



Netaji Subhas Open University Kolkata



Report on International Day of Yoga June 21, 2020

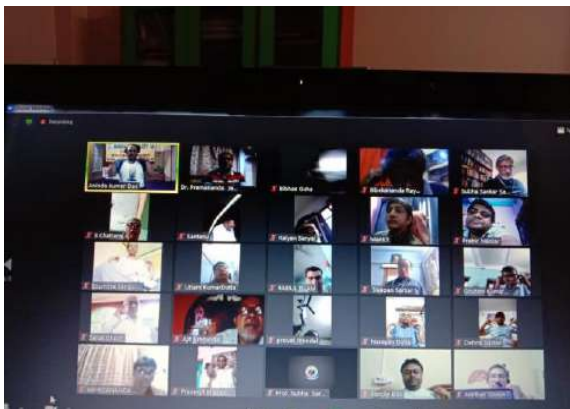
The entire world is going through the grim situation owing to the COVID-19 pandemic. Most part of the world is locked down. Maximum people are confined within their home. In the present situation, people are passing days with lots of uncertainties like afraid of to be infected, economic recession owing to the long period of lock down, irregularities of children's education, domestic violence due to no earning and old parent's physical instability etc. Thus, people are in constant search for mental peace and healthy life style. Out of this need, the indigenous, traditional and ancient Indian knowledge have emerged as a way of healthy living rather than materialistic, luxurious and lavish lifestyle of western world. Patanjali Yoga --- an Ancient Indian Philosophy of life is such an escapist way and is accepted by the world community. Therefore, Celebration of International Day of Yoga has a wholesome world concern rather than to be confined to a local and narrow concept.

Keeping this view in mind the Hon'ble Vice Chancellor, Netaji Subhas Open University, Prof. Subha Sankar Sarkar had taken the initiatives to celebrate International Day of Yoga through virtual platform using Learning Management System (LMS) and University App due to pandemic situation with the theme '**Yoga@Home**' and '**Yoga with Family**'. The University has celebrated the 6th International Day of Yoga in a befitting manner. In this occasion, we organized lectures, discussions and yoga demo. Altogether, 78- employees (teaching faculties, officers and non-teaching staff) of NSOU participated in this online yoga event.

Mission and Vision of Celebration of the International Day of Yoga:

- ❖ To let people to know amazing health benefits of yoga
- ❖ To reduce health problems
- ❖ To spread peace in the world

- ❖ To promote good mental and physical health of people through yoga.
- ❖ To connect people through international yoga day.
- ❖ To connect people to the nature by practicing yoga.
- ❖ To make people get used of mediation through yoga.
- ❖ To draw attention of people worldwide towards the holistic benefits of yoga.
- ❖ To let people know their rights of good health and healthy life style to completely enjoy the highest standard of physical health.
- ❖ To bring communities much close together to spend a day for health from busy schedule.
- ❖ To strengthen the global coordination among people through yoga.
- ❖ To make people aware of physical and mental diseases and its solutions through practicing yoga.
- ❖ To reduce the rate of health challenging diseases all over the world.
- ❖ To get win over all the health challenges through regular yoga practice.
- ❖ To link between protection of health and sustainable health development.



In the welcome address Prof. Swapan Kumar Sarkar, the Head, School of Education, NSOU, had briefly discussed about the relevance of the celebration of the International Day of Yoga in this pandemic situation due to COVID-19. Prof. Sarkar also expressed his concern about the benefits of practicing yoga on daily basis. Prof. Rajat Ray, Dean of Student's Welfare, Jadavpur University discussed about the importance of yoga in psychological health. Prof. Ray suggested participants to practice yoga on regular basis to overcome stress. Dr. Malay Mukhopadhyay, OSD, Physical Education, Education Directorate, Govt. of West Bengal enlightened participants with his wonderful speech about the benefits of yoga in boosting the immune system to fight against Corona Virus in this pandemic situation. Dr. Poulami 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. All the participants were very enthusiastic in attending the yoga lectures and practical session. They were trained with some useful Yoga/ asanas by Shri Aninda Kumar Das, Bango Yogaratnam & Yoga Bisharad which may be helpful in our daily life. All participants enjoyed all the session with doing yoga. After the live – demonstration - practice session, presidential address was delivered by Professor Subha Sankar Sarkar, Hon'ble Vice Chancellor, NSOU. Prof. Sarkar conveyed his sincere thanks and gratitude to all participants for their active participation through digital platform in this difficult time. At the end of the programme, Dr. Parimal Sarkar, Organizing Secretary, proposed the vote of thanks. Professor Anirban Ghosh moderated the entire programme.



**Netaji Subhas Open University
West Bengal**

Celebrates
International Day of Yoga

Theme: 'Yoga@Home' and 'Yoga with Family'

21 June 2020

Join through: NSOU App/lms.nsouict.ac.in

The banner features the university's logo on the left and right. The central text is in a bold, serif font. The background is a solid yellow color.

Programme Schedule

Inaugural Session:

- **Welcome Address:** *Prof. Swapan Kr. Srakar, School of Education, NSOU*

Address by Guest Speakers:

- **Prof. Rajat Roy**, *Dean, Students Welfare, Jadavpur University .*
- **Dr. Malay Mukhopadhyaya**, *OSD Physical Education, Education Directorate, Govt. Of West Bengal.*
- **Dr. Poulami Ghosh**, *Assistant Professor, U.C.T. College, Berhampore & Post Doctoral Researcher, Indological Research, The Ramakrishna Mission Institution of Culture, Goalpark.*
- **Presidential Address:** *Prof. Subho Sankar Sarkar, Hon'ble Vice –Chancellor, NSOU.*
- **Vote of Thanks:** *Dr. Parimal Sarkar, Organising Secretary and Asst. Prof. of Education, NSOU.*

Yoga Demonstration:

- **Shri Anindya Kumar Das**, *Bango Yogaratnam & Yoga Bisharad.*

Moderator: Professor Anirban Ghosh, Director, CIQA and Director (i/c), School of Vocational Studies, NSOU

Organizing Secretary

Dr. Parimal Sarkar
Asst. Prof. of Education, NSOU

CONVENER

Professor Anirban Ghosh
Director (i/c)
School of Vocational Studies, NSOU

Dr. Atindra Nath De
Director
School of Education, NSOU

