

# REPORT OF YOGA DAY CELEBRATION

2023-2024

**Title of the activity-** International Yoga Day Celebration

**Topic-** YOGA FOR SELF AND SOCIETY

**Speaker-** 1) Sayanti Banerjee 2) Tania Nag

**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-** 21.06.2024

**Time-** 10.30 am

**Number of Attendance=** Student- 21 Teacher- 16

## 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.

# SERAMPORE GIRLS' COLLEGE

Department of Physical Education

Attendance list Teachers

Activity / Event International yoga Day

Date: 21.06.2024

Sl no.	Teacher's Name	Year/Sem	Roll no.	Remarks
1.	Soma Roy			
2.	Sampa Sarkar.			
3.	Jista Biswas			
4.	Tanusri Samanta			
5.	Nandita Kundu			
6.	Mounita Kundu.			
7.	Rupa Banerjee			
8.	Anurita Chatterjee.			
9.	Nandita Das (Choudhury)			
10.	Shirsak Ghosh			
11.	Mritika Nandy			
12.	Meghla Lama			
13.	Keshant Das			

14. Arpan M.
15. Subrata Tiwar
16. Sanjit Kapur

Signature with date: [Signature] 21/6/24 TND . 21.06.24

**SERAMPORE GIRLS' COLLEGE**

Department of Physical Education

Attendance list Students

Activity / Event International Yoga Day

Date: 21.06.2024

Sl no.	Student's Name	Year/Sem	Roll no.	Remarks
1.	Payal Datta	2nd	23645	
2.	Soni oraw	2nd	23866	
3.	Rimpa orao	2nd	23735	
4.	Malabika Naru	1 <sup>st</sup>	22508	
5.	Britta Ghosh	4 <sup>th</sup>	22571	
6.	Sunani Dey	4 <sup>th</sup>	22732	
7.	Keya Bhonick	4 <sup>th</sup>	22492	
8.	Thuma Paul	4 <sup>th</sup>	22481	
9.	Sonapti Baul	4 <sup>th</sup>	22659	
10.	Britta Das	4 <sup>th</sup>	22570	
11.	Ipsita Dey	4 <sup>th</sup>	22473	
12.	Biswanka Das	6 <sup>th</sup>	21567	
13.	Arpita Barua	4 <sup>th</sup>	22427	

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Signature with date.

**SERAMPORE GIRLS' COLLEGE**

Department of Physical Education

Attendance list Students

Activity / Event International Yoga Day

Date: 21.06.2024

Sl no.	Student's Name	Year/Sem	Roll no.	Remarks
14.	Ankita Adak	2nd	23429	
15.	Mimedi Karmakhan	04 <sup>th</sup> sem	22514	
16.	Dakita Das	4 <sup>th</sup> sem	22774	
17.	Sukria Khakun.	2nd sem	23894	
18.	Najgul Khatoon	2nd sem	23607	
19.	Madhusmi Dutta.	6 <sup>th</sup> sem	21489	
20.	Sarmista Malik.	6 <sup>th</sup> sem	21758	
21.	Sufana Das	6 <sup>th</sup> sem	21636	

[Signature] 21/6/24  
Signature with date.



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