



Netaji Subhas Open University
Centre for Internal Quality Assurance (CIQA)

Celebrated

INTERNATIONAL DAY OF YOGA

“Be with Yoga, Be at Home”

&

Launched

NSOU Web Radio

“Muktak”

Venue: Zoom & YouTube

Date: 21 June 2021

Introduction:

Netaji Subhas Open University (NSOU) is the sole State Open University in West Bengal and it is having over 4.75 lakh students on its roll. Along with the general streams (Under Graduate and Post Graduate), the University imparts various skill development programmes through its School of Vocational Studies, to equip the rural youths with various skills in different disciplines. The University has a significant contribution towards the social development by introducing skilled workforce.

The University conducts Diploma and Advanced Diploma courses viz. Yoga Education and Stress Management under the School of Vocational Studies to create a trained resource pool who may engage themselves in the wage employment as well as in self-employment.

Following the COVID protocol, CIQA celebrated the 7th International Day of Yoga on 21 June 2021 on digital platform. Faculties, Learners, Officers, Staff, Coordinators were invited to attend the programme.

Launch of Web Radio

The university launched Web Radio on this day to make IDY more memorable at University. The web Radio will broadcast lectures on the subject specific topics for both UG and PG level. NSOU faculty members will contribute towards the audio repositories. Where the bandwidth is low, the web radio can be a solution to reach the students at remote places.



The web radio was formally launched by Sri Kishore Sengupta, Registrar, NSOU in presence of Professor Anirban Ghosh, Director, CIQA, Professor Manan Kr. Mandal, Director, School of Humanities, Finance Officer, NSOU. In short deliberations, they highlighted the importance of such communication channel specially in the present pandemic situation. 105 participants attended this virtual programme across the state of West Bengal.



Yoga Day Celebration

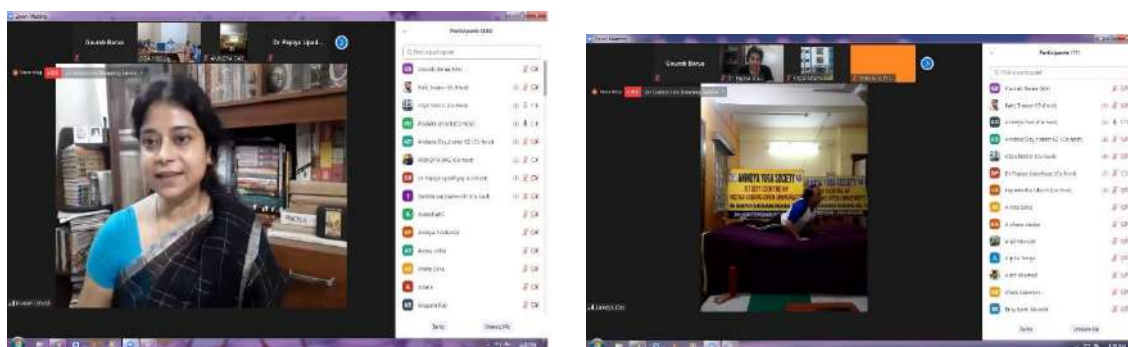
The International Day of Yoga was declared unanimously by the United Nations General Assembly. Yoga Day is celebrated annually on 21 June since its inception in 2015. Like last year, the University celebrated the International Day of Yoga (IDY) in a befitting manner by organizing lectures, workshop, special yoga demonstration etc. on digital platform.

Dr. Paulami Ghosh, Assistant Professor of Physical Education, UCT College Barhampur and Post - Doctoral Fellow, Ramakrishna Mission Institute of Culture, Kolkata discussed about the relation between yoga and non-materialistic ancient culture of India. Dr. Ghosh also explained the importance of yoga in spiritual way of life.

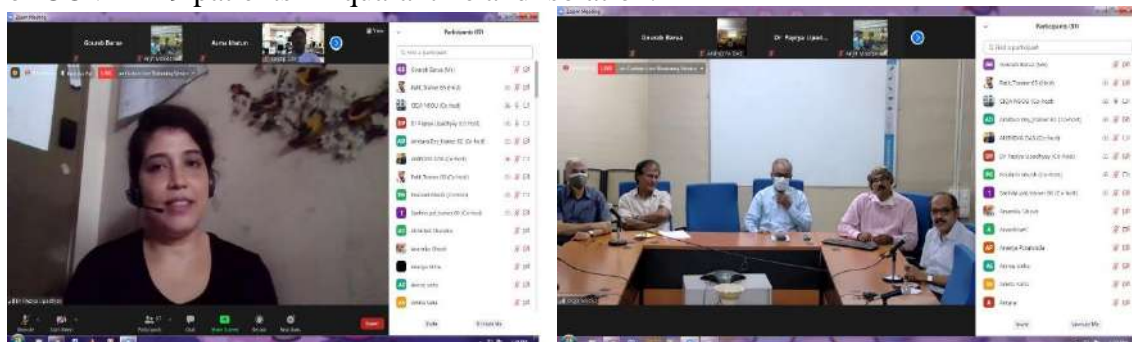
The participants of NSOU not only participated but were also practically oriented by the live demonstration and instructions of Shri Aninda Kr Das, Bango Yogaratnam & Yoga Visharad.

The programme was inaugurated by the Registrar, NSOU. In his address, Sri Sengupta reminded the importance of yoga in our everyday life. The speakers in the inaugural session also stressed upon to practice yoga and meditation every day to overcome the physical and mental stress in the home as well as at the workplace. Other dignitaries from other fields were also graced the inaugural session.

Yoga is an ancient physical, mental and spiritual practice that originated in India. Today it is practiced in various forms around the world and continues to grow its popularity. Beyond its immediate impact on physical health, the COVID-19 pandemic has also exacerbated psychological suffering and mental health problem, including depression and anxiety as pandemic related restrictions continue in various forms in many countries. This has highlighted the urgent need to address the mental health in addition to physical health aspects.



The message of yoga in promoting both the physical and mental well-being of humanity has never been more relevant. A growing trend of people around the world embracing yoga to stay healthy and rejuvenated and to fight social isolation and depression has been witnessed during the pandemic. Yoga is also playing a significant role in the psycho-social care and rehabilitation of COVID-19 patients in quarantine and isolation.



The programme ended with formal vote of thanks proposed by Director, CIQA.

Programme Schedule

- 3.00pm: Welcome Address by Dr. Anirban Ghosh, Director, CIQA
- 3.15pm: Web Radio-MUKTAK launched by Sri Kishore Sengupta, Registrar, NSOU
- 3.20pm: Address by Sri Sachindra Chandra Kar, Finance Officer, NSOU
- 3.30Pam: Address by Dr. Paulami Ghosh, Assistant Professor of Physical Education, UCT College Barhampur and Post - Doctoral Fellow, Ramakrishna Mission Institute of Culture.
- 4.00pm: Yoga demo by Sri Anindya Kr. Das, Yoga Experts & Coordinator, Anindya Yoga Society S.C.
- 4.45pm: Vote of thanks by Dr. Papiya Upadhyay, Asst. Professor, NSOE, NSOU