

# 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 .....

## YOGA PRACTICE

**Date of Event:** 21st June 2022

**Location:** Birpara College

**Number of Participants:** 40 students

**Expert Facilitator:** Mr. Tabiul Islam, Department of Physical Education, Birpara College

### **1. Objective of the Event:**

The main objective of the Yoga Practice session was to raise awareness about the importance of physical fitness, mental well-being, and stress management through the practice of yoga. The event aimed to introduce students to the fundamental principles and postures of yoga, and to encourage them to incorporate yoga into their daily lives for overall wellness.

### **2. Event Overview:**

The Yoga Practice session was organized by the Department of Physical Education, Birpara College, as part of the International Yoga Day celebration. The session began at **1:00 PM** and was conducted in the **college grounds**. Mr. Tabiul Islam, a qualified expert in physical education and yoga, led the session, guiding the participants through various yoga asanas and breathing techniques.

The session covered:

- **Introduction to Yoga:** The significance of yoga for physical, mental, and emotional health.
- **Basic Yoga Asanas:** Including the *Tadasana*, *Bhujangasana*, *Padmasana*, and *Shavasana*, among others.

*Kanstav Chakraborti*  
Principal  
Birpara College  
Birpara, Alipurduar

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- **Breathing Exercises:** Techniques such as *Pranayama* to enhance lung capacity and mental clarity.
- **Meditation:** A brief session on mindfulness meditation to help reduce stress and improve focus.

### 3. Participant Engagement:

The event saw enthusiastic participation from 40 students, who actively engaged in the session. The participants were attentive and followed the instructions closely, showing a keen interest in learning the yoga postures and techniques.

### 4. Key Highlights:

- **Expert Guidance:** Mr. Tabiul Islam demonstrated a clear understanding of yoga principles and provided step-by-step instructions, making the practice accessible to both beginners and those with prior experience.
- **Active Participation:** The students demonstrated a high level of enthusiasm, following each asana with focus and dedication.
- **Holistic Approach:** The event not only focused on physical asanas but also emphasized the importance of mental and emotional health through meditation and breathing exercises.

### 5. Conclusion:

The Yoga Practice session was a successful event that met its objectives of promoting physical and mental well-being among students. The session not only introduced students to the basics of yoga but also inspired them to adopt yoga as a part of their lifestyle for better health and balance. We look forward to organizing similar events in the future to continue promoting wellness and fitness within the college community.

*Kansta Chakraborti*  
Principal  
Birpara College  
Birpara, Alipurduar

BIRPARA COLLEGE, BIRPARA, ALIPURDUAR

Title of Event: Yoga Practice

Date: From 21/06/2022 to - / - / - Time (in hours)                     

Organised by: Department of Physical Education

In collaboration with: IQAC, Birpara College

Attendance Sheet

Sl. No.	Roll No.	Signature	Sl. No.	Roll No.	Signature
1.	1210422	SAHIL KUJUR	26.	1210215	SIKITA SAHA
2.	1210493	Aditya Narjinary	27.	1210217	Rakshat Khatun
3.	1210553	Sarjit Karjee	28.	1210221	Saramoni Ekka
4.	1210605	Amalash Roy	29.	1210251	Bishal Yonzona
5.	1210639	Champa Roy	30.	1210252	YUVRAS CHHETRI
6.	1210672	Dipika Roy	31.	1210271	Ashwin Pradhan
7.	1210749	Kunal Karjee	32.	1210291	Dhiraj Sonar
8.	1210750	Bapi Roy	33.	1210293	Aarsh Rana
9.	1210801	Monalisa Roy	34.	1210295	Lalit Majhi
10.	1210905	Ashis Karjee	35.	1210424	Adhir Basai
11.	1211060	Bhagyabari Roy	36.	1210434	Bikash Mondal
12.	1211067	RAKESH BRAHMA	37.	1210449	Sujata chhetri
13.	1211017	SURAJ KARJEE	38.	1210464	LABU HOSSAIN
14.	1211022	ROHIT SAJBA	39.	1210478	MASJID RAHAMAN
15.	1211029	AMAN PRADHAN	40.	1210479	Mehruna Begam
16.	1211068	Ashimkunia	41.		
17.	1211143	Debatan Majumder	42.		
18.	1210154	RISHIRAJ PRADHAN	43.		Teacher-in-charge BIRPARA COLLEGE Birpara, Alipurduar
19.	1210154	Rohit Rai	44.		Kanika Choudhary
20.	1210159	Ambika Kumari Sab	45.		
21.	1210160	Tanuja Khatun	46.		PRINCIPAL BIRPARA COLLEGE BIRPARA, ALIPURDUAR
22.	1210163	Khushbu Sundis	47.		
23.	1210164	Sabina Khatun	48.		
24.	1210165	NOORJAHAT BANU	49.		
25.	1210177	ANUSHKA MINJ	50.		

AUTHENTICATED