



YOGA CLUB

VIVEKANANDA COLLEGE, THAKURPUKUR



STRUCTURE OF YOGA CLUB

VIVEKANANDA COLLEGE, THAKURPUKUR

Mission of Yoga Club: The mission of the Yoga Club is to promote physical, mental, and emotional well-being among students, faculty, and staff by nurturing a deeper understanding of yoga as a complete discipline. Through regular practice, workshops, and community engagement, the club tries to encourage a balanced and healthy lifestyle, promote mindfulness and self-awareness, and create a supportive space for relaxation, stress relief, and personal growth. The club helps individuals achieve their best in academics and life by promoting yoga's fundamental values like respect, compassion, and self-discipline. It also works to build a sense of unity and harmony in the college community.

Vision of Yoga Club: To create a exciting and broad community where the practice of yoga inspires holistic well-being, personal growth, and a balanced lifestyle. The club envisions a campus culture that values mindfulness, resilience, and harmony, empowering individuals to lead healthier, happier, and more purposeful lives while fostering a spirit of unity and mutual respect.

Conveners

Prof. Pragya Bhattacharjee (Philosophy)

Prof. Tushi Mistry (Philosophy)

Members

1. Dr. Homprabha Barua

2. Prof. Nilkanta Mukherjee

3. Dr. Junaid Khan

4. Prof. Sutapa Biswas

5. Prof. Sourajit Sarkar

6. Sujit Sarkar

7. Abhijit Mondal

Yearly Achievements of Yoga Club, Vivekananda College (2018-Till date)

2018-2019

Weekly Yoga Classes

The Yoga Club of Vivekananda College organized weekly yoga classes every Tuesday during November and December of the 2018-2019 academic year. These sessions were open to both teaching staff and students, aiming to promote physical and mental well-being through regular yoga practice.

Despite the challenges posed by busy schedules, the sessions saw enthusiastic participation. Many attendees expressed their interest in incorporating yoga into their routines to improve their overall health and well-being. The initiative was well-received and highlighted the importance of yoga as a valuable practice for stress relief and maintaining a balanced lifestyle.

2019-2020

International Yoga Day Celebration

On 21st June 2019, students of Vivekananda College, along with the Yoga Club and NSS unit, took part in the 5th International Day of Yoga celebration.

The program, organized by the Ministry of Youth Affairs and Sports with support from *The Art of Living*, focused on the theme "*Yoga for Global Health, Harmony, and Peace.*" Our students performed various yoga postures, highlighting the benefits of yoga for physical and mental health.

The event encouraged participants to adopt yoga in their daily lives and reflected the college's dedication to promoting health and mindfulness among its students.



2020-2021

Due to the COVID-19 pandemic, and Lock down the Yoga Club was unable to arrange any programs this year.

2021-2022

International Yoga Day Celebration

Date: 21st June 2021

Time: 12:00 p.m. to 2:00 p.m.

Mode: Online (Google Platform)

The Department of Statistics, in collaboration with the Yoga Club of Vivekananda College, Thakurpukur, organized an online event to celebrate International Yoga Day on 21st June 2021. The program aimed to promote mental and physical well-being during the COVID-19 period through yoga guidance and activities.

While the event was successful, technical issues prevented the recording of some moments. Despite this, participants found the session engaging and beneficial for their overall health.



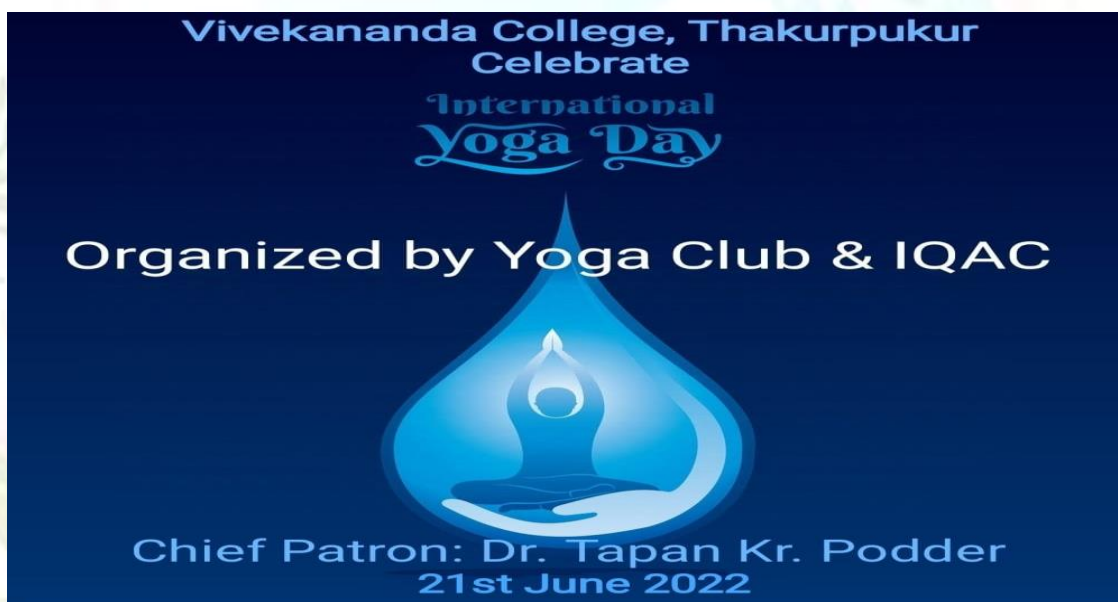
2022-2023

World Yoga Day Celebration

World Yoga Day serves as a reminder of the profound impact yoga can have on our lives. In the midst of today's hectic lifestyle, yoga provides a means to restore balance, alleviate stress, and enhance both physical and mental health. It is more than just a form of exercise; it fosters a sense of harmony between the body and mind. This day encourages individuals to incorporate yoga into their daily routines, inspiring healthier, more mindful living while deepening the connection with oneself.

Date: 21st June 2022

Time: 12:00 p.m. to 1:00 p.m.



2023-2024

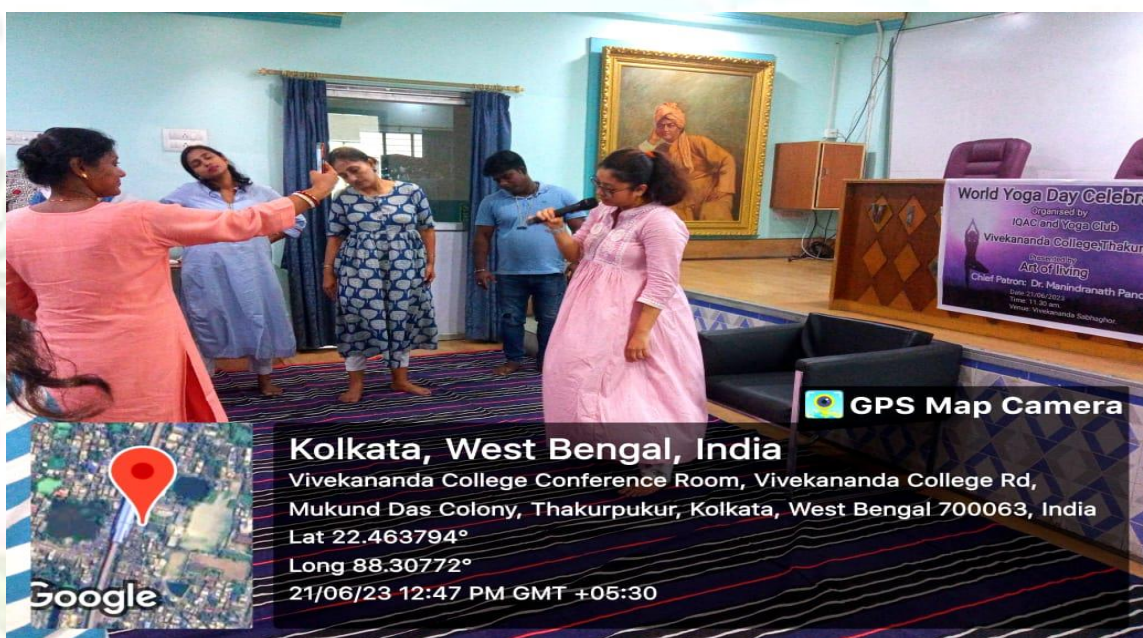
World Yoga Day Celebration

The purpose of **World Yoga Day Celebration** is to remind us of the simple yet powerful role yoga can play in our lives. In today's fast-paced world, yoga offers a way to find balance, reduce stress, and improve both our physical and mental well-being. It's not just about exercise; it's about creating harmony between the body and mind. By encouraging people to embrace yoga, the day inspires us to lead healthier, more mindful lives and connect with ourselves on a deeper level.

The Yoga Club, in collaboration with IQAC, of Vivekananda College, thakurpukur successfully organized the **World Yoga Day Celebration** at Vivekananda College premises, on **21st June 2023**. The event, held at **Vivekananda Sabhaghar** at 11:30 AM, featured a session led by the **Art of Living** organization, with the Teacher- in Charge Dr. Manindranath Pandit as the Chief Patron.

The program highlighted the importance of yoga in promoting mental and physical well-being, resonating with the theme of holistic health. The speaker addressed the audience with practical insights into the benefits of yoga, encouraging students and faculty to integrate it into their daily lives.

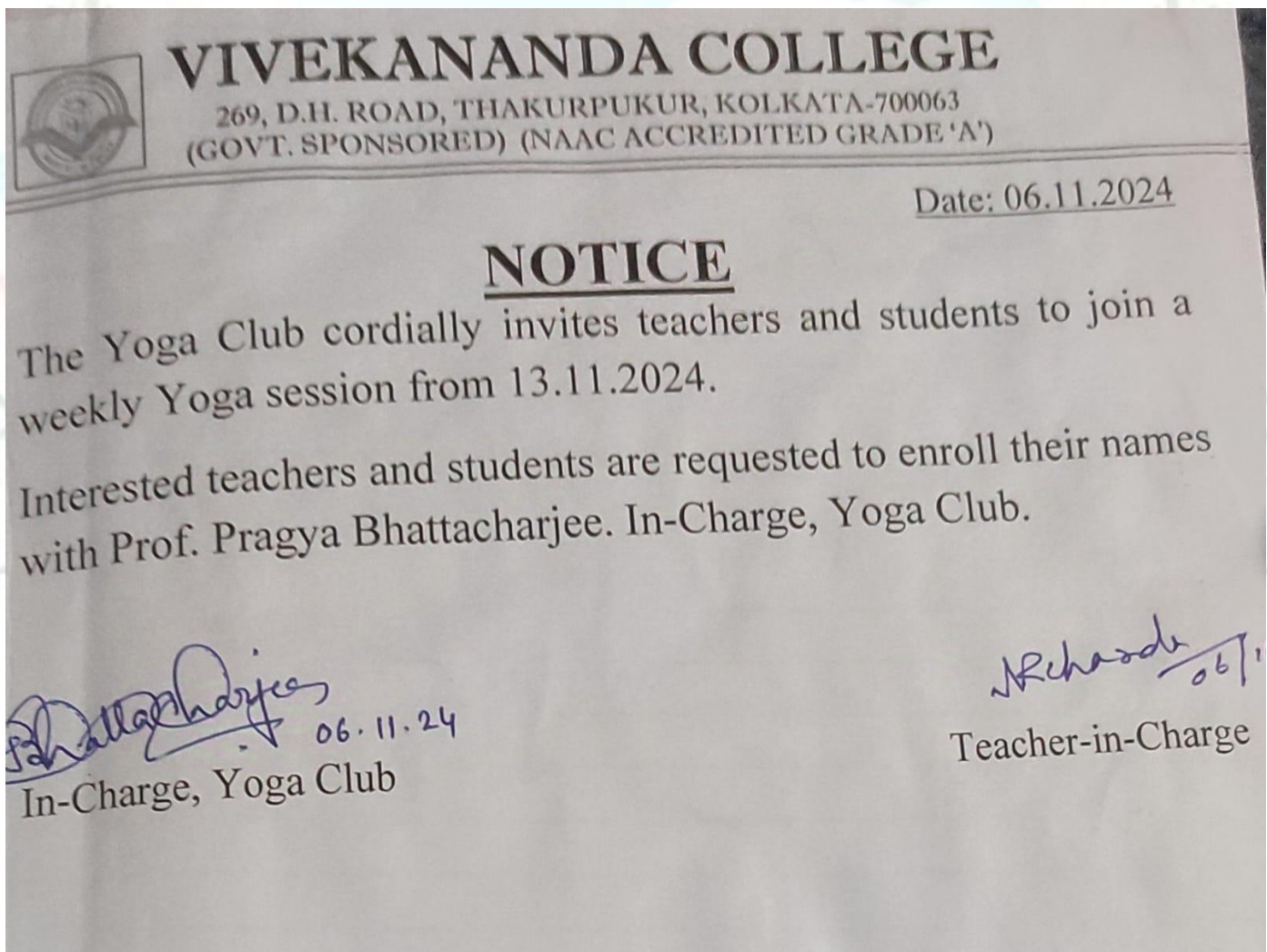
The event witnessed enthusiastic participation, making it a meaningful and successful celebration of World Yoga Day.



2024-2025

Weekly Yoga Class

Vivekananda College has invited teachers and students to join a weekly yoga session starting from November 13, 2024. Interested individuals have been requested to enroll their names with Prof. Pragya Bhattacharjee, the In-Charge of the Yoga Club. The college has encouraged participation in this initiative as yoga offers several physical and mental health benefits. However, the notice has lacked details about the time and location of the session, which would have been helpful for planning.



Daylong Workshop "Iyāśya (De-Stress Now)"

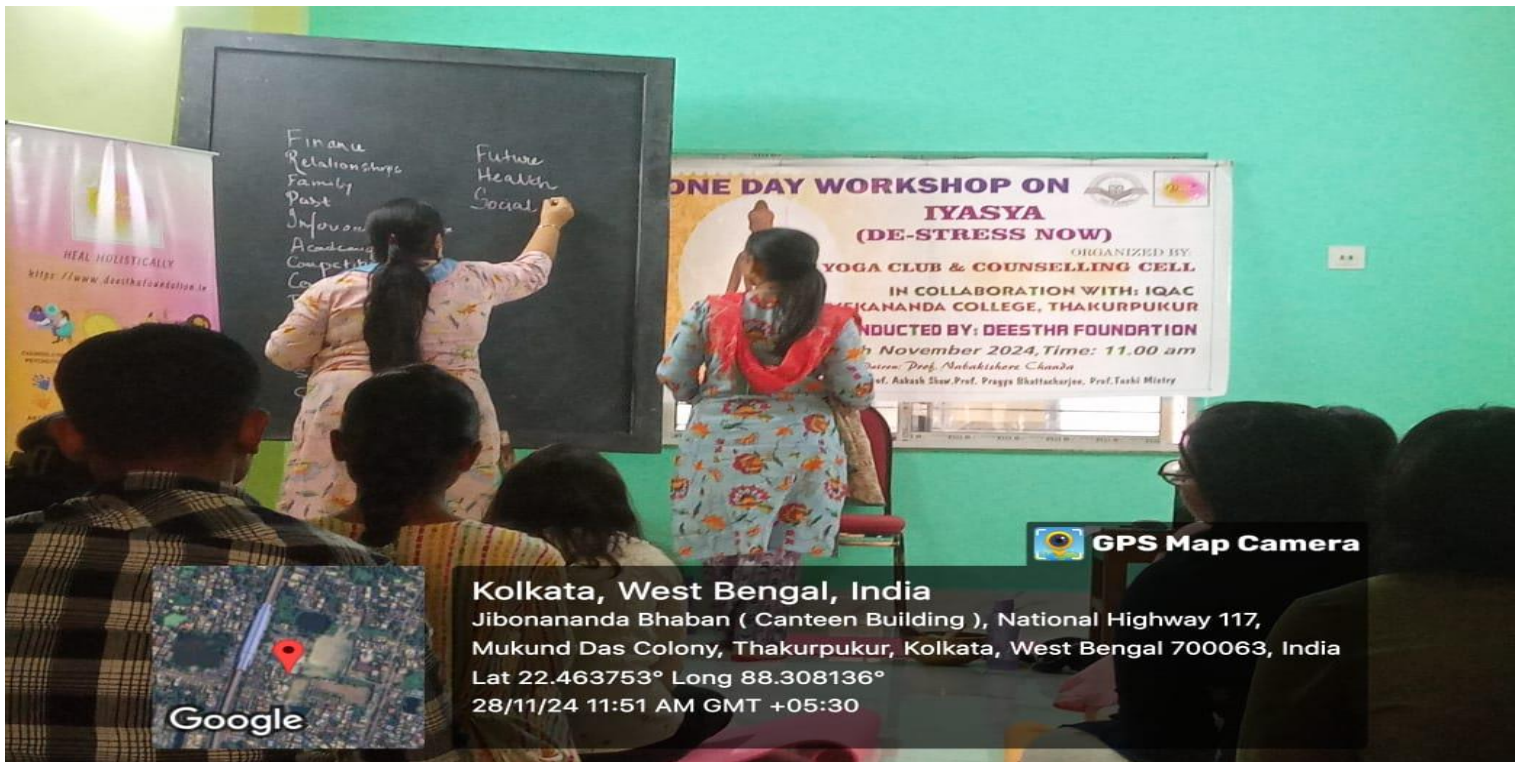
The **Yoga Club** and **Counselling Cell** of Vivekananda College, Thakurpukur, in collaboration with **Deestha Foundation**, successfully organized a daylong workshop titled "**Iyāśya (De-Stress Now)**" on **28th November 2024**. The event, aimed at helping students manage stress and anxiety, was held at the **Yoga Club Room** (above the college canteen) and began at **11:00 AM**.

The workshop featured practical sessions and expert-guided techniques focused on enhancing mental well-being. **Dipanwita Deb** and **Shrestha Gan**, Directors of **Deestha Foundation**, were the esteemed resource persons who shared valuable insights and effective strategies for managing stress.

With only **20 seats** available, students actively engaged in the workshop, making it an impactful and focused session. Heads of Departments played a role in nominating participants to ensure fair representation. **Dr. Gunjan Dhar** and **Prof. Pragya Bhattacharjee** served as key coordinators for the program.

The event was well-received by students, who appreciated the interactive format and practical tools provided. It successfully emphasized the importance of mental well-being and provided students with techniques to manage stress in their daily lives.

As the program was confidential, we have not mentioned the names of the students in this report. Additionally, the participants' names have been blurred on certificates to ensure their privacy and maintain confidentiality.









CERTIFICATE OF PARTICIPATION



THIS CERTIFICATE IS AWARDED TO

For enthusiastically completing the Stress Reduction Workshop: Iyasa
held on 28th Nov, 2024 at Vivekananda College, Thakurpukur.
The workshop was conducted offline and the total duration was 2 hours.

Dipannita Deb



Shrestha Gan

Nabakishore Chanda

Dr. Dipannita Deb

Shrestha Gan

Prof. Nabakishore Chanda

Founder-Director, Deesha Foundation
Psychotherapist, Hypnotherapy & Mindfulness Practitioner, Art
Therapist, Clinical Aromatherapist,
NLP Practitioner, Reiki Master (USUI/KARUNA), PLRT, Colour
Therapy Practitioner, Advanced Chakra and Crystal Healer,
Ayurveda Psychotherapy, Facilitator

Director, Deesha Foundation
Clinical Music Therapist, Counselor, Art Therapist
Alternative Healing Practitioner
Mindfulness Practitioner
Sound Therapy and Sound Healing Practitioner,
Musician

Teacher-In-Charge

