme Officer
NSS Unit
Netaji Nagar College

International Yoga Day Celebration
Date: 21.06.2024

Sl No.	Signature	Designation	Class	Mobile No.
26.	Arup Baidya	student	(VI)	7439455922
27.	Ray Shree	"	(VI)	
28.	Souvan Banerjee	"	(VI)	6289825545
29.	Sugjit Kayal	"	(VI)	8583090959
30.	Sandhya Naskar	"	(VI)	8346681609
31.	Trishit Das	"	(VI)	07439580231
32.	Sarmitha Das.	"	(VI)	690388040
33.	Bishal Saha	"	(VI)	9123702802
34.	Tushar Das	"	(VI)	9123860688
35.	Tania Naldar.	"		9073035734
36.	Arvindita Bosek.	"		9123677105
37.	Sudisit Das.	"		
38.	Aagha Sander	"		7439863733
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PHOTOS



