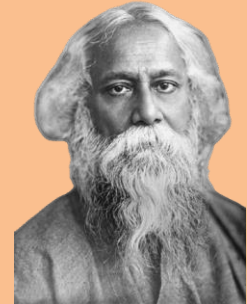


Suri Vidyasagar College (Govt. Sponsored)

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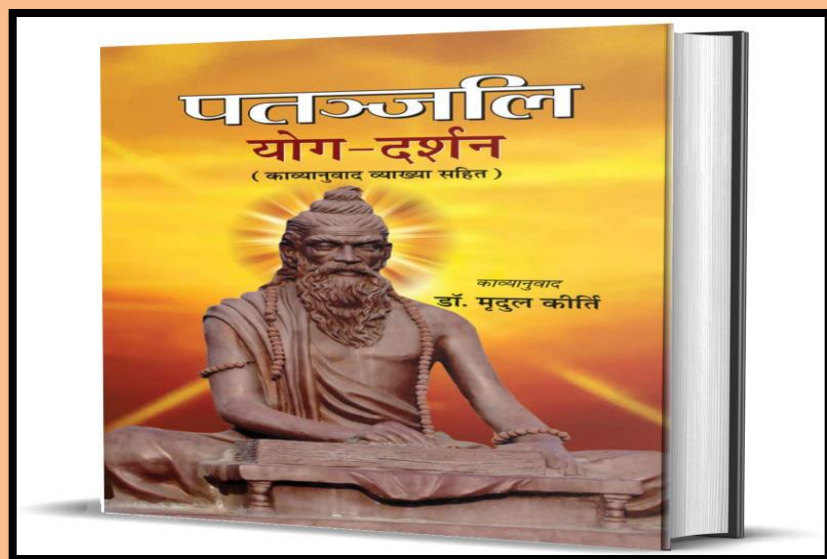


International Day of Yoga (IDY) 2022

VARIOUS ACTIVITIES RELATED TO YOGA from April to June 2022

Organized by

Department of Physical Education, Suri Vidyasagar College



ACTIVITY PLAN MONTH-WISE FROM APRIL TO JUNE

Month - April

One day national level webinar

THEME

**THE CONTRIBUTION OF PHYSICAL EDUCATION, YOGA & SPORTS
IN DEVELOPING PHYSICAL & MENTAL HEALTH**

RESOURCE PERSONS

Dr. PINTU LAL MONDAL

Assistant Professor
Department of Physical Education,
Central University of South Bihar,
Gaya 824236 Bihar

TOPIC

**“A sound mind in a sound body”- How we
improve it through practicing yoga**

Dr. BIPLOB CHOWDHURY

Assistant Professor
Department of Physical Education,
Government Physical Education College for Women,
Hooghly, west Bengal

TOPIC

“Benefits of Exercise on Mental Health”

Month -May

7 DAY WORKSHOP ON YOGA

EXPERT PERSON

Mr. BAPPA SANGUIN (B.P.Ed, M.P.Ed, PGDYT)

Represented "2" time "All India" Inter Universities Yogasan Championship

State & National Level Judge of WBYSA & NYSF.

Specialization on yoga (Visva-Bharati)

Internship on Yoga- Burdwan University Health Center & SVYASA (Bangalore)

State Aided College Teacher, Suri Vidyasagar College

SL.NO	EVENTS	TIME
DAY- 1 Date- 26/05/22	<p><i>Speech by Principal Sir,</i> Prof. Tapan Kumar Parichha, Principal, Suri Vidyasagar College</p> <p><i>Speech by Chief Guest</i> Dr. Rudranath Chatterjee, Assistant Professor, P.G.G.I.P.E Banipur, North 24 Parganas, West Bengal</p> <p><i>Paper Presentation by</i> Mr. BAPPA SANGUIN Dept. of Physical Education. TOPIC- Yoga's contribution in Physical Improvement Sub Topic- Yoga, Yoga & Science, Obesity & Yoga Postural deformities & Yoga</p> <p><i>Vote of Thanks by</i> Dr. KOUSHIK KUMAR DUTTA In-charge Morning Section, Suri Vidyasagar College.</p>	8:00 AM
DAY- 2 Date- 27/05/22	General Exercise and Suryanamaskar	8:00 am to 9:00 am
DAY- 3 Date- 28/05/22	General Exercise , Suryanamaskar & Pranayama.	8:00 am to 9:00 am
DAY- 4 Date- 30/05/22	General Exercise, Suryanamaskar, Asanas & Pranayama.	8:00 am to 9:00 am
DAY- 5 Date- 31/05/22	General Exercise, Suryanamaskar Asanas, Pranayama & Kriyas.	8:00 am to 9:00 am
DAY- 6 Date- 01/06/22	General Exercise, Suryanamaskar Asanas, Pranayama, Kriyas & Mudra.	8:00 am to 9:00 am
DAY- 7 Date- 02/06/22	General Exercise, Suryanamaskar & Meditation	8:00 am to 9:00 am

OUR COMMITTEE

Patron	Patron: Prof. Tapan Kumar Parichha Principal, Suri Vidyasagar College
Organizing Committee	Mr. Aditya Mondal, Department of Physical Education, Suri Vidyasagar College Mr. Bappa Sanguin, Department of Physical Education, Suri Vidyasagar College
Technical Coordinator	Mr. Bappa Sanguin, Department of Physical Education, Suri Vidyasagar College
Advisory Committee	Prof. Tapan Kumar Parichha, Principal, Suri Vidyasagar College Dr. Koushik Kumar Dutta, In-charge Morning Section
Communication	Mr. Bappa Sanguin (M: -9474731393), Email- sanguibappa2@gmail.com

ABOUT WORKSHOP

The aim of this Workshop is to improve the Physical, Mental, Social, Emotional, Spiritual health condition of all people, students & identify the current trends and challenges in Physical Education, & Yoga, based on the current perspective, future trends and challenges will be discussed. There are various factors which are diminishing the interest of students in Yoga activities. Although yoga is being taught as a part of curriculum in all Schools, Colleges and Universities but lack of adequate time, trained Teachers and poor infrastructure are responsible for little interest in this field. The future challenges to make this field interesting involves an adequate curriculum, sufficient funds allotment for holding various competitions and role of technology to create awareness about the importance of yoga activities in our daily life. All these issues will be discussed in this Webinar.

Thank you all