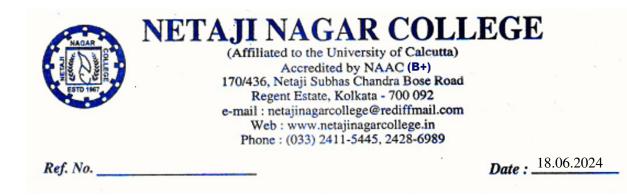


- Name of the organizing Department(s): NSS Unit
- Title of the Seminar: Yoga Day Celebration
- Funded by: NSS Fund of the College
- Date: 21.06.2024
- Level: College Level
- Number of participants: 38

 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.



<u>NOTICE</u>

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.

Amita Dutia (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							
SI No.	Signature	Designation	Class	Mobile No.			
1.		Student	and Sem	7890812262			
2.	Salle Diego:	Student	4-1h Sean	8509141641			
3.		Student	2nd sem	74394 72789			
4.	Surganoth muk hoje	student	6th Juna	8100285382			
5.		Student	and sem	9013205579			
6.	Shreemaa Chakraborty Megha Biswas	student-	2nd Jem	7980808154			
7.	Source Barenter	Student	6lh son	2910560966			
8.	Rabi Xumaz Shaw	Student	2nd sem	7439622370			
9.	Spratarsi Das.	1 ACANY	taculty	CN.A.)			
10.	Poulani Roy		-	9687462942			
11.	Swela Sarbar	Faculty		8240093418			
12.	Bipasha Ghose Dastidar	faculty	-	9674625716			
13.	Smiler Day.	Faculty		8116569344			
14.	Mounita Sen.	Faculty		8240545723			
15.	Shyamshee Lajour	Faculty	_	9477646683			
16.	Diroran Das	Faculty		8013645834			
17.	d.K. Bhunier	Librarian	(7908599157			
18.	Panshya Naskar	Student	6th sem	834608609			
19. <	Sweet it Kayal	M	ц	6289274759			
20. 5	ukanya Singupta	Faculty	- '	8910738328			
	Marufa Mondal	Student	I sem	9007630565			
22.	Adda Singh	11 -	IV Sem	98319874:			
23.	mit Sculi	10	VI Seen	8240675680			
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(Dr. Amrita Dutta) Principal

Netaji Nagar College

Netaji Nagar College Regent Estate, Kol-92 Blayan Ch. Barman) (Dr. Bhajan Ch. Barman) P.O., NSS Unit Netaji Nagar College

Programme Officer NSS Unit Netaji Nagar College

		Date: 21.06.2024	Class	Mobile No.
SI No.	Signature	Designation	Class	
26.	Arup Baidya	Student	(V)	743945592
27. 28.	Ray Show	12	(V)'	6289825545
28.	Souran Banerjee	~~~	- XX	8583090 759
30.	Surgit Kayal	n	- VI	83466876 09
	Sandhya Naska	x n	141	0743958023
	Tou'shit oray	N	~~!	690388040
1070	Soumithe Dary.	(1	12	
33.	Bishal Saha	Ч	(H)	9123702802
34.	Tushan Day	n	N	9123860688
	Jania haldor.	и		9073035734
36.	Annindita Bosak.	ч		9123677705
37.	Surosit Das.	И		
38.	Aorgha Sondan	ч		74398637
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(Dr. Amerita Duta) Principal Netaji Nagar College Principal

Netaji Nagar College Regent Estate, Kol-92



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

> Programme Officer NSS Unit Netaji Nagar College





