



International Yoga Day Celebration 21st June, 2022

Organised By:

**Sports Sub-committee in collaboration with
Dept. of Physical Education & IQAC,
Naba Barrackpur Prafulla Chandra Mahavidyalaya**



**Dr. Susanta Sarkar,
Associate Professor,
Assistant Registrar-I & H.O.D &
Director (Ex-officio),
Department of Physical Education,
University of Kalyani**



**Mr. Arnab Ghara,
Assistant Teacher,
Adisaptagram High School,
Mogra, Hooghly**



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Time: 1.00 pm – 3.00pm

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Programme Schedule

1. Felicitation of Guests by Students:

1.00 pm - 1.10 pm

2. Welcome Address by: Dr. Sunil Kumar Biswas, Hon'ble Principal, NBPC Mahavidyalaya

1.10 pm – 1.25 pm

3. Speech on the Idea of Internal Yoga Day: Dr. Susanta Sarkar, Associate Professor & HOD, Dept. of Physical Education, & Registrar (Ex-Officio), University of Kalyani

1.25 pm – 1.45 pm

4. Lecture: Yoga for Healthy Living and Wellness - Mr. Arnab Ghara, Asst. Teacher, Adisaptagram High School, Mogra, Hooghly

1.45 pm – 2.05 pm

5. Yoga Practice Session: 2.10pm – 2.50pm

6. Vote of Thanks by: Dr. Malay Das, Jt. Convenor of Sports Sub-Committee, NBPCM

2.50pm – 3.00pm

Dr. Malay Das

Mr. Sujit Kumar Patra

(Jt. Convenors of Sports Sub-Committee)