



# REGENT EDUCATION & RESEARCH FOUNDATION GROUP OF INSTITUTIONS



**NSS Cell**  
**Maulana Abul Kalam Azad University of  
Technology, West Bengal**



**Report on NSS activities**

## NOTICE

DATE 17/06/2023

THIS IS FOR THE INFORMATION OF ALL THAT NSS CELL OF RERF IS GOING TO ORGANISE INTERNATIONAL YOGA DAY ON 21/06/2023 AT 12:30 PM THROUGH ONLINE MODE. THE OBJECTIVE OF THIS PROGRAM IS TO STAY FIT AND HEALTHY.

THEREFORE, ALL STUDENTS, TEACHING AND NON-TEACHING STAFF MEMBERS OF RERFGOI ARE REQUESTED TO KINDLY PARTICIPATE IN THE 'INTERNATIONAL YOGA DAY PROGRAM ON 21/06/2023 AT 12:30 PM THROUGH ONLINE MODE.

**SIGNATURE OF PROGRAM OFFICER**

**Title of the Practice: International Yoga Day**

*Campus : Regent Education & Research Foundation Group of Institutions*

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International Yoga Day is celebrated worldwide on 21st June every year to promote the importance of yoga in maintaining a healthy body and mind. Yoga is an ancient practice that originated in India and has gained global recognition for its numerous physical and mental benefits. The event aims to raise awareness about the transformative power of yoga and encourage people to incorporate it into their daily lives.

## **Objectives of the practice:**

The objectives of celebrating International Yoga Day are as follows:

- To spread awareness about the physical, mental, and spiritual benefits of practicing yoga.
- To encourage individuals to adopt a healthy lifestyle through the regular practice of yoga.
- To promote global peace, harmony, and unity through the practice of yoga.
- To emphasize the importance of maintaining overall well-being and inner peace.
- To highlight the contribution of yoga in achieving a balanced and sustainable development.

## **The Context:**

On 21st June 2023, International Yoga Day was celebrated online, bringing together 88 participants from various locations. The event aimed to provide a platform for individuals to engage in yoga practices and learn from esteemed yoga expert Tanumoy Das. Tanumoy Das is a highly accomplished yoga practitioner and has received prestigious awards like the Yoga Ratnamani Award and the Yoga Ratna Award. He has also achieved the title of All India Yoga Champion and serves as a yoga judge at the district and state levels. Tanumoy Das is associated with the Krishnagar Swami Vivekananda Yoga Centre and is affiliated with organizations such as the Nadia District Body Building & Yoga Culture Association, Sarbabharatiya Sangeet-o-Sanskriti Parishad, and the Indian Yoga Association.

## **The Practice:**

The online celebration of International Yoga Day provided participants with the opportunity to engage in various yoga practices led by Tanumoy Das. The session included a combination of asanas (physical postures), pranayama (breathing exercises), and meditation techniques. Tanumoy Das shared his expertise, guiding participants through the practices and emphasizing the correct alignment, breathing techniques, and mindfulness. The session aimed to create a serene and inclusive environment where individuals could experience the holistic benefits of yoga and deepen their understanding of its principles.

## **Evidence of Success:**

The success of the online International Yoga Day celebration can be measured through the active participation of 88 individuals from different locations. The positive feedback received from the participants reflects their satisfaction and the value they derived from the session. Participants expressed their gratitude

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for the opportunity to learn from Tanumoy Das and appreciated his expertise in guiding them through the yoga practices. The event successfully fulfilled its objective of promoting the benefits of yoga and inspiring individuals to incorporate it into their daily lives.

### **Problems encountered and resources required:**

Despite the online format, technical issues such as internet connectivity problems or audio/video disruptions could have been encountered during the event. However, proactive measures were taken to ensure smooth communication and minimize disruptions. Adequate resources such as a stable internet connection, audiovisual equipment, and a suitable platform for hosting the online session were required to facilitate the event's success.

### **Conclusion:**

The celebration of International Yoga Day on 21st June 2023 provided a platform for individuals to engage in yoga practices and learn from the expertise of Tanumoy Das, an acclaimed yoga practitioner. The online event witnessed active participation from 88 individuals, promoting the physical, mental, and spiritual benefits of yoga. The success of the event demonstrated the positive impact of yoga on overall well-being and highlighted the importance of incorporating it into our daily lives. International Yoga Day continues to inspire individuals worldwide to embrace the transformative power of yoga for a healthier and more balanced life.

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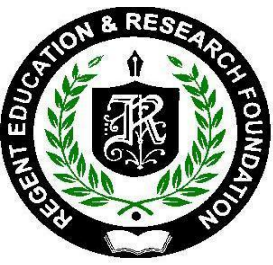
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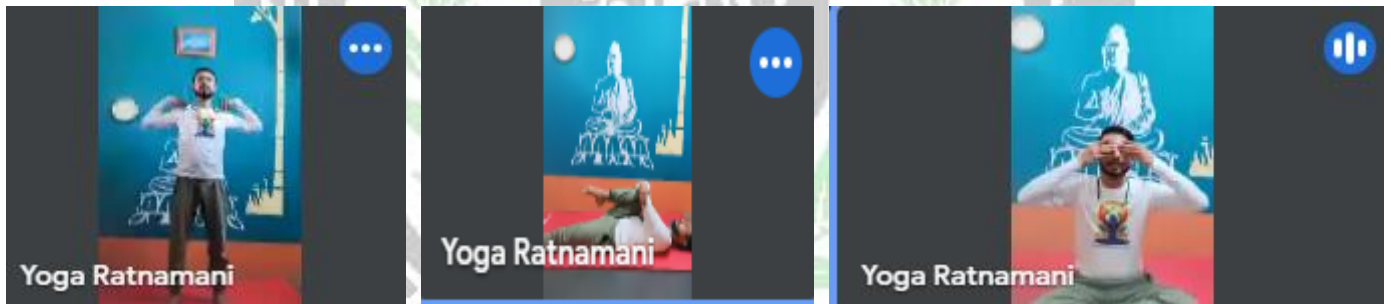
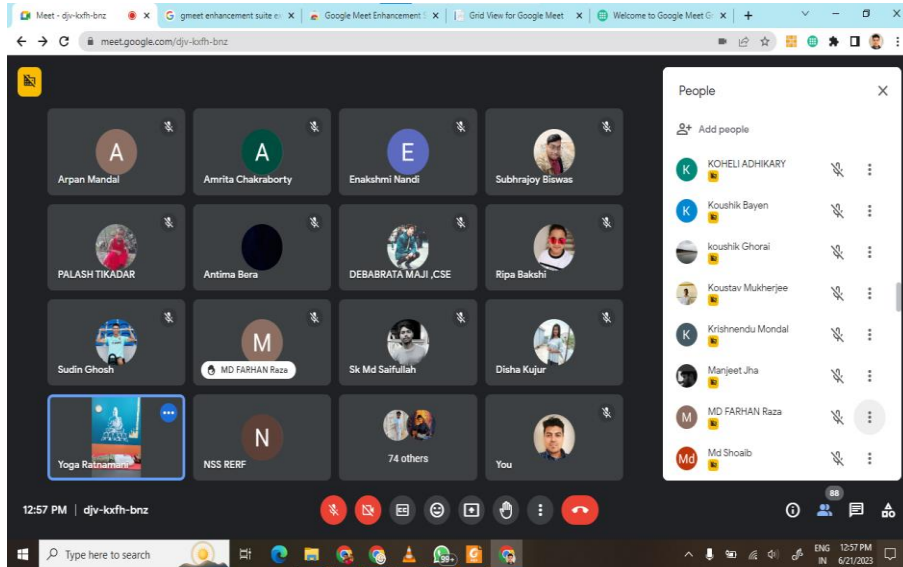
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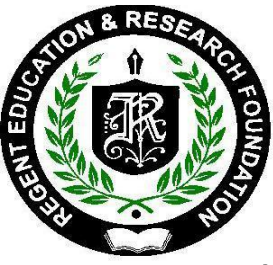
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राष्ट्रीय सेवा योजना  
National Service Scheme  
युवा कार्यक्रम और खेल मंत्रालय  
Ministry of Youth Affairs and Sports  
भारत सरकार  
Government of India

## CERTIFICATE OF PARTICIPATION

THIS CERTIFICATE IS PROUDLY  
PRESENTED TO :

For His Participation in Online  
YOGA PRACTICE SESSION ON INTERNATIONAL DAY OF YOGA ON 21ST JUNE 2023

Organized By

REGENT EDUCATION & RESEARCH FOUNDATION GROUP OF INSTITUTIONS,  
BARRACKPORE, KOL-121

Mr. PRABAL KUMAR BASAK  
CONVENER, NSS COMMITTEE, RERFGOI

Mr. Subhankar Ghosh  
REGISTRAR, RERFGOI

Dr. Samik Chakraborty  
PRINCIPAL, RERFGOI

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