



SURI VIDYASAGAR COLLEGE

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

YOGA ACTIVITIES 2018 to 2024

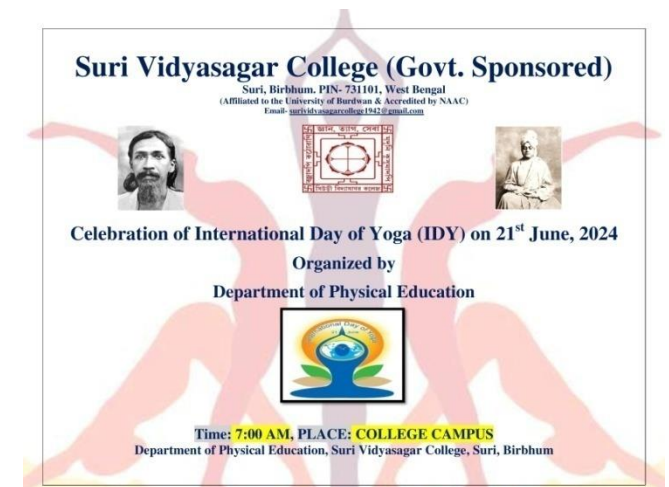
SL.NO	SEMINAR / EVENT	DATE	TIME	ORGANIZER	YOUTUBE LINK
1	International day of yoga 2021	21-06-2021	8:30 AM	Department of Physical Education	https://youtu.be/Vx_pLWK0XpM
2	The Contribution of Physical Education, Yoga & Sports in Developing Physical & Mental Health	09-04-2022	3:00 PM	PHYSICAL EDUCATION DEPARTMENT	https://youtu.be/UbzsOfIj84k
3	WORKSHOP ON YOGA (PART-1) CELEBRATION OF INTERNATIONAL DAY OF YOGA 2022 ACTIVITIES OF MONTH- MAY	26/05/2022 to 02/06/2022	8:00 AM	DEPARTMENT OF PHYSICAL EDUCATION, SURI VIDYASAGAR COLLEGE	DAY-1. https://youtu.be/UbzsOfIj84k SLIDE- https://youtu.be/odQeXQgv8x8 Day-2 https://youtu.be/CoLABttEjk DAY- 3 https://youtu.be/ZODK9KkuRqE DAY- 4 https://youtu.be/9kl_CEnvX9M DAY- 5 https://youtu.be/6EqDoVyJf1w DAY- 6 https://youtu.be/UB8zmEkTDHc DAY- 7 https://youtu.be/BUtSGvl_KtA News Report- 1. https://youtu.be/LDGBfajQjM 2. https://bengali.news18.com/news/birbhum/yoga-camp-at-vidyasagar-college-of-seuri-birbhum-817475.html
4	WORKSHOP ON YOGA (PART-2) CELEBRATION OF INTERNATIONAL DAY OF YOGA 2022 ACTIVITIES OF MONTH- JUNE	15/06/2022 TO 21/06/2022	6:30 AM	DEPARTMENT OF PHYSICAL EDUCATION, SURI VIDYASAGAR COLLEGE & Kendua Gram Panchayat	DAY-1- https://youtu.be/HVX2liTvYDk Day-2- https://youtu.be/wy_DoEm6d0l DAY-3 https://youtu.be/tSxo89-M1N8 DAY- 4 https://youtu.be/4GY9EZxR5bU DAY- 5 https://youtu.be/G7NZQLAGVuk DAY- 6 https://youtu.be/AgoTtd7u554 DAY- 7 https://youtu.be/gmM_glecG1Y

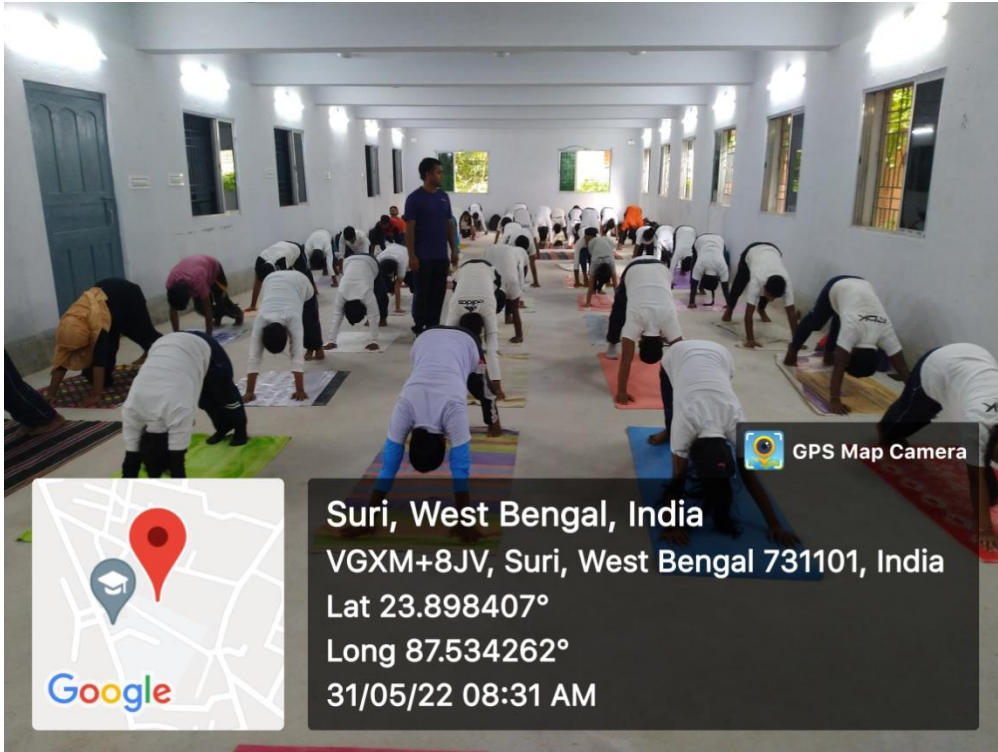
5	CELEBRATION OF INTERNATIONAL DAY OF YOGA 2022	21/06/2022	7:00 AM	Department of Physical Education,	https://youtu.be/gmM_glecG1Y
14	CELEBRATION OF INTERNATIONAL DAY OF YOGA 2024	21/06/2024	8:00 AM	Department of Physical Education,	https://youtu.be/4vcTUQbaiFM?si=yd2ppB1BHsmwhH4m

Yoga is an ancient and complex practice, rooted in Indian philosophy. It began as a spiritual practice but has become popular as a way of promoting physical and mental well-being.

Department of Physical Education & sports observed **International Yoga Day every year** on June 21 to raise awareness about this ancient practice and to celebrate the physical and spiritual prowess that yoga has brought to the world. Yoga is a practice which plays an important role in relaxing the mind and body and boosting people's immune system.

We did a **Online Webinar** on “The Contribution of Physical Education, Yoga & Sports in Developing Physical & Mental Health” in corona period 09/04/2022, not only that we did **Yoga Workshop** in our college & also Kendua gram panchayat. Interested people joined with us spontaneously in this workshop.





WORKSHOP ON YOGA 2022



Yoga Workshop in Village, Kendua Gram Panchayat