


Session - 2020 - 2021



Yoga Training & Online National Webinar On International Yoga Day

Notice cum Brochure




NATIONAL WEBINAR & CELEBRATION

On INTERNATIONAL YOGA DAY - 2021



Organized by
NSS Units (I & II)
Chandidas Mahavidyalaya
Khujutipara, Birbhum, WB

Online Platform


REG. LINK
- <https://forms.gle/bMdZnC6N1LDzZe88>

Theme -
"Generation Awaken
with Yoga - Youth
Lifestyle & Leadership"

Resource Persons

1. Mr. Amit Chatterjee
Yoga & Meditation Faculty,
State Council Member, JLTTP
Art of living, Bengaluru, Karnataka

2. Mr. Satya Narayan Dutta
Volunteer & Yoga Instructor,
Art of living, Bengaluru, Karnataka

**21st June
International
Yoga Day**
From 7.00 AM and Onward
REG. LINK - <https://forms.gle/bMdZnC6N1LDzZe88>

Program Schedule
21st June 2021 (Monday), 7.00 am and onward
7.00 am - Inaugural Session by NSS Volunteers
7.10 am - Welcome Address by Principal Sir
7.30 am - Key Note Address & Special Lecture on
Relevance of Yoga by Mr. Amit Chatterjee
7.40 am - Yoga demonstration by Mr. Satya Narayan Dutta
7.55 am - Valedictory Session by Koushik Roy

Patron - Dr. Sk Ataur Rahaman
Principal, Chandidas Mahavidyalaya

Organizing Committee
Koushik Roy, Assistant Professor & Program Officer
of NSS Unit-I (Secretary & Convener of the Webinar)
Kironmoy Mondal, Assistant Professor & Program
Officer of NSS Unit-II (Jt. Secretary of the Webinar)


Programme Officer, NSS
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM

Report of the Program



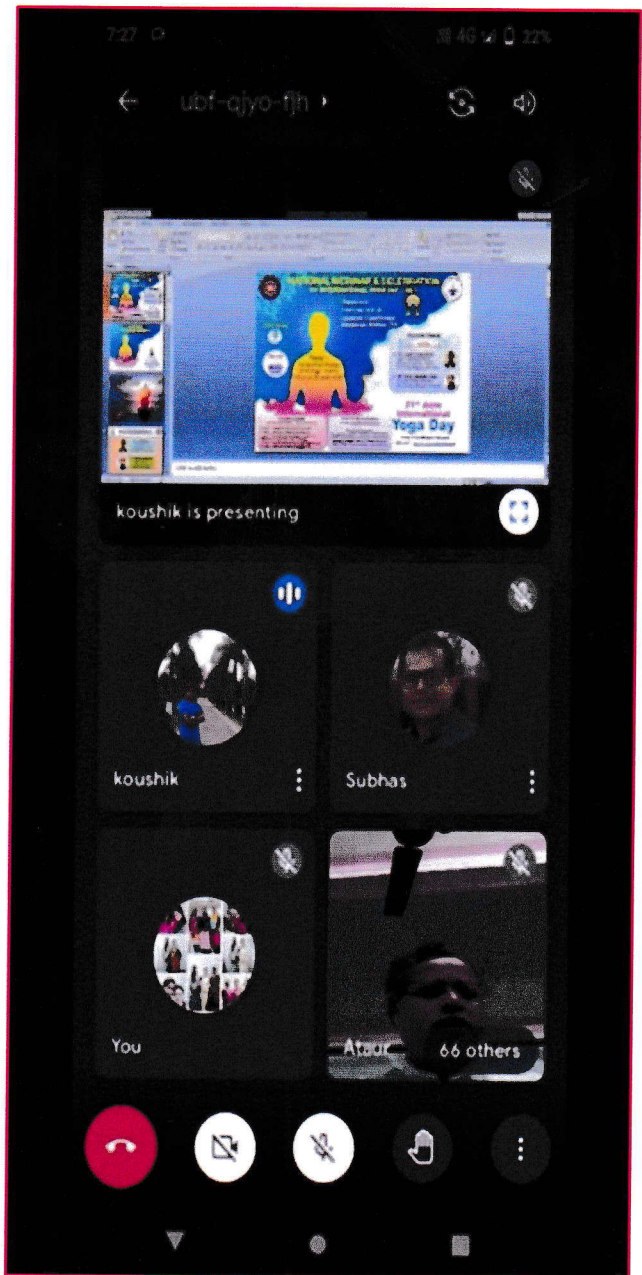
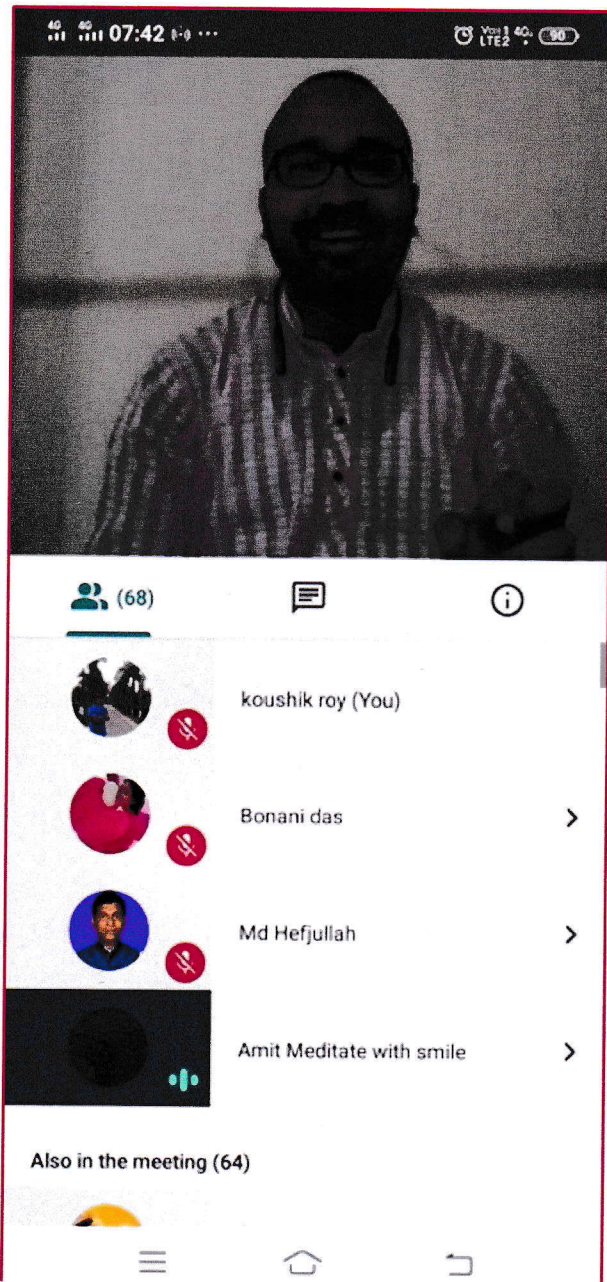
REPORT OF NSS ACTIVITIES OF EXTENSION AND OUTREACH PROGRAMS

- Name of the Program: CELEBRATION OF INTERNATIONAL YOGA DAY
- Category of the Program – YOUTH AWARENESS & SKILL DEVELOPMENT PROGRAM
- Date & Time – 21.06.2021, 10.00 am
- Venue – Online Google meet
- Duration – 2hrs
- No of Teachers/NTS participated – 6
- No. of Beneficiaries – 68
- Brief Report of the Program – In the Covid-19 Pandemic and lockdown period people were locked in their house. This is the 2nd time the disease was increasing so highly. The students could come out from the home. But we have to live and keep steady for coming situation. Chandidas Mahavidyalaya's NSS units have organized a program to celebrate the INTERNATIONAL YOGA DAY on 21st June, 2022 'Youth Awareness & Skill Development Program'. This was a National Webinar cum skill development traing program for the students. The program was inaugurated by our Principal Dr. Sk Aaur Rahaman Sir with his welcome speech. The Yoga training was given by two RPs who are the faculty of the "Art of Living" institution. The program was very much attractive for the Students. Near about 78 Students were participated in that program.
- Outcomes of the Program -
 - Students are motivated to learn about Mind and Body.
 - Students are emerged by the pōtentiality and ability within them.
 - The Students got and learnt some Yoga techniques from the RPs and practiced.


Signature of the Program Officer

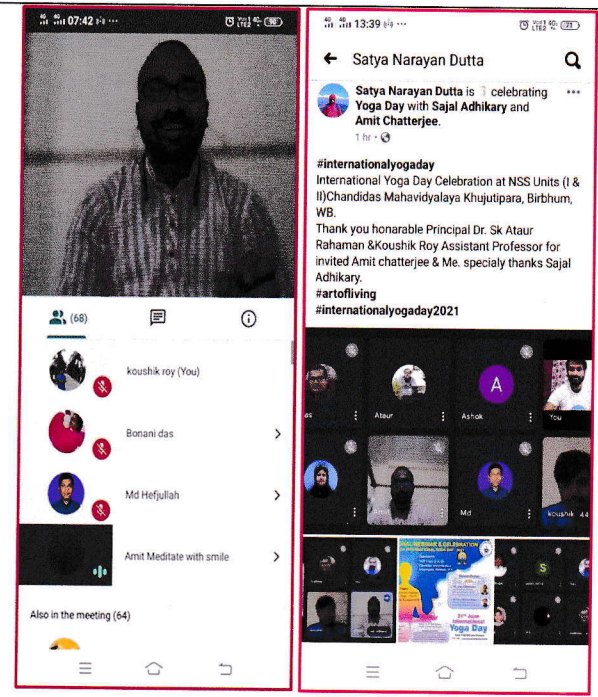
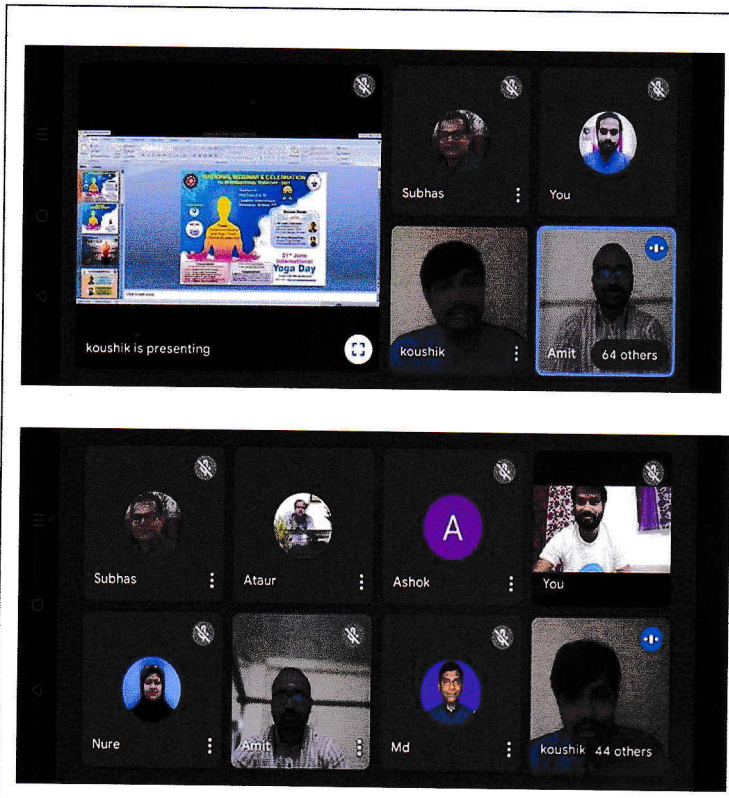
Programme Officer, NSS
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM

**Screenshot of Participants of Online Yoga Training Program
& Online National Webinar on Intl. Yoga Day -21.06.2021**

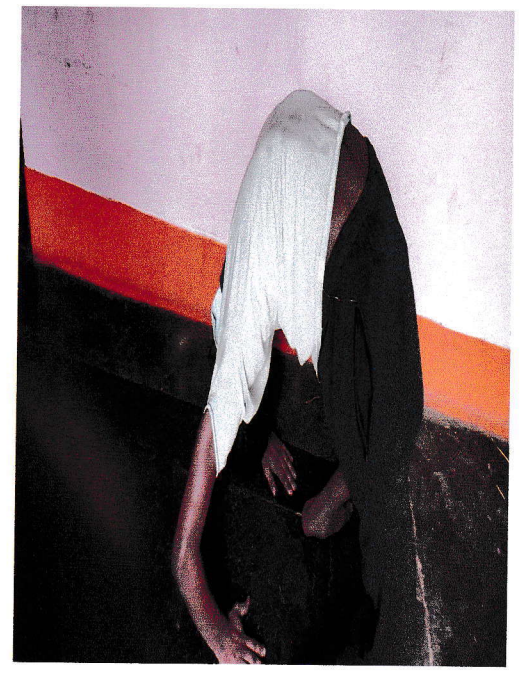



Programme Officer, NSS
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KHUJUTIPARA, BIRBHUM

Picture of the Online Yoga Training Program on 21.06.2021



Students are practicing at home




 Programme Officer, NSS
 CHANDIDAS MAHAVIDYALAYA
 KHUJUTIPARA, BIRBHUM



CHANDIDAS MAHAVIDYALAYA

Khujutipara, Birbhum

Certificate of Participation

in

Capacity Building and Skill enhancement Course / Programme / Training

(ICT Skill / Soft Skill / Yoga / Self Defense Training / Gym)

Certified that.....*Bonani Das*.....of.....*General*.....
(Deptt.) actively participated in.....*Yoga Training*..for...~~7~~...*one day*..
(duration of period) training / course / programme organized by...*N.S.S. Units-I*..
.....on...*21.06.2021*.....

[Signature]
Signature of the Organizing Secretary
Programme Officer, NSS
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM

[Signature]
Signature of the Principal
Principal
CHANDIDAS MAHAVIDYALAYA
P.O. Khujutipara
Birbhum



CHANDIDAS MAHAVIDYALAYA
Khujutipara, Birbhum

Certificate of Participation

in

Capacity Building and Skill enhancement Course / Programme / Training
(ICT Skill / Soft Skill / Yoga / Self Defense Training / Gym)

Certified that... *Kazi Samiul Alam* of *English*
(Deptt.) actively participated in..... *Yoga Training* for..... *One Day* ..
(duration of period) training / course / programme organized by *N.S.S. Units I & II*
..... on *21.06.2021* ..

[Signature]
Signature of the Organizing Secretary
Programme Officer, NSS
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM

[Signature]
Signature of the Principal
Principal
CHANDIDAS MAHAVIDYALAYA
P. O. - Khujutipara
Dist. - Birbhum




CHANDIDAS MAHAVIDYALAYA
Khujutipara, Birbhum


Certificate of Participation

in

Capacity Building and Skill enhancement Course / Programme / Training
(ICT Skill / Soft Skill / Yoga / Self Defense Training / Gym)

Certified that..... SK Yasin of Pol. Science
(Deptt.) actively participated in... Yoga Training... for... one day...
(duration of period) training / course / programme organized by .. N.S.S. Units-I & II
..... on 21.06.2021....


Signature of the Organizing Secretary
Programme Officer, NSS
CHANDIDAS MAHAVIDYALAYA
KHUJUTIPARA, BIRBHUM


Signature of the Principal
Principal
CHANDIDAS MAHAVIDYALAYA
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Birbhum