

REPORT OF YOGA DAY CELEBRATION

2025-2026

Title of the activity- International Yoga Day Celebration

Topic- "Yoga for Healthy Ageing"

Objectives of the Yoga Day— To highlight the importance of Yoga and its benefits on our mind and body.

Organizing Department- Department of Physical Education.

Place of Activity- Yoga room.

Date- 21.06.2026

Time- 6.30 am

Number of Attendance= 37 (Students, Teachers & Non-Teaching Staff)

OUTCOME

- To promote good mental and physical health of people through yoga.
- To connect people through international yoga day.
- To connect people to the nature by practicing yoga.
- To make people get used of meditation through yoga.
- To draw attention of people worldwide towards the holistic benefits of yoga.

Ph. : (033) 26527850

Serampore Girls' College

(Estd.: 1981)
Re-accredited by NAAC : Grade B++ (3rd Cycle)

13, T. C. GOSWAMI STREET, SERAMPORE, HOOGHLY. PIN-712 201, WEST BENGAL.
E-mail : serampore_girls_college@yahoo.co.in
Website : www.seramporegirlscollege.org

Ref. No. Date 17.06.2026

12th International Day of YOGA Celebrations

As per State Govt. order Serampore Girls' College will celebrate 12th International Day of YOGA on 21/6/26 in the premises of Serampore Girls' College.

Before that day as per govt. order 18/6/26 & 19/6/26 yoga practice will be held for students. Willing students will enroll themselves through the google form link.

Participants will get small tiffin everyday.

Time Schedule and Venue for the program

Date	Event	Time	Venue
18.06.2026	Yoga practice	10.30 am	Yoga Room
19.06.2026	Yoga practice	10.30 am	Yoga Room
21.06.2026	Final Yoga Program	6:30am to 7:45am	College Ground

On 21th June, 2026 students must arrive at college at 6 O'clock in the morning.

Enroll immediately :

<https://forms.gle/m8LptjYdDnimuRxn9>


 Principal
 Serampore Girls' College
 Serampore, Hooghly



SERAMPORE GIRLS' COLLEGE

ORGANIZES

12TH EDITION OF

INTERNATIONAL DAY OF YOGA

2026

Yoga Sangam

ONE EARTH • ONE HEALTH • ONE FAMILY

Let's unite in *Yoga* for a *healthier*,
happier and *harmonious* world.



Yoga for One Earth, One Health

Celebrating

12 YEARS

OF GLOBAL YOGA MOVEMENT

DATE

21 JUNE 2026

SUNDAY

TIME

06:30 AM TO 07:45 AM

VENUE

SERAMPORE GIRLS' COLLEGE CAMPUS

13, T.C. Goswami Street, Serampore, West Bengal 712201

All students, teaching, and non-teaching staff are cordially invited to attend the programme.



ENHANCES PHYSICAL HEALTH



PROMOTES MENTAL WELL-BEING



NURTURES SPIRITUAL GROWTH



FOR ONE EARTH, ONE HEALTH

Be with Yoga, Be at Peace

EVERYONE IS WELCOME!

BE PART OF THE WORLD'S LARGEST YOGA MOVEMENT.
LET'S UNITE ON THE MAT FOR A HEALTHIER, HAPPIER & HARMONIOUS WORLD.

STUDENTS ATTENDANCE SHEET
SERAMPORE GIRLS' COLLEGE
INTERNATIONAL DAY OF YOGA 2026
Yoga Sangam

Venue: Serampore Girls' College
13, T.C. Goswami Street, Hooghly, Serampore - 712201, West Bengal
21st June, 2026

Sl. No.	Student Name	Roll No.	Semester	Signature
1	Riju Kumari Yadav	25532	2 Sem	Riju Kumari Yadav
2	Susmita Ghosh	24728	4th Sem	Susmita Ghosh
3	Sneha Ghosh Chowdhury	24605	4th Sem	Sneha Ghosh
4	Sakti Mazhi	25645	2nd Sem	Sakti Mazhi
5	Rajal Pal	25649	2nd Sem	Rajal Pal
6	Iprita Saha	25502	2nd Sem	Iprita Saha
7	Anushka Ghosh	24421	4th Sem	Anushka Ghosh
8	Iyati Das	24473	4th Sem	Iyati Das
9	Pallabi Mal	24565	4th Sem	Pallabi Mal
10	Sonali Das	24768	4th Sem	Sonali Das
11	Somyani Ghosh	24650	4th Sem	Somyani Ghosh
12	Rajanya Ghosh	24596	4th Sem	Rajanya Ghosh
13	Brishti Biswas	24753	4th Sem	Brishti Biswas
14	Anuska Das	24424	4th Sem	Anuska Das
15	Mrida Sankari	24782	4th Sem	Mrida Sankari
16	Ritu Das	24611	4th Sem	Ritu Das
17				
18				
19				
20				

21/6/26

SERAMPORE GIRLS' COLLEGE
INTERNATIONAL DAY OF YOGA 2026

Yoga Sangam
Venue: Serampore Girls' College
TEACHING AND NON-TEACHING STAFF ATTENDANCE SHEET

13, T.C. Goswami Street, Hooghly, Serampore - 712201, West Bengal 21/6/26

Sl no	Name	Department	Designation	Signature
1	Pamela Pera	Pol. Sc	SACT	Pamela Pera
2	Mallika Nandy	"	Asst Prof	Mallika Nandy
3	DR. ISRAFUL ALAM	Geography	Asst. Prof	DR. ISRAFUL ALAM
4	SHIRSAK GHOSH	English	SACT	SHIRSAK GHOSH
5	Anwila Chatterjee	History	SACT	Anwila Chatterjee
6	Mousita Kundu	Geography	SACT	Mousita Kundu
7	Nandita Mukherjee	Hindi	SACT	Nandita Mukherjee
8	Sikandar Hossain	Commerce	Asst. Prof	Sikandar Hossain
9	Tuli Bhattacharya	Education	SACT	Tuli Bhattacharya
10	Parvita Adhikari	English	SACT	Parvita Adhikari
11	S.S. Mohanta	English	SACT	S.S. Mohanta
12	Sikandar Hossain	Office Staff	Office Staff	Sikandar Hossain
13	Indira Mukherjee	Office Staff	Office Staff	Indira Mukherjee
14	Dr. Jyoti Das			Dr. Jyoti Das
15	Rupa Banerjee	Music	SACT	Rupa Banerjee
16	Nabamita Ghosh	Comp Sc.	Casual Staff	Nabamita Ghosh
17	Silpi Adhikari	Game Unit	SACT	Silpi Adhikari
18	Sayanti Bagchi	Psy. Edu	SACT-I	Sayanti Bagchi
19	Indira Mukherjee	Elec.	SACT	Indira Mukherjee
20	Suchismita Das	English	SACT	Suchismita Das
21	DR. SANDIP DADWANI	PHYSICS	Asst Prof	DR. SANDIP DADWANI

21/6/26

