

REPORT ON INTERNATIONAL YOGA DAY

Date: 21/6/2024

Venue: Basket Ground, BCC

Organized By: National Service Scheme & BPED, Dept. of Yoga, and NCC, Bankura Christian College, West Bengal, India

Bankura Christian College in collaboration with National Service Scheme Units, BPED, Dept. of Yoga, and NCC has observed an International Yoga Day on June 21, 2024 at Basket Ground, to raise awareness about this ancient practice and to celebrate the physical and spiritual powers that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.. In this Yoga Day 56 students participated this yoga session.

Our Special guests of this International Yoga Day were Dr Fatik Baran Mandal, Principal, BCC, Dr Santanu Mondal, Bursar, BCC, Dr Sachchidananda Roy, Programme Officer, Dr Atanu Ghosh, Programme Officer, Dr Uday Sankar Banerjee, Programme Officer, Amar Pal, SACT, Asima Mandal, SACT, Sutapa Mandal, Yoga Trainer, Mritunjay Chattopadhyay, Yoga Trainer.

Aims of Yoga:

1. Physical Well-Being And Health
2. Spiritual Evolution
3. Mental Equanimity

Core objectives of Yoga

1. Self-Realization
2. Inner Peace
3. Balance and Harmony

Programme Officer
NSS, Unit-I
Bankura Christian College

Programme Officer
NSS, Unit-IV
Bankura Christian College

INTERNATIONAL YOGA DAY-2024

BANKURA CHRISTIAN COLLEGE

NATIONAL SERVICE SCHEME

DATE: 21/6/2024 TIME: 7.30 am

ATTENDANCE LIST

SL. NO	NAME	ROLL	SEM	DEPT	MOBILE NO	SIGNATURE
1	BHAIRAB DEY	403	6th	Sociology	8145558140	Bhairab Dey.
2	SAYAN GOUR	624	2nd	Mathemat	7365920787	Sayan Gour
3	SAYAN GHOSH	128	2nd	Physics	9641079628	Sayan Ghosh
4	SWARUP MAKUR	364	2nd	mathematics	7810812087	Swarupmakur.
5	JOYSANKAR DUTTA	560	2nd	mathematics	9932340908	Joybankar Dutta
6	RANIT DEY	510	2nd	MATH	9832448330	Ranit Dey
7	BIBEK SAREN	386	2nd	GEO	8617072112	Bibek Saren
8	RIJU SHIT	781	2nd	Geo	8509378392	Riju Shit
9	SAGAR RANA	802	2nd	Math	8972717278	Sagar Rana.
10	RATESH KUMAR MANDAL	573	2nd	GEO	7363092532	Rajesh Kumar Mandal
11	SHAUBHAM MAHATO	645	2nd	Eng	9932090562	shubham Mahato
12	PARTHA K. MODAK	760	2nd	Math	9635819106	Partha k. m.
13	ARPA .K. MODAK	908	2nd	math	9339266816	Arpa m. m.
14	ULDAY SANKAR BANERJEE				9851151594	Uday S. Banerjee
15	ASIMA MONDAL				9444670728	Asima mondal
16	SRIKANTA BISWAS				8670906515	Srikanta Biswas.
17	SUPRIYO MANDAL	1159	4th	Chemistry	7384013979	Supriyo Mandal.
18	SANJAY SOURAB DULEY	464	2nd	Zoology	8391973493	Sourab Duley
19	SOUBHIK DUTTA	551	2nd	Geography	9064543932	Soubhi k Duttu
20	SAPTADEEP MANDAL	394	2nd	Chemistry	8918068779	Saptaadeep Mandal
21	ALL NILANJAN RUIDAS	689	6th	Physics	7602037542	Nilanjam Ruidas
22	AYAN SUTRADHAR	961	6th	English	8597769929	Ayan Sutradhar.



Programme Officer
NSS, UNIT-III
Bankura Christian College

