



RAIDIGHI COLLEGE

(A NAAC Accredited College)

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Date: 14/06/2018

NOTICE

This is to inform all the concerned that the following event will take place in the premises of Raidighi College. You are requested to comply and oblige. The details of the event is given below:

Title: Yoga Day Celebration

Date: 21/06/2018

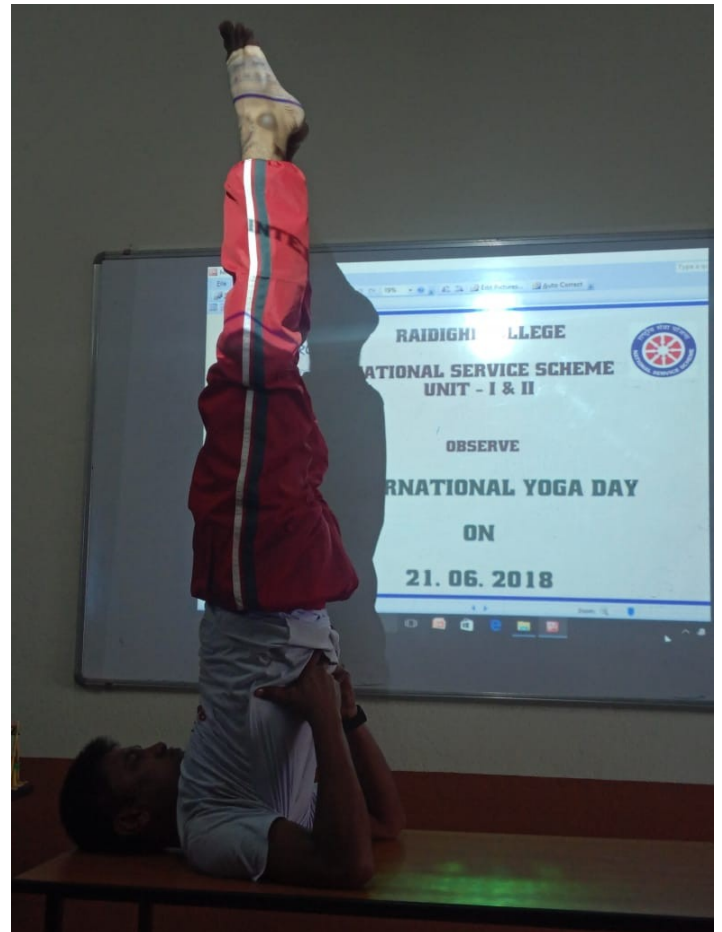
Time: 11:30 AM

Venue: Gallery Hall

Type of Event: Seminar cum Workshop




Dr. Sasabindu Jana
Principal
PRINCIPAL
RAIDIGHI COLLEGE





In commemoration of National Yoga Day, the two National Service Scheme (NSS) units of Raidighi College organized a joint seminar and workshop. Over 80 students and volunteers participated in the event, actively engaging in learning about the benefits of yoga for both physical and mental well-being.

Mr. Kamal Krishna Khanra, the college's Physical Instructor, took the lead, demonstrating various yoga postures and explaining their individual benefits. He emphasized the positive impact of yoga on physical health, highlighting its ability to improve flexibility, strength, and overall well-being.

Dr. Amitava Moitra, Program Officer of NSS Unit I, delved into the history of yoga, drawing connections to the ancient Vedic period. He explained how yoga practices, including postures and breathing exercises, were used by people in those times to maintain their physical health and well-being.

Suvankar Ghosh Roy Choudhury, Program Officer of NSS Unit II, focused on the mental health aspect of yoga. He discussed the potential of yoga practices to reduce stress, anxiety, and depression, promoting a sense of inner peace and calmness.

The seminar and workshop provided a valuable opportunity for students to learn about the multifaceted benefits of yoga and gain practical experience through the interactive sessions. This event not only celebrated National Yoga Day but also instilled in participants a deeper appreciation for this ancient practice and its potential to improve their overall health and well-being.