

# Jatindra-Rajendra Mahavidyalaya

ESTD-1986



VILL. + P.O. – AMTALA, P.S. – NOWDA, DIST. – MURSHIDABAD, PIN – 742121

Date: 14.06.2022

## NOTICE

All the students of Jatindra Rajendra Mahavidyalaya are hereby informed that **International Yoga Day** will be celebrated on 22nd June 2022 at college premises. All NSS volunteers and all students are requested to participate in this special day celebration.

Programme Officer  
N.S.S. Unit-I  
J.R. Mahavidyalaya  
Amtala, Murshidabad

Teacher-in-Charge  
Jatindra-Rajendra Mahavidyalaya  
P.O. Amtala, Dist. Murshidabad

# Jatindra-Rajendra Mahavidyalaya



ESTD-1986

VILL. + P.O. – AMTALA, P.S. – NOWDA, DIST. – MURSHIDABAD, PIN – 742121

Date: 23.06.2022

1. Name of the Organizing Committee / Cell:- **NSS Unit-1 of J. R. Mahavidyalaya**

2. Name of the Event :- **Celebration of International Yoga Day.**

3. Date of the Event :- **21-06-2022**

4. Venue of the Event:- **Inside College Premises.**

5. Nature of the Activity:- **Programme /Event/ Lecture /Workshop: Life Skill**

6. Level of the Activity:- **College**

7. Name of the Sponsor / Collaborator, if any:- **College**

8. Purpose / Aims / Objectives of the event:-

In today's fast-paced and demanding world, students face various challenges that can impact their overall well-being and academic performance. Through this program, we explore the profound importance of yoga in everyone's life specially a student's life, highlighting how this ancient practice cultivates mind-body balance and nurtures holistic development.

- ❖ Yoga provides students with effective tools to manage stress and anxiety.
- ❖ Regular practice of yoga enhances concentration and focus.
- ❖ Yoga is a holistic exercise that strengthens and stretches the body.
- ❖ Yoga promotes emotional balance by encouraging self-awareness and self-acceptance.
- ❖ Yoga helps students unwind and relax, leading to improved sleep quality.
- ❖ Yoga encourages self-reflection and self-acceptance, allowing students to develop a positive self-image.
- ❖ The skills and principles learned through yoga extend beyond the classroom, providing students with valuable tools for life.

10. Beneficiaries / participants / audience (Type and/or number):- **20 students participated.**

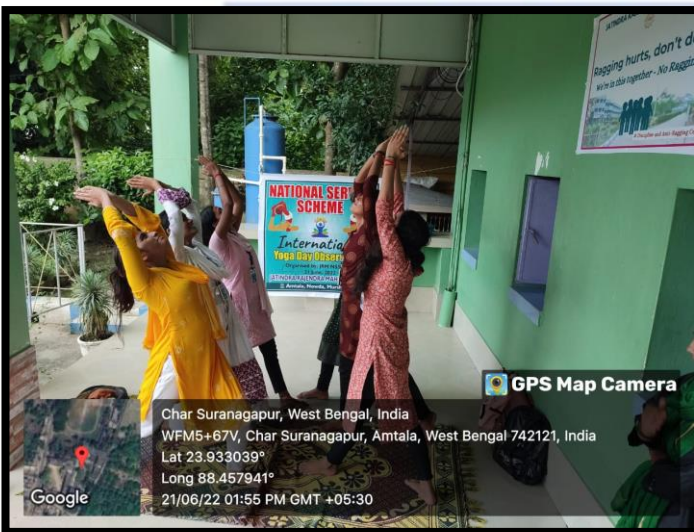
*M. Khan*

**Programme Officer  
N.S.S. Unit-I  
J.R. Mahavidyalaya  
Amtala, Murshidabad**

*Geelali Bera*

**Teacher-in-Charge  
Jatindra-Rajendra Mahavidyalaya  
P.O. Amtala, Dist. Murshidabad**

11. Evidence produced: - Photographs of the event.



*Muklan*

**Programme Officer  
N.S.S. Unit-I  
J.R. Mahavidyalaya  
Amtala, Murshidabad**

*Geelali Bera*

**Teacher-in-Charge  
Jatindra-Rajendra Mahavidyalaya  
P.O. Amtala, Dist. Murshidabad**

# JATINDRA RAJENDRA MAHAVIDYALAYA

Amtala, Murshidabad - 742121

## ATTENDANCE SHEET

Programme Name: CELEBRATION OF "INTERNATIONAL YOGA DAY"  
Date : 21.06.2022  
Venue : Inside College Campus  
Organized by : NSS UNIT-I.

Sl. No	STUDENT ID	SIGNATURE OF STUDENTS
1	B.A/20/0126	Papia Khatun
2	B.A/21/1708	Mominul Sk
3	B.A/21/0181	Fahima Afroja
4	B.A/21/0093	Pi Tasmina Khatun
5	B.A/21/0183	Sabana Khatun
6	B.A/21/0023	Nasma Khatun
7	B.A/21/0147	MD KAIF Shaikh
8	B.A/21/0028	Arif Mondal
9	B.A/20/0961	MAMONI Khatun
10	B.A/21/1869	Tohidul Mondal
11	B.A/21/0129	Sauki Raja
12	B.A/21/0148	Sajonika Mondal
13	B.A/21/1961	Selim Sk
14	B.A/21/1397	Ahasan Mondal
15	B.A/21/0078	SUPRIKA BHOWJ
16	B.A/21/0171	PIKU MANDAL
17	B.A/21/1610	MURSEELIM MONDAL
18	B.A/21/01686	ALIMA Khatun
19	B.A/20/0264	SoYab Pappu Saikh
20	B.A/20/0313	ASHAIN MONDAL
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1: Attendance Register

Milkan  
Programme Officer  
N.S.S. Unit-I  
J.R. Mahavidyalaya  
Amtala, Murshidabad