

# BIRPARA COLLEGE

( NAAC ACCREDITED )

P.O. Birpara, Dist. Alipurduar (W.B.)

PIN - 735 204

*(A Govt. Aided Degree College  
Affiliated to the University of  
North Bengal & Enlisted Under  
Sec. 2(f) & 12(B) of UGC. Act.)*



Phone & Fax No. : 03563 - 266217

Website : [www.birparacollege.ac.in](http://www.birparacollege.ac.in)

e-mail : [birparacollege@gmail.com](mailto:birparacollege@gmail.com)

Ref .....

Date .....

## NOTICE

Date: 12.12.2023

The NSS Unit I of Birpara College will organise "Awareness programme on Benefits of Yoga" at Birpara Nepali High School on 15/12//2023. All NSS volunteers of Unit I, students, and faculty members are encouraged to participate actively in this event.

*Kanstav Chakrabarti*

Principal  
Birpara College

Principal  
Birpara College  
Birpara, Alipurduar

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## **AWARENESS PROGRAMME ON BENEFITS OF YOGA AT BIRPARA NEPALI HIGH SCHOOL**

Under NSS Outreach Programme

**Organized by:** NSS Unit I, Birpara College

**Date:** 15/12/2023

**No of Volunteers Participated:** 36

### **Introduction**

The NSS Unit I of Birpara College organized an outreach program on "Awareness Programme on Benefits of Yoga" at Birpara Nepali High School on 15th December 2023. This initiative aimed to promote awareness about the physical, mental, and emotional benefits of yoga among school students and the surrounding community. The session included interactive discussions, practical demonstrations of yoga asanas, and their health benefits.

The program was well-received, with active participation from students, teachers, and community members, creating an environment of enthusiasm and learning.

### **Activities Conducted**

#### **1. Introduction Session:**

- Volunteers introduced the importance of yoga for a balanced life.
- Discussion on the significance of yoga in managing stress, improving concentration, and enhancing physical health.

#### **2. Practical Demonstrations:**

*Kansta Chakraborti*  
Principal  
Birpara College  
Birpara, Alipurduar

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- Common yoga asanas such as Surya Namaskar, Tadasana, and Pranayama were demonstrated.
- Volunteers guided participants in practicing these exercises.

### 3. Interactive Session:

- Participants asked questions about yoga practices and their benefits.
- Tips were shared on how to incorporate yoga into daily life.

## Impacts of the Event

### 1. Impact on Students:

- **Increased Awareness:** Students gained insight into the health benefits of yoga, leading to increased interest in adopting it as a regular practice.
- **Enhanced Focus:** The program helped students understand how yoga can improve concentration and academic performance.
- **Practical Skills:** Students learned easy-to-practice yoga poses, enabling them to manage stress and maintain physical fitness.

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Principal  
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Students in front of Birpara Nepali High School



Dr. Jyotirmay Roy delivered the lecture on Awareness of Yoga to the volunteers and students

## 2. Impact on the Institution:

- **Holistic Development:** The school became a hub for promoting physical and mental well-being among students and staff.
- **Strengthened Collaboration:** The event fostered a stronger relationship between Birpara Nepali High School and Birpara College, opening avenues for future joint initiatives.
- **Positive Recognition:** The program highlighted the school's commitment to student welfare, enhancing its reputation in the local community.

## 3. Impact on Community Development:

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Principal  
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- **Community Engagement:** The event attracted community members who became aware of the importance of yoga.
- **Healthy Lifestyle Promotion:** The initiative sparked interest among families to incorporate yoga for better health and well-being.
- **Foundation for Future Programs:** The success of this event laid the groundwork for more health-oriented community programs in the future.

## Conclusion

The "Awareness Programme on Benefits of Yoga" was a significant step toward promoting a healthier and more balanced lifestyle among students and the community. The active participation and positive feedback underscore the need for similar initiatives in the future. NSS Unit I of Birpara College remains committed to organizing impactful events that contribute to individual and community development.

*Kanstav Chakraborti*  
Principal  
Birpara College  
Birpara, Alipurduar



**BIRPARA COLLEGE, BIRPARA, ALIPURDUAR**

Title of Event: Awareness Programme on benefits of Yoga  
at Birpara Nepali High School.

Date: From 15/12/23 to      /      /      Time (in hours)     

Organised by: NSS unit 1, Birpara College (outreach programme)

In collaboration with: IOAC, Birpara College.

**Attendance Sheet**

Sl. No.	Signature	Sl. No.	Signature
1.	Sneha Karjee	26.	Eshneha Thakur
2.	Sunamkar Barman	27.	Gobinda Paul
3.	Taslima Parvin	28.	Karima Khatun
4.	Tokai Gope	29.	Kboka Adhikary
5.	Vivek Routh	30.	Krishna Roy
6.	Aarati Tamang	31.	Ladli Parveen
7.	Aditya Munda	32.	madhuchandra Roy
8.	Aakash Lama	33.	Mistu Das
9.	Aniket Kumar Sah	34.	Moti Thakur
10.	Anish Sah	35.	Mousumi Roy
11.	Anisha Basfora	36.	Neha Kumari Ray
12.	Aryana Das	37.	
13.	Anju Kumari Mahato	38.	
14.	Anoara Bezam	39.	Kaustav Chakrabarti
15.	Arti Singh	40.	PRINCIPAL BIRPARA COLLEGE BIRPARA, ALIPURDUAR
16.	Babli Roy	41.	
17.	Barnali Bakshi	42.	
18.	Bibek Roy	43.	
19.	Bibhash Roy	44.	Pranoy Das
20.	Binu Pradhan	45.	Programmer Birpara College NSS Unit-1 Birpara, Alipurduar
21.	Bipasha Paul	46.	
22.	Bipasha Samkar	47.	
23.	Bishesta Sarki	48.	
24.	Biswajeet Paik	49.	
25.	Dip Singha Roy	50.	