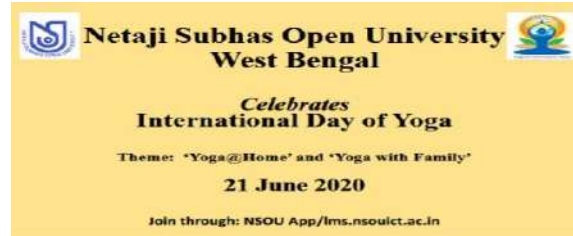




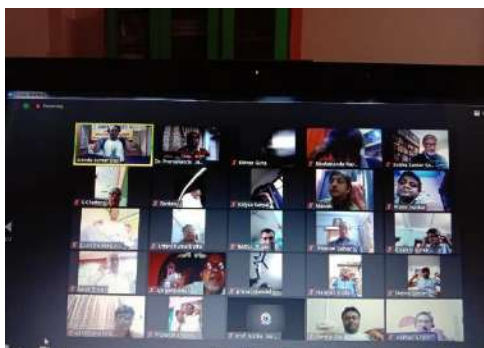
# Netaji Subhas Open University



Like previous years, this year on 21<sup>st</sup> June, 2020, the 6<sup>th</sup> International Day of Yoga, has been observed using NSOU's Learning Management System (LMS) App. The function was organized by the Centre for Internal Quality Assessment (CIQA), NSOU. This was due to the prevailing pandemic situation. This year the theme was '**Yoga@Home**' and '**Yoga with Family**'. In this event comprised of lectures, discussions and yoga demo. Four (4) external Yoga experts very kindly delivered their lectures and presented live Yoga demonstrations. Altogether, 78- employees (teaching faculties, officers and non-teaching staff) of NSOU participated in this online yoga event.

## **Some of the salient issues covered in the International Day of Yoga (21-06-2020) were :**

- ❖ To promote good mental and physical health of people through yoga.
- ❖ To connect people to the nature by practicing yoga.
- ❖ To make people aware of physical & mental diseases & its solutions through practicing yoga.
- ❖ To bring communities much close together to spend a day for health from busy schedule.
- ❖ To reduce the rate of health challenging diseases through regular yoga practice.
- ❖ To link between protection of health and sustainable health development.



## **External Experts :**

**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.



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**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.

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**. After the live – demonstration - practice session, the presidential address was delivered by the Vice-Chancellor, NSOU. Professor Anirban Ghosh, Director, moderated the entire programme.

## **Programme Schedule**

### **Inaugural Session:**

- **Welcome Address:** Prof. Swapan Kr. Sarkar, School of Education, NSOU
- **Prof. Rajat Roy**, Dean, Students Welfare, Jadavpur University
- **Dr. Malay Mukhopadhyaya**, OSD Physical Edn., Education Dte, Govt. of West Bengal
- **Dr. Poulami Ghosh**, Assistant Professor, U.C.T. College, Berhampore
- **Presidential Address:** Prof. Subha Sankar Sarkar, Hon'ble Vice –Chancellor, NSOU
- **Vote of Thanks:** Dr. Parimal Sarkar, Organising Secy. & Asst. Prof. of Education, NSOU

### **Yoga Demonstration:**

- **Shri Aninda Kumar Das**, Bango Yogaratnam & Yoga Visharad.

### **Moderator:**

- **Prof. Anirban Ghosh**, Director, CIQA, NSOU & School of Vocational Studies, NSOU

### **Organizing Secretary:**

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