

NSS Event 30: **International Yoga Day observation by Raidighi College NSS Unit 1 in collaboration with Raidighi College- NCC and Department of Physical Education.**

Date : 21st June 2025

Time: 9 to 10.30 am

Venue: Raidighi College playground

Introduction:

International Yoga Day, celebrated every year on **21st June**, highlights the global importance of yoga as a holistic practice for physical, mental, and spiritual well-being. Proposed by India and adopted by the United Nations in 2014, the day aims to spread awareness about the benefits of yoga in promoting a balanced lifestyle. Yoga is not just a form of exercise but a complete system that connects the body, mind, and breath, helping individuals lead healthier and more mindful lives.

The volunteers of Raidighi College NSS Unit 1 actively participated in the International Yoga Day 2025 jointly organised by Raidighi College NSS Unit 1, NCC and Department of Physical Education on 21st June 2025. The theme for this year's celebration was- "**Yoga for One Earth and One Health**". The importance of yoga for holistic wellness is catching up greatly all across the Globe so, the Ministry of Youth Affairs and Sports through My Bharat portal encouraged all NSS units to organise events and upload images and videos in action in their portal.

Role of Youth:

The **role of youth** in promoting and sustaining the spirit of International Yoga Day is extremely significant. Young people are the most energetic and adaptable segment of society. Their participation can transform yoga from a traditional practice into a modern lifestyle movement. By embracing yoga, youth can manage stress, anxiety, and lifestyle disorders that are increasingly affecting their generation. *Regular practice improves focus, discipline, resilience, and emotional stability — qualities essential for academic success and personal growth.*

Youth also act as powerful **agents of change**. Through social media, community activities, and school or college initiatives, they can inspire others to take up yoga. Their involvement helps bridge the gap between generations and makes yoga more relatable for peers. By leading awareness campaigns, attending mass yoga sessions, and incorporating yogic principles in daily life, young people strengthen the global message of wellness and harmony.

In essence, International Yoga Day becomes more impactful when the youth actively participate. Their enthusiasm not only preserves India's ancient heritage but also promotes a healthier and more conscious future for the world.

Activities of the day:

To observe the day, both NSS PO-1 Dr Arvinda Shaw as well as Ms Bularani Mandal of Dept. of Physical Education delivered lucid lectures on the significance of the day's observation. Later, Yoga Instructor, Mr Kamal Krishna Khanra from Dept. of Physical Education, demonstrated yoga postures for all the participants. Students and volunteers actively participated in display of difficult yoga postures. The day celebration came to an end with distribution of refreshments to all the participants.

Importance of Practising Yoga:

Practising yoga holds immense importance in today's fast-paced and stressful lifestyle. Yoga is a holistic discipline that combines physical postures, breathing techniques, and meditation to promote overall well-being. One of the major benefits of yoga is its ability to reduce stress and anxiety. By calming the mind and regulating the breath, yoga helps individuals develop emotional balance and mental clarity.

Physically, yoga improves **flexibility, posture, strength, and balance**. Regular practice helps prevent lifestyle-related health issues such as back pain, obesity, hypertension, and poor circulation. It also enhances lung capacity and supports better functioning of the cardiovascular, digestive, and immune systems. Unlike intense workouts, yoga is gentle on the body, making it suitable for people of all ages.

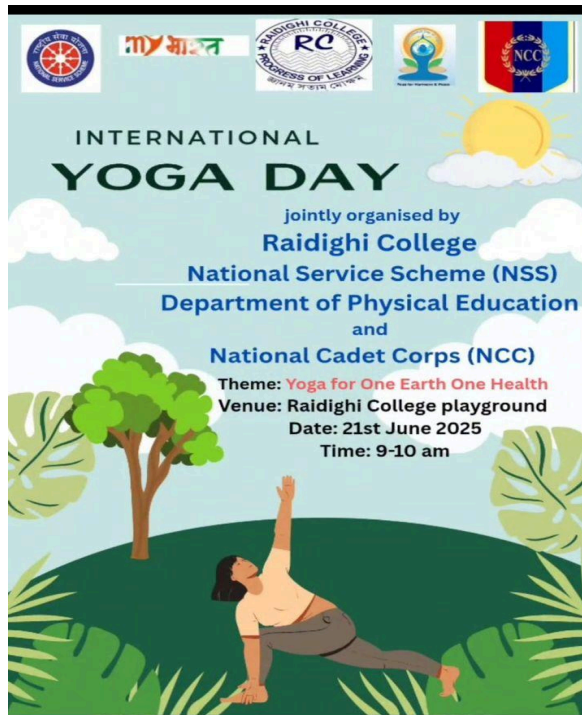
Yoga also plays a significant role in improving **focus, concentration, and productivity**. This is especially valuable for students and working individuals who deal with high mental workloads. Through mindfulness and meditation, yoga helps develop patience, self-awareness, and a positive mindset.

Another important aspect is that yoga promotes a **healthier lifestyle**. It encourages discipline, regularity, and conscious living. People who practise yoga often become more mindful of their habits, diet, sleep, and overall routine. It also fosters inner peace and emotional resilience, helping individuals cope better with daily challenges.

Conclusion:

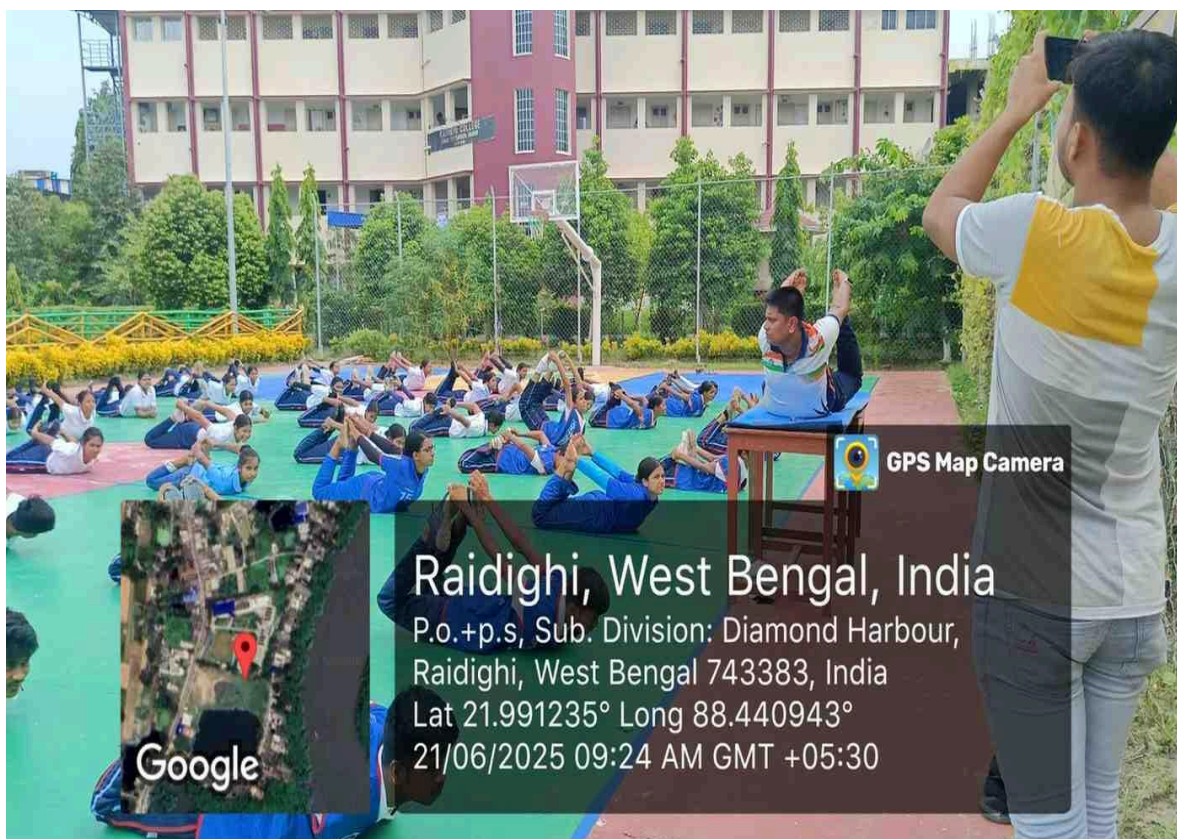
Overall, practising yoga is important because it nurtures the body, mind, and soul together. It supports physical fitness, mental stability, spiritual growth, and long-term health, making it one of the most effective practices for holistic well-being. Raidighi College-NCC, NSS and Dept. of Physical Education jointly came forward to create awareness about the significance of the day among the students and local community people.

Few glimpses of the event:









Attendance of the participants:

International Yoga Day-2025 observation by Raidighi
College NSS-Unit 1 in collaboration & National Cadet
Corps (NCC) & Dept. of Physical Education

Date: 21st June 2025 Time: 9-10:30 am.
 Venue: Raidighi College

Programme Officer: Dr. Ananda Shaw.
 21/6/2025

No.	Name of Volunteers	Age	Sex	Caste	Semester	Contact no.	Signature
1.	Sudeshna Halder	18+	F	General	II	9609101973	Sudeshna Halder
2.	Bishakhya Mistry	19	F	SC	IV	8617401123	Bishakhya Mistry
3.	Sasama Dey	19	F	OBC	II	9532477418	Sasama Dey
4.	Susama Dey	19	F	OBC	II	9332477118	Susama Dey
5.	Sanghamitra Halder	21	F	A	II	7074003404	Sanghamitra Halder
6.	Pratika Gini	19	F	G	II	9733194964	P. Gini
7.	Arpita Mondal	20	F	SC	II	8018729627	A. Mondal
8.	Sushama Manna	19	F	OBC	II	8914035759	S. Manna
9.	Sharmika Pramanik	20	F	SC	IV	8617505853	S. Pramanik
10.	Paramita Sarkar	19+	F	SC	IV	6289244344	P. Sarkar
11.	Rajya Mondal	18	M	SC	II	0230409245	Rajya Mondal
12.	Riyali Sarkar	20	F	SC	II	8509649277	Riyali Sarkar
13.	Souranjan Prakash	20	M	SC	IV	9062372376	S. P
14.	Sudipta Mondal	19	M	G	II	7001167048	S. M
15.	Rajesh Halder	18	M	G	II	9339134520	R. H

No.	Name	Regimental No.	Signature
1)	PRIYA MONDAL	WB2024SWIA8890174	Priya Mondal
2)	JAYASHREE BAUR	WB2024SWIA8890202	Jayashree Baur
3)	SHARMILA HALDAR	WB2024SWIA8890206	Sharmila Halder
4)	PIV MONDAL	WB2024SWIA8890203	Piv Mondal
5)	PIYALI SARKAR	WB2024SWIA8890213	Piyali Sarkar
6)	SUSHAMA MANNA	WB2024SWIA8890183	Sushama Manna
7)	SHAMPA MONDAL	WB2024SWIA8890216	Shampa Mondal
8)	SUPRIYA SINGHA	WB2024SWIA8890200	Supriya Singha
9)	SIMA JANA	WB2024SWIA8890214	Sima Jana
10)	DEBASHREE PURKAIT	WB2024SWIA8890215	Debashree Purkait
11)	PARAMITA NAJYA	WB2024SWIA8890220	Paramita Najya
12)	SNHA MAYRA	WB2024SWIA8890195	Snha Mayra
13)	ARPITA MAYRA	WB2024SWIA8890218	Arpita Mayra
14)	Puja		
15)	PUJA MISTRI	WB2024SWIA8890221	Puja Mistri
16)	PARAMITA SARKAR	WB2024SWIA8890190	Paramita Sarkar
17)	PRITIKA GINI	WB2024SWIA8890192	Pritika Gini
18)	SUSAMA DEY	WB2024SWIA8890183	Susama Dey
19)	SARAMA DEY	WB2024SWIA8890079	Sarama Dey

19)	DALI KAYAL	WB2024SWIA8890186	Dali Kayal
20)	SHAMPA PRAMANIK	WB2024SWIA8890223	Shampa Pramanik
21)	Sudeshna		Sudeshna
22)	SUDESNA HALDER	WB2024SWIA8890210	Sudeshna Halder
23)	BISHAKHA MISTRY	WB2024SWIA8890176	Bishakhya Mistry
24)	RUKSANA SEKH	WB2024SWIA8890201	Ruksana Sekh
25)	ARPITA MONDAL	WB2024SWIA8890181	Arpita Mondal
26)	SWAPNA HALDER	WB2024SWIA8890207	Swapna Halder
27)	ROKHA MIR	WB2024SWIA8890183	Rokha Mir
28)	Supriya Naskar	WB2024SWIA8890179	Supriya Naskar
29)	KALPANA GHAYEN	WB2024SWIA8890293	Kalpana Ghayen
30)	SUMANA HALDER	WB2024SWIA8890212	Sumana Halder
31)	KABITA JANA	WB2024SWIA8890179	Kabita Jana
32)	PAILOVI KHAMARU	WB2024SWIA8890193	Pailovi Khamaru
33)	RIYA BAR	WB2024SWIA8890151	Riya Bar
34)	MADHUMITA MONDAL	WB2024SWIA8890180	Madhumita Mondal
35)	KAKALI MALI	WB2024SWIA8890207	Kakali Mali
36)	TRISA MONDAL	WB2024SWIA8890208	Trisa Mondal
37)	SANGHAMITRA HALDER	WB2024SWIA8890196	Sanghamitra Halder
38)	SUSMITA GHORAI	WB2024SWIA8890222	Susmita Ghorai
39)	KOYEL BAUR	WB2024SWIA8890292	Koyel Baur

No.	Name	Regimental No.	Signature
1)	SWARUP HALDER	WB2024SWIA8890174	Swarup Halder
2)	DHIMAN MONDAL	WB2024SWIA8890224	Dhiman Mondal
3)	SOUVIK DAS	WB2024SDIA8890288	Souvik Das
4)	RAJESH HALDER	WB2024SDIA8890236	Rajesh Halder
5)	KRISHNENDU MONDAL	WB2024SDIA8890285	Krishnendu Mondal
6)	Ujjal Mondal	WB2024SDIA8890276	Ujjal Mondal
7)	APURBA BHANDARI	WB2024SDIA8890278	Apurba Bhandari
8)	DIP BIKRAM	WB2024SDIA8890241	Dip Bikram
9)	SAMRAT PAIK	WB2024SDIA8890251	Samrat Paik
10)	SUDIPTA MONDAL	WB2024SDIA8890260	Sudipta Mondal
11)	RAKESH KHAN	WB2024SDIA8890237	Rakesh Khan
12)	GOPIAL DAS	WB2024SDIA8890249	Gopal Das
13)	SAGAR NAYEK	WB2024SDIA8890296	Sagar Nayek
14)	TUSHAR MISTRY	WB2024SDIA8890267	Tushar Mistry
15)	SNEHA SISHMONDAL	WB2024SDIA8890234	Snehusha Mondal
16)	SOURMEN MONDAL	WB2024SDIA8890263	Sourmen Mondal
17)	DIP PRADHAN	WB2024SDIA8890269	Dip Pradhan

<u>Sl No</u>	<u>Name</u>	<u>Regimental No.</u>	<u>Signature</u>
18)	Prasannjit Barui	WB 2024 SDIA 8890230	Prasannjit Barui
19)	SUBHANKAR MANNA	WB 2024 SDIA 8890259	Subhankar Manna
20)	KUNDAR MONDAL	WB 2024 SDIA 8890249	Kundar Mondal
21)	BAHTI BARR	WB 2024 SDIA 8890235	Banti Barr
21)	SOUMEN SOUMEN PURKAIT	WB - 2024 SDIA 8890255	SOUMEN Soumen Purkait
22)	DEBASHIS BAIDYA	WB 2024 SDIA 8890245	Debashis Baidya
23)	BAPPA MONDAL	WB 2024 SDIA 8890270	Bappa Mondal
24)	ARUP HALDER	WB 2024 SDIA 8890290	Arup Halder
25)	BIBHAS BAIRAGI	WB 2024 SDIA 8890246	Bibhas Bairagi
26)	SUJAN PAIK	WB 2024 SDIA 8890250	Sujan Paik