

# 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 SESSION

**Name of Resource Person:** Tabiul Islam, Department of Physical Education, Birpara College

**Place:** Birpara College

**Date of Event:** 21st June 2023

**Number of Participants:** 50 students

### 1. Introduction

The Department of Physical Education, Birpara College, organized a Yoga Practice session on **21st June 2023**, in commemoration of **International Yoga Day**. The event was coordinated by Tabiul Islam, and aimed to raise awareness about the physical and mental health benefits of yoga, along with promoting wellness within the college community.

### 2. Objective of the Event

The primary objectives of the event were:

- To introduce students to the practice of yoga.
- To promote the benefits of yoga for mental and physical well-being.
- To raise awareness about the importance of a healthy lifestyle and stress management through yoga.
- To engage students in a meaningful and beneficial physical activity.

*Kanstav Chakraborti*  
Principal  
Birpara College  
Birpara, Alipurduar

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### 3. Event Overview

The event took place at the **Birpara College campus** and involved a practical session of yoga practice. The session was conducted in the open air, ensuring a relaxed and refreshing environment for the participants.

#### Schedule of the Event:

- **Inaugural Session:** Introduction to Yoga and its benefits.
- **Practical Session:** Guided yoga practice, including asanas (postures) such as Surya Namaskar, Tadasana, and others suitable for beginners.
- **Breathing Techniques:** Emphasis on Pranayama and relaxation exercises.
- **Interactive Session:** Students shared their experiences and thoughts on the practice.

### 4. Participants

A total of **50 students** from various disciplines participated in the event. The participants were of varying skill levels, from beginners to those with prior experience in yoga. The session was designed to accommodate all levels of practice, with guidance provided for beginners while more experienced students were encouraged to explore deeper aspects of their practice.

### 5. Event Highlights

- **Enthusiastic Participation:** Students actively participated in the session and showed keen interest in learning the different yoga postures and techniques.
- **Interactive Environment:** The session fostered a positive and interactive atmosphere, with students asking questions and engaging in discussions about yoga's benefits.

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- **Health Awareness:** The event provided valuable insights into how yoga can enhance both physical fitness and mental clarity.

## 6. Conclusion

The yoga practice session organized by the Department of Physical Education, Birpara College, was a success. The event met its objectives by raising awareness about yoga, promoting its health benefits, and encouraging students to adopt healthier lifestyles. The department plans to conduct more yoga sessions in the future.

*Kanstav Chakraborti*  
Principal  
Birpara College  
Birpara, Alipurduar

BIRPARA COLLEGE, BIRPARA, ALIPURDUAR

Title of Event: Yoga Practice

Date: From 21/06/2023 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.	1220804	Subham Roy.	26.	1210327	Sumit Karjee
2.	1220756	Shiv Noran	27.	1210422	MD Najahid Islam
3.	1220386	Omshir Oraon	28.	1210553	Aditya Majumdar.
4.	1220400	Bikram Roy.	29.	1210553	SARAJIT KARJEE
5.	1220354	Subrata Saiba.	30.	1210221	Sahil Kujur
6.	1220266	Sohil Ali	31.	1210605	Amalash Roy
7.	1220476	ANISH ORAON	32.	1210639.	Champa Roy.
8.	1220272	Niket Kujur	33.	1210672	Dipita Roy.
9.	1220528	Vivek Routh	34.	1210749	Kunal Karjee
10.	1220357	Lata Roy	35.	1210750	Bapi Roy.
11.	1220223	Ashu Saiba	36.	1210801	Manalisa Roy.
12.	1220499	SUBHAM BHAGAT	37.	1210905	Abhishek Karjee
13.	1220481	MD MOFIZ ANSARI	38.	1211000	Pragyabati Roy.
14.	1220682	KISMAT EKKA	39.	1211007	Rakesh Bhattacharya.
15.	1220791	ADITYA KAITHA	40.	1211017	Suraj Karjee.
16.	1220702	Bishal Saiba	41.	1211022	ROHIT SAIBA.
17.	1220074	Abhayan Oraon.	42.	1211029	Anan Pradhan.
18.	1220659	Bikash Kumar Oraon	43.	1211068	Abhishek Uria.
19.	1220656.	Bikash Kumar Hahus.	44.	1211068	DEBAYAN MAJUMDAR.
20.	1220684	Joy Kujur	45.	1211143	MD. Sajid.
21.	1220790	Narayan Pradhan	46.	1211144	Sajid
22.	1220665	Akash Kumar Thakur.	47.	1211218	Puj'a Roy
23.	1220822.	Ajay Karjee.	48.	1200299	Debika Karjee
24.	1220264	Sumit Karjee	49.	1200302	TINA SAIBYA
25.	1210327	ASMITA AKHTAR.	50.	1200315	Rahul Karjee

PRINCIPAL  
BIRPARA COLLEGE  
BIRPARA, ALIPURDUAR

Kanwar Chakrabarti